Interpretation of the clinical examination of the knee

Limited range

- Capsular pattern
  - Arthritis

- Full range
  - Non-capsular patterns
    - Inert structures other than the capsule
      - Meniscus lesions
      - Loose bodies
      - Internal derangement
      - Ligamentous adhesions
      - Miscellaneous

- Resisted movements are negative
  - Inert structures other than the capsule
    - Resisted extension is positive
      - Pain
      - Pain and weakness
      - Weakness
    - Resisted flexion is positive
      - Pain
      - Weakness
  - Contractile structures
  - Positive instability tests

- Resisted movements are positive
  - Tendinous lesions about the patella
    - Suprapatellar
    - Infrapatellar
    - Quadriceps expansion
    - Lesions at tibial tuberosity
  - Quadriceps lesion
  - Strained iliotibial band
  - Rupture of the quadriceps
  - Patellar fracture
  - Rupture of the patellar tendon
  - Neurological lesions
    - L3 root lesions
    - Femoral nerve lesions
  - Hamstrings lesions
  - Biceps tendinitis
  - Lesion of upper tibiofibular joint
  - Lesions of pes anserinus
  - Strained popliteus muscle
  - Gastrocnemius lesions
  - S1 root lesion
  - S2 root lesion
  - Straight instability
  - Rotatory instability

- In adolescents
  - Complicating arthrosis

- Haemarthrosis
- Monoarticular steroid-sensitive arthritis
- Rheumatoid-type arthritis
- Early arthrosis
- Discoid meniscus
- Bucket-handle lesions
- Posterior lesion
- Cysts of the meniscus
- In inert structures other than the capsule
  - Advanced arthrosis
  - Subsynovial haematoma
  - Medial collateral ligament bursitis
  - Patellar bursitis
  - Popliteal cyst
  - Adherent vastus intermedius
  - Advanced arthrosis
  - Plica synovialis syndrome
  - Posterior capsular strain
  - Iliotibial tract bursitis
  - (Patellar bursitis)
  - Patellofemoral disorders

- Chronic non-adherent ligamentous lesion
  - Tendinous lesions about the patella
  - Suprapatellar
  - Infrapatellar
  - Quadriceps expansion
  - Lesions at tibial tuberosity
  - Quadriceps lesion
  - Strained iliotibial band
  - Rupture of the quadriceps
  - Patellar fracture
  - Rupture of the patellar tendon
  - Neurological lesions
    - L3 root lesions
    - Femoral nerve lesions
  - Hamstrings lesions
  - Biceps tendinitis
  - Lesion of upper tibiofibular joint
  - Lesions of pes anserinus
  - Strained popliteus muscle
  - Gastrocnemius lesions
  - S1 root lesion
  - S2 root lesion
  - Straight instability
  - Rotatory instability

- Positive instability tests

- Excessive range

- Instability

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