ORTHOPEDIC ANKLE EXAMINATION
Look
Gait and Biomechanics
Move
Feel
Special tests
Neurological Vascular (if applicable)

Joint examination the knee

As with all joint examinations taking a full clinical history, mechanism of injury and paying close attention to the subjective information provided by the patient is paramount to guiding your clinical examination. Most clinicians apply and Hypo-deductive clinical reasoning model. Research has shown that this is based upon depth of knowledge and past experience, although this sometimes could lead to misdiagnosis by not fully testing your hypothesis.

Listen
Look
Move
Feel
Test (function and clinical)

Subjective examination

Mechanism of injury
Previous similar injuries
Medical history
Level of activity
Skill level
Occupation
etc are all extremely relevant, as well as ascertaining what the athlete/patient has in their periodised training programme.
ORTHOPEDIC ANKLE
EXAMINATION

Practical joint examination

Observation

Gait cycle

General shape, swelling, deformities, muscle mass and atrophy, bruising, haematoma.

Lower limb alignment: Foot and ankle, knee, pelvis, hip, visual leg length discrepancy, shoe wear etc.

anterior / posterior kinetic chain control, pelvic stability, is tested in functional testing at the end of your examination, however you feel it necessary and the clinical history does not conclude this; i.e. an acute swollen knee this can be done during the observation phase.

Range of motion

Active range of motion: flexion/extension/internal rotation/external rotation.

Passive range of motion: flexion/extension/internal rotation/external rotation + overpressure can be added to all of these ranges to elicit clinical signs.

Terminal flexion / extension control

Closed packed to 10 degrees flexion + - rotation

Special tests

Patella effusion
sweep test
patella Test

Collateral ligaments
palpation

Medial collateral ligament: valgus stress test + palpation

lateral collateral ligament varus stress test + palpation

Meniscus

palpation

McMurray's test;

Medial external rotation/valgus stress into flexion

Lateral internal rotation/varus stress into flexion
ORTHOPEDIC ANKLE EXAMINATION

Thassaly test (20 degrees flexion fixed foot rotation)

Anterior cruciate ligament
Lachman’s test
Anterior draw test
Pivot shift test

Posterior collateral ligament
SAG test/sign
posterior draw test

Patello-femoral joint
patella tracking test/sign
patella apprehension test
Clarke’s test/sign

iliotibial band
noble’s test
Ober’s test

Palpation
Joint margins
Land marks
Bursae
Ligaments
MM insertions / origins
Etc

Functional testing
Squat
Lunge
Hop etc

Sports specific testing
All relevant Movements patterns
ORTHOPEDIC ANKLE EXAMINATION

TR Madhusudhanet al (2008) Clinical examination, MRI and arthroscopy in meniscal and ligamen-
Theofilos et al (2005) Diagnostic Accuracy of a New Clinical Test (the Thessaly Test) for Early De-
scription and scientific validity of common orthopaedic tests. Archives of physical medicine and re-
habilitation Volume 84, Issue 4, Pages 592-603.

For examples of a knee examinations follow the link;