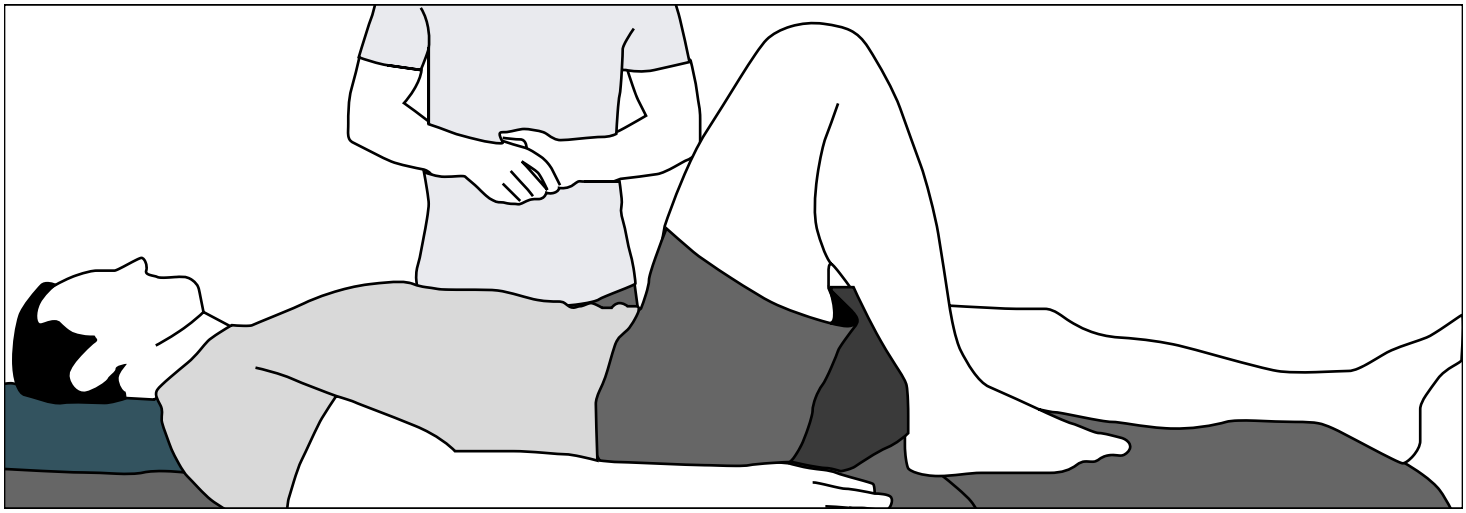
Knee Range of Motion Test

Name: Ross Gingham **Age:** 45

Examiner: Dr. Emily Richards **Date:** August 26, 2024

Knee Range of Motion Test (Active)



1. The patient should lie in a supine position and be instructed to bring their heel as close as possible to their buttocks. Observe the degree of flexion achieved.
2. Instruct the patient to contract their quadriceps or push their knee into the examination table. Ideally, the heel should lift off the table, indicating full knee extension.
3. As the patient performs both flexion and extension, observe the patella to ensure it tracks smoothly along the femoral trochlea.
4. Note that during knee extension, the patella moves upward and laterally.
5. Conversely, during knee flexion, the patella moves downward and medially.
6. For this assessment, have the patient sit on the table with their legs hanging freely.
7. The patient can palpate above the ankle joint to differentiate between ankle inversion/eversion and actual tibial rotation.
8. With one hand holding the tibia, instruct the patient to rotate their ankle outward, achieving 30 to 30 degrees of external rotation.
9. Ask the patient to rotate their ankle inward for internal rotation, reaching 20 to 30 degrees.

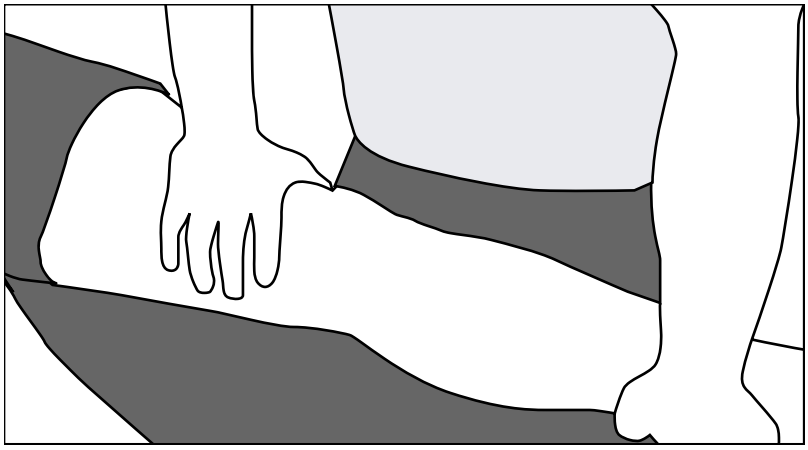
Performed? (●) Yes ( ) No

Active movement assessed	Remarks
Flexion	The patient achieved 130° of flexion with smooth patella tracking. The quadriceps muscle was activated correctly, and no abnormal movement was observed.
Extension	Full knee extension was achieved with the heel lifting off the table, indicating no limitations in the quadriceps. The patella moved smoothly upward and laterally.
Internal rotaion	The patient achieved 25° of internal rotation without discomfort. Tibial rotation was correctly differentiated from ankle inversion.
External rotation	The patient achieved 30° of external rotation with no signs of stiffness. Movement was smooth, with no abnormal patellar tracking.
Additional notes	
The patient demonstrated a normal range of motion in all tested movements. No signs of pain or discomfort were observed during the active assessment. Patellar tracking was smooth throughout all movements, with no lateralization noted.	

Knee Range of Motion Test (Passive)

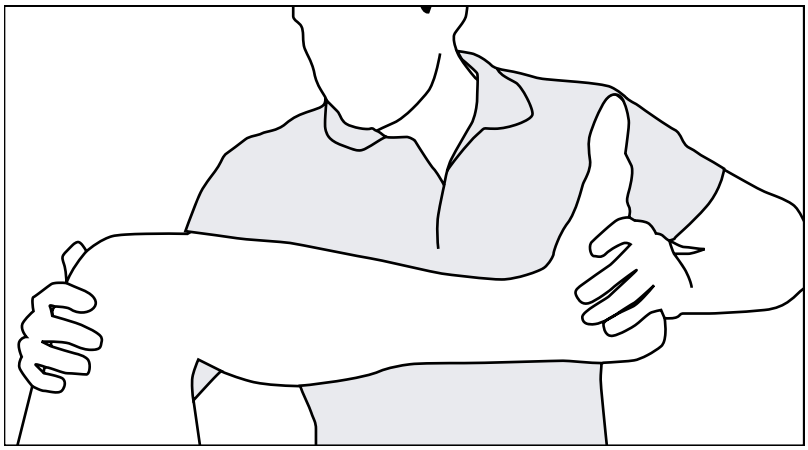
Flexion assessment 135° to 145°

1. To conduct a flexion assessment at 130°, position the patient supine and flex their leg to 90° at the hip while stabilizing the distal femur with one hand.
2. With the other hand, grasp the distal tibia and perform maximal flexion, then assess the end feel.



Extension assessment -1° to -5

1. The extension assessment requires the patient to be positioned supine with the leg flat on the bench.
2. Stabilize the distal femur with one hand while grasping the distal tibia medially with the other hand to perform passive extension.
3. It's important to grip the tibia medially to facilitate the “screw-home” mechanism during the terminal knee extension.



Internal and external rotation assessment (20-30° / 30-40°)

1. Position the patient in a supine posture.
2. Flex the patient's hip and knee to a 90° angle, securing this position with one hand.
3. With your other hand, grasp the foot from the plantar side and elevate the talocrural joint into maximal dorsiflexion to stabilize it.
4. Rotate the tibia internally, followed by external rotation.

Patella mobility assessment

1. Position the patient in a supine lying position with the leg fully extended.
2. To assess medial glide, gently press on the patella using both thumbs.
3. For lateral glide, apply pressure laterally with your index fingers.
4. For distal glide, use your index finger and thumb, or the pisiform bone, to apply pressure.
5. For proximal glide, push the patella with your index finger and thumb.

Performed? ◉ Yes ○ No

Assessment	Measured range of motion	Type of end feel	End feel description	Remarks
Flexion assessment 130° to 145°	140°	Soft tissue approximation	Normal range with no pain or discomfort noted.	Normal range with no pain or discomfort noted.
Extension assessment -1° to -5°	-2°	Capsular	Slight stiffness, but within normal limits.	Slight stiffness, but within normal limits.
Internal and external rotation assessment (20-30° / 30-40°)	25°	35°	Ligamentous	Smooth and controlled movement.
Patella mobility assessment	Normal	Normal	Normal	No restrictions or discomfort.

Additional notes

The passive range of motion testing showed a slight stiffness during knee extension, but it was within normal limits. Patellar mobility was excellent, with no evidence of tracking issues. The patient responded well to all tests.

Healthcare professional's information

Name: Dr. Emily Richards **License number:** 123456

Examiner: Dr. Emily Richards **Signature:** _____

References

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