

Introduction to Clinical Assessment Practical – Knee Osteology and ROM

Learning Outcomes

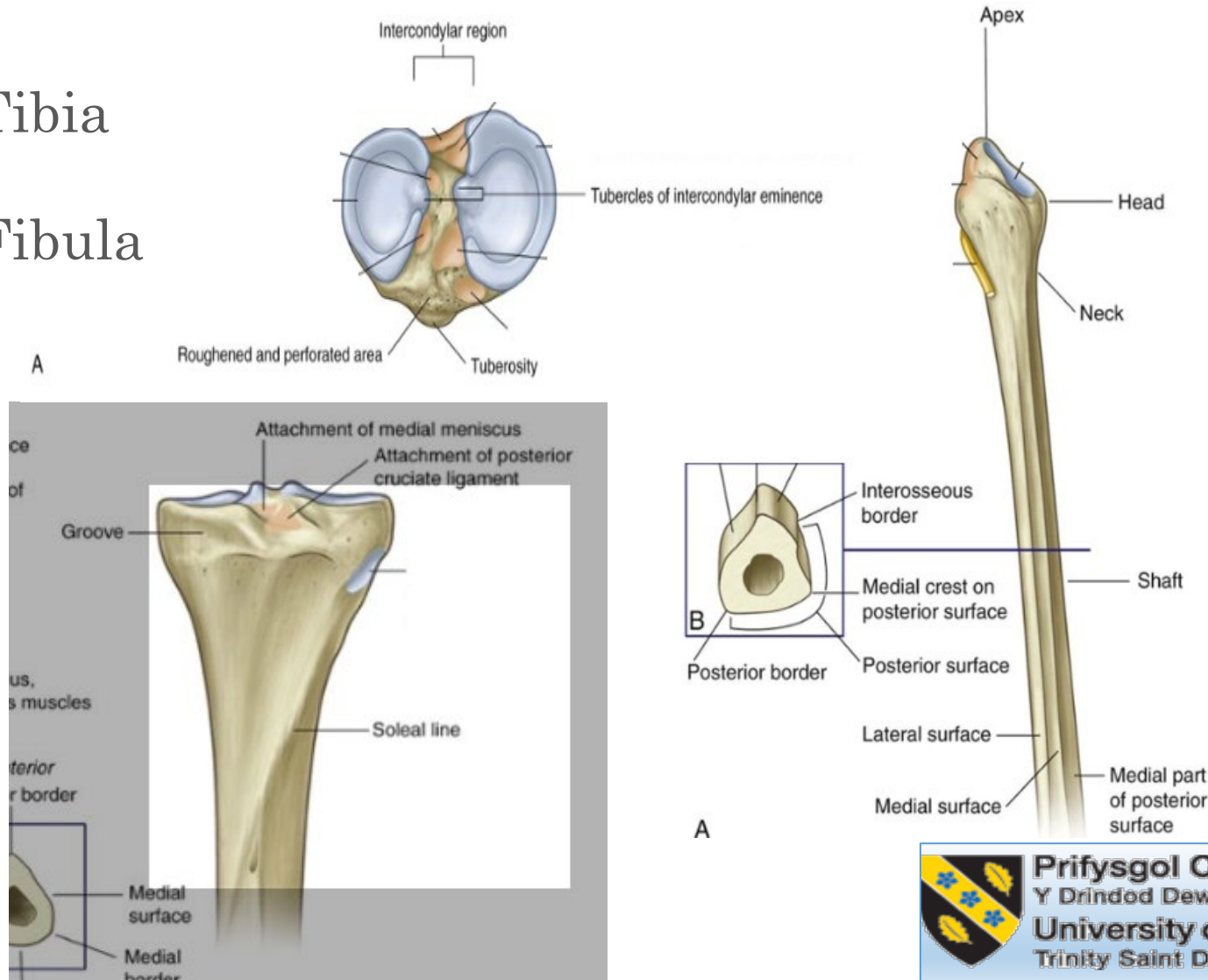
- To know all relevant osteology located around the knee joint
- To understand some of the anatomical components of knee arthrology

Recap

- MMT Assessment
 - Rectus Femoris
 - Iliopsoas
 - Adductor Magnus
 - Adductor Longus
 - Adductor Brevis
 - Gluteus Medius/Minimus
 - Tensor Fascia Lata
 - Gluteus Maximus
- Bony Landmarks
- Hip ROM

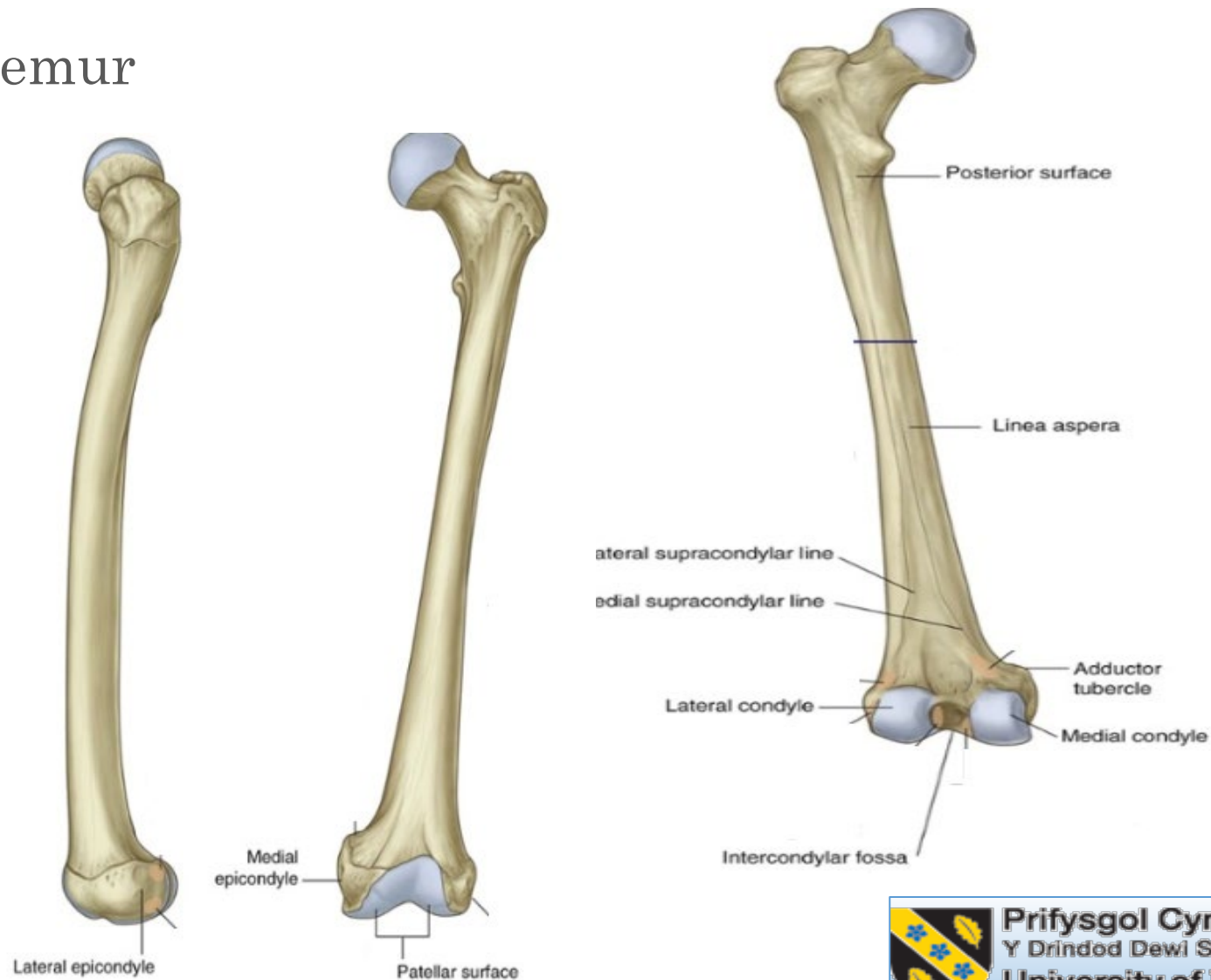
Knee Bony Landmarks

- Tibia
- Fibula



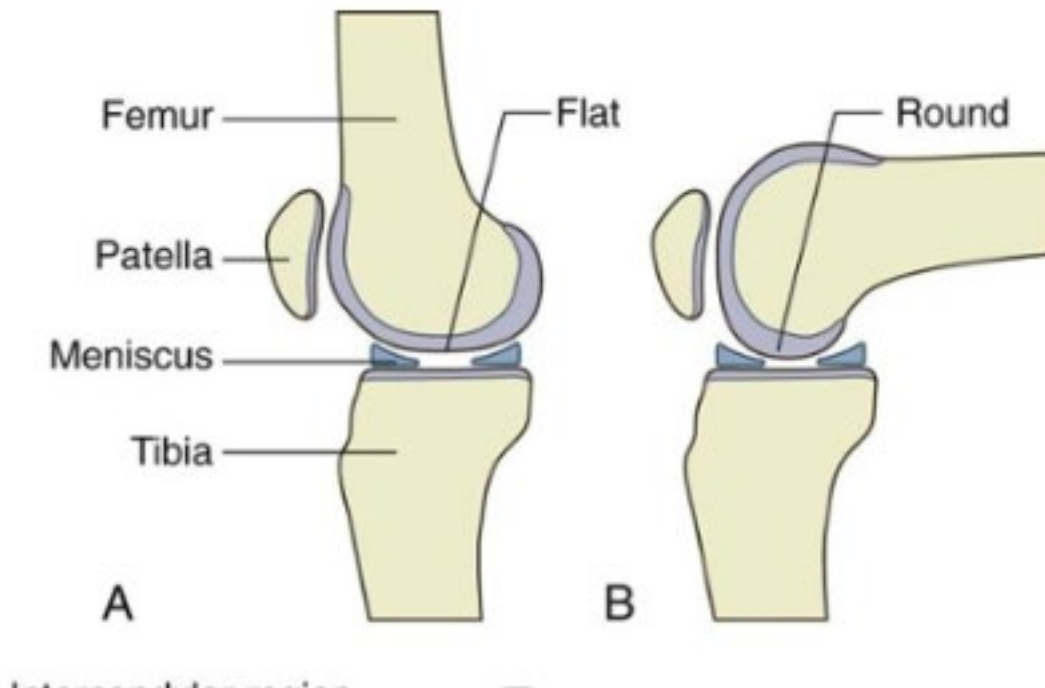
Knee Bony Landmarks

- Femur



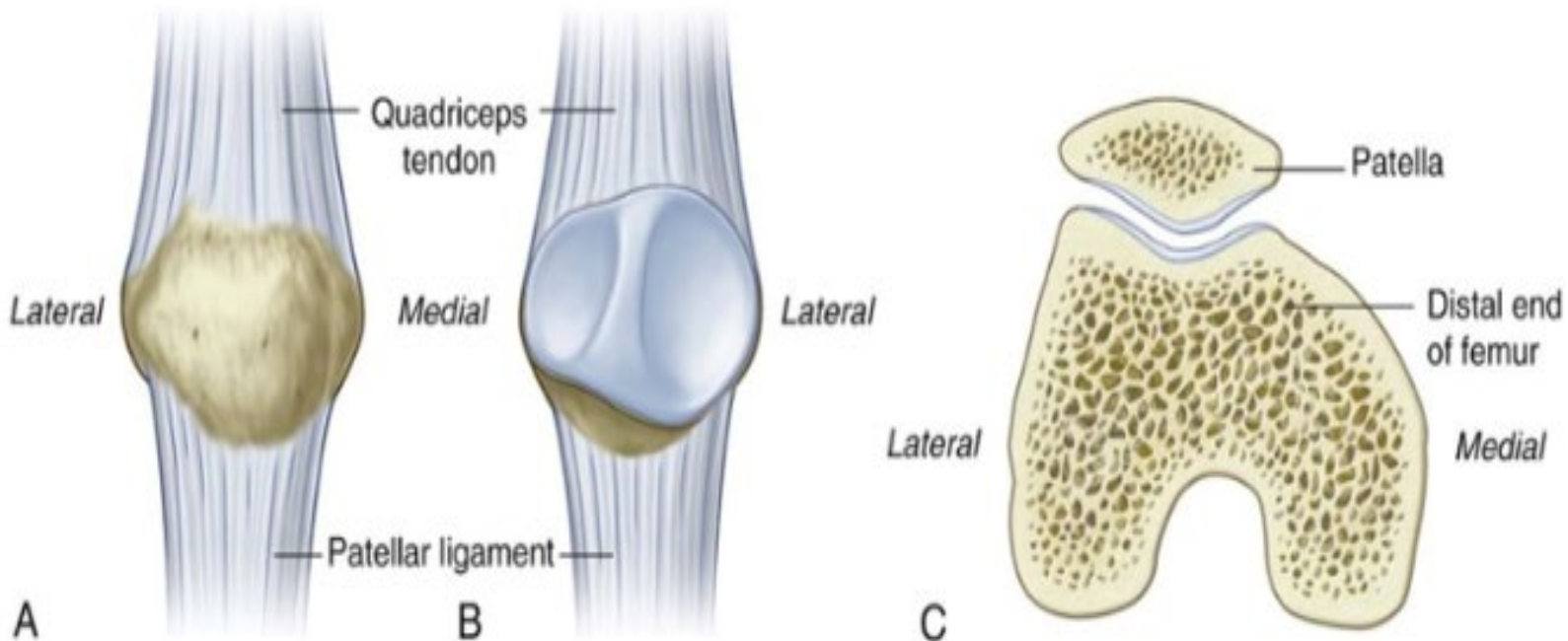
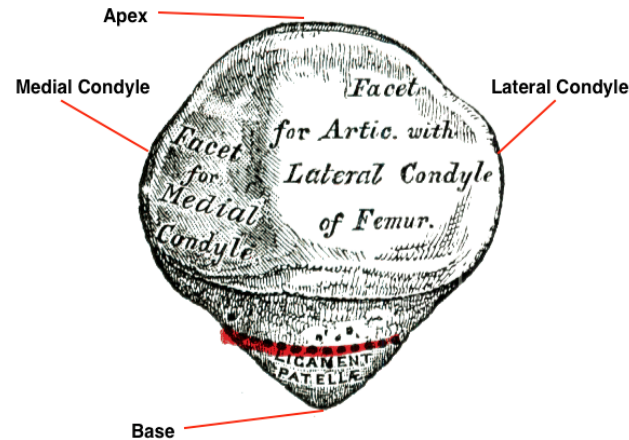
Tibiofemoral Joint

