	4	A
C	С	&

Knee/Thigh Regional Exam

	☑ Check normal, circle & describe abnormal	Patient:	date:
alamificant biotomy	El Check Hormal, chele & describe abhormal	Insurance:	(dd/m
significant history: _		Date of birth:	M/F

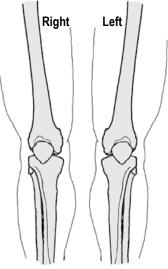
Fracture screen	(tuning fork,	percussion,	torsion test,	5-step test): 🗆 WNL	□ Refer for X-ray:
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Observation: □ WNL	
Development: □ good, □ fair, □ poor	
□ Posture:	
□ Skin (bruising, scars):	
□ Swelling:	
□ Asymmetry:	

Observation □ 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: \square WNL, \square pain (circle), \square spasm (s), \square edema (e), \square fibrotic (f), \square MFTP (x), \square ache (a), \square tingli	ng (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 pedial		
Blanch test		

ROM & Joint Play: - WNL

□ Pain at end ROM: _ □ Abnormal motion: _

DOM	Act	tive	Pas	sive
ROM	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			

Neurologic: \square WNL

Sensation, □ WNL	L	R
Light touch		
Sharp/dull		

Reflexes (0-5), □ WNL	L	R
Patellar (L4)		
Hamstring (L5)		
Patellar (S1)		
Babinski		

Motor (0-5), □ WNL	L	R
Med. hamstrings (L4-S1)(sciatic)		
Lat. hamstrings (L4-S2)(sciatic)		
Poplteus (L4-S1)(tibial)		
Hip adductors (L2-L4)(obturator)		
Sartorius (L2-L3)(femoral)		
TFL (L4-S1)(superior gluteal)		
Rectus femorus (L2-L4)(femoral)		
Vastus intermed. (L2-L4)(femoral)		
Vastus medialis (L2-L4)(femoral)		
Vastus lateralis (L2-L4)(femoral)		
other:		

Orthopedic: - WNL

	L	R
Ballotment/ buldge		
Bounce home		
McMurray's		
Steinmann's		
Anterior drawer		
Posterior drawer		
Slocum's		
Lachman's		
Ober/Renne		
Valgus stress 0°		
Valgus stress 30°		

	L	R
Varus stress 0°		
Varus stress 30°		
Pivot shift		
Patellar apprehen.		
Plica tests		
Pat-femoral grind		
Clarke's test		
Genu recurvatum		
Apley compression		
Apley distraction		
Hyperflexion test		
-		

Additional proc	edures: 🗆 WNL
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∃ Hip exam:	
¬ Ankle exam·	

□ Alikie exaili	
□ Lumbosacral:	

DDx:

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Signature:

Date: