

Ottawa Knee Rules

This template guides clinicians through a systematic evaluation of knee injuries to determine the need for radiographs, aligning with the Ottawa Knee Rules. It ensures comprehensive documentation of patient details, injury specifics, and examination findings.

Patient information	
Name:	Age:
Clinician:	Date of assessment:
Injury details	
Date of injury:	
Mechanism of injury:	
Pain characteristics:	
Examination procedure	
1. Palpation:	
Check for sensitivity of the proximal fibula and patella. Only examine the patella, not the surrounding tissues.	
2. Knee flexion:	
Determine if the patient can flex their knee to 90°. This should be measured using a goniometer.	
3. Weight-bearing ability:	
Examine if the patient can bear weight on the affected leg. Ask the patient to take four steps; inability to do so without pain indicates a positive test.	
Physical examination checklist	
Isolated patella tenderness	Tenderness at fibular head
<input type="checkbox"/> Present Absent	<input type="checkbox"/> Present Absent
Knee flexion capacity	Weight-bearing ability
Can the patient flex the knee to 90 degrees or more?	Can the patient walk four weight-bearing steps in the emergency department?
<input type="checkbox"/> Yes No	<input type="checkbox"/> Yes No

Radiograph decision

Based on the Ottawa Knee Rules, is a radiograph required?

Yes No

Rationale for decision:

Further management steps

Immediate interventions:

Referrals to specialists:

Follow-up care:

Clinician's signature

Name and signature of examiner:

Date:

This template is designed to ensure that all necessary examinations are conducted according to the Ottawa Knee Rules, promoting accurate assessments and aiding in the decision-making process for radiographic needs.