

Knee Physical Examination

Name _____

Date _____

Knee

Inspection

Finding	Positive
Mass	
Swelling	
Discoloration	
Deformity	
Cicatrix	
Joint Play	
Bony Palpation	
Soft Tissue Palpation	
Gait Disturbance	
Antalgia	

Muscle Strength

Test	Left	Right
Flexors		
Extensors		
Abductors		
Adductors		

5 = normal; full ROM, full resistance

4 = good; full ROM, some resistance

3 = fair; full ROM, against gravity

2 = poor; full ROM, no gravity

1 = trace; no motion, with contractility

0 = zero; no motion, no contractility

Passive Range Of Motion

Knee	Norm	Exam	Pain
Flexion	130		
Extension	5		
Internal Rotation	10		
External Rotation	10		

Active Range Of Motion

Knee	Norm	Exam	Pain
Flexion	130		
Extension	5		
Internal Rotation	10		
External Rotation	10		

Orth/Neuro Tests

Test	Left	Right
Pat/Femoral Grind		
Effusion		
Apprehension		
Tinel's		
Anterior Drawer		
Ant Drawer w/Rot		
Posterior Drawer		
Post Drawer w/Rot		
Helfet's		
McIntosh's		
Lachman's		
Hyperflexion		
McMurray's		
Steinman's		
Apley's		

Circumference

Knee	Left	Right
Inches		

