

History and Examination of the Knee ~ 4 Hours
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Back To Chiropractic CE Seminars

Course Objective:

The course will instruct the chiropractor to perform a thorough consultation and examination of the knee to properly diagnose common knee conditions. The course will focus on the logical thought process of history taking, physical examination procedures and accurate documentation. The chiropractor will gain an understanding of how to ask pertinent questions to determine a diagnosis as well as performing a detailed knee examination. The chiropractor will also gain improved knowledge of recognizing when and where to refer the patient or to commence chiropractic treatment. A discussion of the doctor-patient relationship and informed consent will also be covered.

Hour 1:

Discussion involving the establishment of the doctor-patient relationship and the legal significance of obtaining informed consent will be covered. A thorough discussion on the mindset of the patient that includes fear, pain and expectations will be instructed.

Hour 2:

Instruction on the logical thought process utilized during the consultation that includes the specific questions regarding past and present injuries, conditions, and circumstances that relate to the knee.

Hour 3:

Examination procedures that include inspection, palpation, range of motion, muscle tests, neurologic examination, stability tests and special tests of the knee will be taught.

Hour 4:

Discussion of putting together the clinical examination findings with the results from the history to formulate differential diagnoses of the knee will be presented. A thorough discussion of the appropriateness for chiropractic treatment versus the need for medical referral will also be discussed. A concise method of proper documentation will be explained.

History and Examination of the Knee – Course Outline

- I. Doctor-Patient relationship
 - a. Greeting, establish relaxed atmosphere
 - b. Explain what is going to take place during the initial office visit
 - c. Informed consent
 - i. §319.1. Informed Consent rules for California

- II. Patient mind-set
 - a. Having pain, scared, nervous, agitated, meeting expectations
 - b. Demanding, self-diagnosing, just wants treatment

- c. Quiet, unsure of how to describe symptoms/onset
 - d. Syphon thru too much information/medical history
 - e. Direct patient to stay on topic
- III. Consultation
- a. S.O.C.R.A.T.E.S.
 - b. Previous knee injuries / conditions / surgeries
- IV. Examination of the Knee
- a. Inspection
 - b. Palpation
 - c. Range of motion
 - d. Muscle tests
 - e. Neurologic examination
 - f. Stability tests
 - g. Special tests
- V. Conclusions from history and exam
- a. Formulating a diagnosis/differential diagnosis based on the history and examination
- VI. Referral versus chiropractic treatment
- a. Mechanism of injury
 - b. Pain
 - c. Examination findings
 - d. Functional deficits
- VII. Documentation
- a. Recording concise information
 - b. Simplifying history findings
 - c. Simplifying examination findings
 - d. Recording assessment