

Knee Examination

Section	Information
Patient's Information	Name: Age: Sex: Date of Examination:
Medical History	Present Complaint: Duration of Symptoms: Previous Knee Injuries/Surgeries: Relevant Medical Conditions: Current Medications: Allergies:
Examination Procedure	Look (Inspection): Inspect knees from front, sides, and back. Note any swelling, bruising, redness, deformity, or scars. Observe leg alignment and muscle bulk. Assess gait.
	Feel (Palpation): Check temperature over the knee. Palpate around the knee for tenderness or swelling. Compare this with the opposite knee.
	Move (Range of Motion and Stability): Assess active and passive range of motion (flexion, extension, rotation). Check for any pain or instability. Assess knee stability.
	Special Tests: Perform specific tests as necessary (e.g., Anterior Drawer, Lachman, McMurray's test).
	Neurovascular Examination: Check the distal neurovascular integrity of the lower limb.
Findings and Recommendations	Physical Findings:

	<p>Special Test Results:</p> <p>Recommendations:</p>
Treatment Plan	<p>Immediate Actions:</p> <p>Long-term Plan:</p> <p>Follow-up Appointments:</p>
Other Relevant Information	<p>Patient's Lifestyle (Physical Activity, Occupation, etc.):</p> <p>Relevant Family History:</p> <p>Other Relevant Notes:</p>