

## OAS Class 12 and 13 Notes

### Knee joint

#### AROM

1. Flexion is 0 to 135 degrees, (110 degrees or greater)
2. Extension is 0-15 degrees (0 degrees)
3. Medial rotation (tibia on the femur) is 20-30 degrees
4. Lateral rotation (tibia on the femur) is 30-40 degrees

#### PROM

1. Flexion
2. Extension
3. Medial rotation
4. Lateral rotation

#### RIM

1. Flexion
2. Extension
3. Medial rotation
4. Lateral rotation

#### Instability tests

1. Abduction (valgus) stress test
2. Adduction (varus) stress test)
3. Varus-valgus test
4. Lachman test
5. Drawer sign
6. Godfrey (Gravity) test
7. Posterior sag sing (Gravity drawer test)
8. Reverse Lachman test
9. Slocum test
10. Lelli test (Lever sign)
11. Losee test

#### Test for meniscal injury

1. Mc Murray test
2. Apley's test
3. Bounce home test
4. Childress sing (Duck walk test)

#### Tests for swelling

1. Brush, stroke, or bulge test
2. Fluctuation test

3. Indentation test
4. Patellar tap test (floating patella)

Test for patella-femoral dysfunction

1. Active patellar grind test

Other tests

Measurement of leg length – measure from ASIS to lateral or medial malleolus.

Disorders

1. Osteoarthritis of the knee
2. Acute Hemarthrosis of the Knee
3. Medial (tibial) collateral ligament injury
4. Lateral (fibular) collateral ligament injury
5. Anterior cruciate ligament injury
6. Posterior cruciate ligament injury
7. Meniscal injury
8. Rupture of quadriceps tendon
9. Rupture of patellar ligament
10. Knee dislocation
11. Patellar dislocation