

**Patient name:** \_\_\_\_\_

**Left**

**Right**

**Inspection**

<b>Standing</b>	Valgus Varus Neutral	Effusion Quad atrophy Calf atrophy	Length difference	Bruise Abrasion Discoloration	Patella squint Torsion abnormality	Can't stand
<b>Gait</b>	Normal Toe walk	Antalgic Heel walk	Varus thrust Can squat	Valgus Thrust		

**Palpation**

**Mass?**

**Tender** MJL, LJL, Medial condyle, Lateral condyle, Anterior patella, Medial patellar facet, Lateral patella facet, Medial trochlea, Lateral trochlea, Patellar bursa, Patella tendon, Superior patella, Quad, Inferior patella, Tibial tubercle, Gerdy, Hoffa, Pes anserine, Fibula, Posterior structures, Other \_\_\_\_\_

**Effusion:** None Mild Balloting Large

**Meniscus irritation** MJL LJL Pain with extension Pain with flexion McMurray Steinman moving

**Passive ROM (L/R)**

Knee	Extension	Flexion	HE	Grinding
FABER				
Hip	Abd	Flexion	IR	ER

**Active ROM (L/R)**

Knee	Extension	Flexion	HE	Grinding
------	-----------	---------	----	----------

**Stability**

<b>ACL</b>	Lachman	Drawer	Pivot
<b>PCL</b>	Sag	Drawer	
<b>Dial</b>	30deg		90deg
<b>Patella</b>	Medial		Lateral

<b>Collaterals</b>	Medial	Lateral
Full extension		
30 deg		

**Neurologic**

<b>Stretch</b>	Sciatic	Femoral
<b>DTR</b>	Patella	Achilles

**Motor weakness**

5.07

**Vascular**

<b>Pulses</b>	DP	PT
<b>Ulcers</b>		