

Knee Examination

Section	Information
Patient's Information	Name: Age: Sex: Date of Examination:
Medical History	Present Complaint: Duration of Symptoms: Previous Knee Injuries/Surgeries: Relevant Medical Conditions: Current Medications: Allergies:
Examination Procedure	Look (Inspection): Inspect knees from front, sides, and back. Note any swelling, bruising, redness, deformity, or scars. Observe leg alignment and muscle bulk. Assess gait.
	Feel (Palpation): Check temperature over the knee. Palpate around the knee for tenderness or swelling. Compare this with the opposite knee.
	Move (Range of Motion and Stability): Assess active and passive range of motion (flexion, extension, rotation). Check for any pain or instability. Assess knee stability.
	Special Tests: Perform specific tests as necessary (e.g., Anterior Drawer, Lachman, McMurray's test).
	Neurovascular Examination: Check the distal neurovascular integrity of the lower limb.
Findings and Recommendations	Physical Findings:

	Special Test Results: Recommendations:
Treatment Plan	Immediate Actions: Long-term Plan: Follow-up Appointments:
Other Relevant Information	Patient's Lifestyle (Physical Activity, Occupation, etc.): Relevant Family History: Other Relevant Notes: