



Knee/Thigh Regional Exam

☒ Check normal, circle & describe abnormal

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

CC & significant history: _____

Fracture screen (tuning fork, percussion, torsion test, 5-step test): ☐ WNL ☐ Refer for X-ray: _____

Observation: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Posture: _____

☐ Skin (bruising, scars): _____

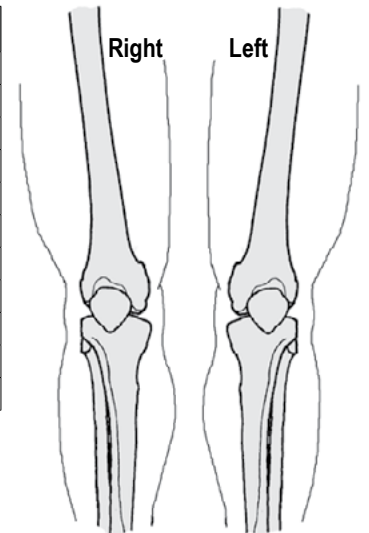
☐ Swelling: _____

☐ Asymmetry: _____

Observation <input type="checkbox"/> WNL	L	R
Toe in / out		
Arch low / high		
Patella position (med, lat, ↑, ↓)		
Q-angle		
Genu varum / valgum		
Femur rotated int. / ext.		
Iliac crest height		
Lumbar hyper / hypolordosis		
Knee hyperextended		
Leg length		
Gait analysis		

Palpation: ☐ WNL, ☐ pain (circle), ☐ spasm (s), ☐ edema (e), ☐ fibrotic (f), ☐ MFTP (x), ☐ ache (a), ☐ tingling (t)

Palpation	L	R	Palpation	L	R
Quadriceps			Saphenous vein		
Patella (facets, bursa)			Popliteal fossa		
Patellar ligament			Gastrocnemius heads		
Tibial tuberosity			Baker's cyst		
Retinaculum/plica			Lateral hamstrings		
Adductor canal			Iliotibial band (ITB)		
Pes anserine			Popliteus		
Med. joint/meniscus			Lateral collateral lig.		
Med. femoral condyle			Lateral joint/meniscus		
MCL & capsule			Lat. femoral condyle		
Medial hamstrings			Lat. tibial condyle		



Vascular Screen: ☐ WNL

Pulses (0-4)	L	R
Popliteal pulse		
Tibial pulse		
Dorsal pedal		
Blanch test		

Neurologic: ☐ WNL

Sensation, <input type="checkbox"/> WNL	L	R
Light touch		
Sharp/dull		

Reflexes (0-5), <input type="checkbox"/> WNL	L	R
Patellar (L4)		
Hamstring (L5)		
Patellar (S1)		
Babinski		

Motor (0-5), <input type="checkbox"/> WNL	L	R
Med. hamstrings (L4-S1)(sciatic)		
Lat. hamstrings (L4-S2)(sciatic)		
Popliteus (L4-S1)(tibial)		
Hip adductors (L2-L4)(obturator)		
Sartorius (L2-L3)(femoral)		
TFL (L4-S1)(superior gluteal)		
Rectus femoris (L2-L4)(femoral)		
Vastus intermed. (L2-L4)(femoral)		
Vastus medialis (L2-L4)(femoral)		
Vastus lateralis (L2-L4)(femoral)		
other:		

Orthopedic: ☐ WNL

	L	R		L	R
Ballotment/bulge			Varus stress 0°		
Bounce home			Varus stress 30°		
McMurray's			Pivot shift		
Steinmann's			Patellar apprehen.		
Anterior drawer			Plica tests		
Posterior drawer			Pat-femoral grind		
Slocum's			Clarke's test		
Lachman's			Genu recurvatum		
Ober/Renne			Apley compression		
Valgus stress 0°			Apley distraction		
Valgus stress 30°			Hyperflexion test		

ROM & Joint Play: ☐ WNL

☐ Pain at end ROM:

☐ Abnormal motion: _____

ROM	Active		Passive	
	L	R	L	R
Flexion (150°)				
Extension (0°)				
Internal rotation				
External rotation				

Joint Play	L	R	Comments
Anterior glide			
Posterior glide			
Medial tilt			
Lateral tilt			
Patella			
Internal rotation			
External rotation			
A↔P tibia/fibula			
Superior tib/fib			
Hamstring stretch			
Quadricep stretch			

Additional procedures: ☐ WNL

- ☐ Hip exam: _____
- ☐ Ankle exam: _____
- ☐ Lumbosacral: _____

DDx:

Signature: _____

Date: _____