Anatomy:

Bony structures

1

2

3

\*fibula

Cartilagenous structure

1

\*lateral: \_\_\_\_\_\_\_\_\_\_\_\_\_

\*medial: \_\_\_\_\_\_\_\_\_\_\_\_\_

Ligamentous structure (main)

1

2

3

4

5 patellar ligament

Muscular structure

1. Quadriceps (aka: quads)
2. Hamtrings

Injuries

Specifically list examples

CHRONIC/OVERUSE

ACUTE

Stability tests (recognize ligaments tested, characteristics of how to perform this test, and what are you looking for when performing the test):

Lachman test: (flex at 20⁰ to 30⁰)

Ligament:

What to look for:

Anterior drawer test: flex at \_\_\_\_\_\_

Ligament:

What to look for:

Pivot shift test

Ligament:

What to look for:

MacMurray test: flex at \_\_\_\_\_\_\_

Ligament:

What to look for:

HOPS

History

Things you want to know from patient

Inspection

Things you are watching for as you observe

Palpation

Things you want to feel for before special tests

Special tests: see above