




# Knee Physical Examination

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How to examine  
joints?

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Look

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Feel

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Move

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Special tests



Look

Gait

Deformity

Posterior  
knee

Skin color

Scars

Discharge

Swelling

Asymmetry



Feel

Tenderness:

Central structures

Peripheral structures



Move



Active  
ROM

Passive  
ROM



Special tests

## Tests for effusion

- Milking test
- Patellar tap test

# Anteroposterior stability

## Special tests

- Posterior sag
- Anterior drawer test
- Posterior drawer test
- Lachman's test

Special tests

# Mediolateral stability

- MCL
- LCL



# Special tests

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McMurray's  
test

Medial meniscus:  
ER, valgus

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Lateral meniscus:  
IR, varus

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Patellofemoral  
disorders

Grind (Clarke's)  
test

Apprehension  
test