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)
	1.
	2.
	3.
	4.
2. Hamtrings
	1.
	2.
	3.

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