

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



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