

Orthopedic Evaluations – KNEE

0 = not addressed and/or performed

2 = completion of task with minor adjustable errors

1 = failure to properly execute the task

3 = mastery of the task

Y N **History - General**

() _____

()

Y N **History – Specific**

() _____

()

Y N **Observation – General**

() Swelling () Deformity () Discoloration () Scars () Atrophy/Hypertrophy

Y N **Observation – Specific (appropriate)**

() _____

()

Palpation

Bones

_____ Tibial plateau M/L

_____ Med fem condyle/epi

_____ Lat fem condyle/epi

_____ Fibular head

_____ Tibial tuberosity

_____ Patellar borders

_____ Med/lat joint line

_____ Adductor tubercle

_____ Gerdy's tubercle

Ligaments

_____ Lateral collateral _____ Medial collateral

Muscles

_____ Rectus femoris

_____ Vastus M, I, L

_____ Semitend/semimemb

_____ Biceps femoris

_____ Gracilis

_____ Sartorius

_____ IT band

_____ Gastroc heads

Other

_____ Popliteal fossa

_____ Pes anserine

_____ Patellar bursas

_____ Patellar tendon

_____ Patellar fat pad

Range of Motion

_____ Active and passive

() Flexion

() Extension

Manual Muscle Testing

_____ Flexion/extension

() Concentric () Eccentric

Walking Pattern

_____ Walks with limp

_____ Walks without limp

_____ Cannot bear weight at all

General

_____ Emphasizes bilateral comparison

_____ Confident and logical sequence of evaluation