ORTHOPEDIC ASSESSMENT

SPECIAL TESTS FOR THE KNEE

Robert S. Waskowitz MD
Orthopedic Surgery & Sports Medicine
Orthopedic Associates of Hartford
Senior Team Physician CCSU
DISCLOSURE

• **No conflict of interest with this symposium**

• **No compensation for this symposium**

• **No off-label use of any product**

• **No royalties or trademarks**
LEARNING OBJECTIVES

• **Develop advanced mastery in the application and performance of orthopedic special tests for evaluation of soft tissue structures of the knee**

• **Interpretation of findings of these special tests**

• **Integrate special tests into clinical assessment of the injured knee**
FOUNDATION

• **Must have a complete “toolbox” containing appropriate “tools” in order to evaluate the injured knee in an efficient & timely manner**

• **Understand the mechanism of injury that results in damage to a structure**

• **Possess the skillset that assists in the correct diagnosis**

• **Have confidence and consistency in performing tests**
IMMEDIACY OF THE MOMENT

Control what you can

Manage what you can’t
SPECIAL TESTS

- **ACL**: Lachman's, Pivot Shift, Lelli's (lever)
- **PCL**: Posterior Sag, Posterior Drawer, Quadriceps Active
- **MCL**: Valgus Stress
- **LCL**: Varus Stress
- **PLC**: Dial Test (at 30 flxn), "Wind-up"
- **Meniscus**: McMurray's, Apley's
- **Patella**: Apprehension, Active Compression (Grind), J Sign
LET’S GET TO WORK
REFERENCES


