

# 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.

<b>Patient information</b>	
Name:	Age:
Clinician:	Date of assessment:
<b>Injury details</b>	
Date of injury:	
Mechanism of injury:	
Pain characteristics:	
<b>Examination procedure</b>	
<b>1. Palpation:</b>	
Check for sensitivity of the proximal fibula and patella. Only examine the patella, not the surrounding tissues.	
<b>2. Knee flexion:</b>	
Determine if the patient can flex their knee to 90°. This should be measured using a goniometer.	
<b>3. Weight-bearing ability:</b>	
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.	
<b>Physical examination checklist</b>	
<b>Isolated patella tenderness</b>	<b>Tenderness at fibular head</b>
<input type="checkbox"/> Present      Absent	<input type="checkbox"/> Present      Absent
<b>Knee flexion capacity</b>	<b>Weight-bearing ability</b>
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.