

Clinical Examination of the Knee

Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP's website at www.optp.com and search for the product number.

P assive Extension

P assive Extension with End-Feel

Passive Knee Flexion

Passive External Rotation

P assive Internal Rotation

P assive Varus in Flexion

P assive Varus in Extension

P assive Valgus in Flexion

P assive Valgus in Extension

AP-Translatory Test Drawer

Lachman

Anterolateral Drawer for PCL

Resisted Extension

Resisted Flexion

EXTRA TESTS:

Resisted Flex with Internal Rotation

Resisted Flex with External Rotation

Laxity Tests:

Marten's Test

Modified Pivot Shift

External Rotation in 30° flex (Dial test)

Reversed Pivot Shift

Meniscus Tests:

Modified McMurray

Steinman

Patellofemoral Tests:

Sustained Flexion

R. Extension in 120°, 90°, 60°, 30°, 0° (then
with patella medial)

Provocation test in standing

Modified Zohlen

Shift

Tilt

Passive Patellar Tracking

Active Patellar Tracking

Plica Tests (Martens, Mital & Hadyn)

IT Band Friction Test