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.

Passive Extension
Passive Extension with End-Feel
Passive Knee Flexion
Passive External Rotation
Passive Internal Rotation
Passive Varus in Flexion
Passive Varus in Extension
Passive Valgus in Flexion
Passive 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