

Knee

Palpations:

Anterior:

- Patella
- Patellar tendon
- Quadriceps tendon
- Tibial tuberosity

Medial:

- Medial joint line & meniscus
- Medial collateral ligament (MCL)
- Medial tibial plateau
- Medial femoral condyle and epicondyle
- Pes Anserine tendon

Lateral:

- Lateral joint line & meniscus
- Lateral collateral ligament (LCL)
- Lateral tibial plateau
- Fibular head
- Iliotibial band

Posterior:

- Popliteal fossa
- Biceps femoris
- Semimembranosus
- Semitendinosus
- Gastrocnemius heads (medial & lateral)

Range of Motion (Active, Passive, Resistive):

- Flexion (135-145)
- Extension (-10-0)

Stress Tests:

ACL

- Anterior Drawer Test
- Lachman's Test

PCL

- Posterior Drawer Test
- Godfrey's Posterior Sag Test

MCL

- Valgus

LCL

- Varus

Meniscus

- McMurray's Test
- Apley's Test

Iliotibial Band

- Ober's Test
- Noble's Test

Patellar Dislocation/Subluxation

- Patellar Apprehension Test