- Modified Hinge Joint



Patellofemoral Joint

- Patella

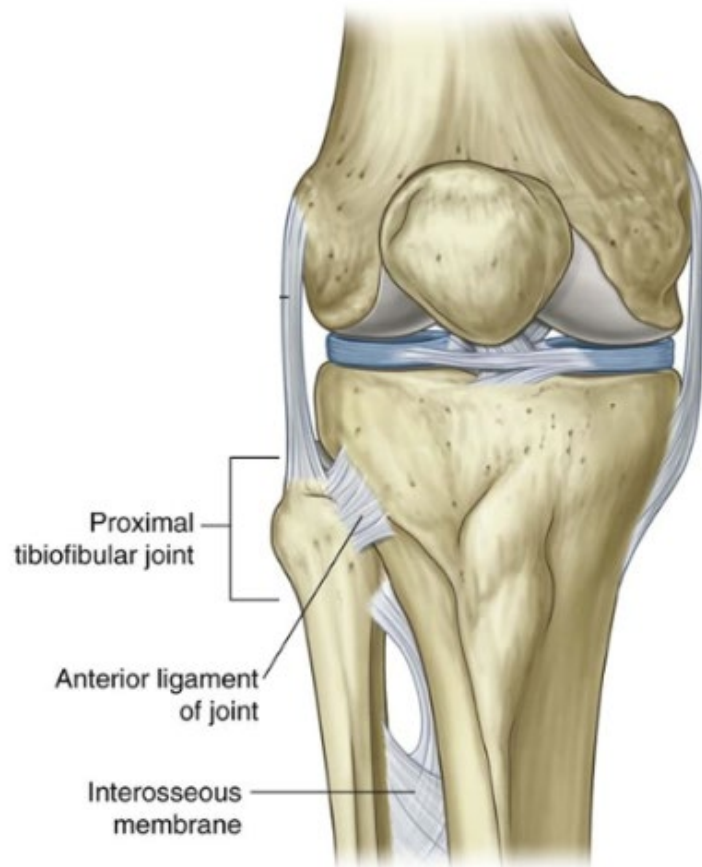


Patellofemoral Joint



- Movements
 - Saddle joint
 - Patella is a sesamoid bone
 - Compressive forces that increase in to flexion
 - Acts as a mechanical lever for the quadriceps
- Movements
 - Medial and lateral rotation
 - Medial and lateral glide
 - Caudal and cephalic

Superior Tibiofibular Joint



- Gliding Joint
- Only allows gliding movement
- Essential for knee, ankle and thigh movement
- Anterior and posterior
- Caudal and cephalic

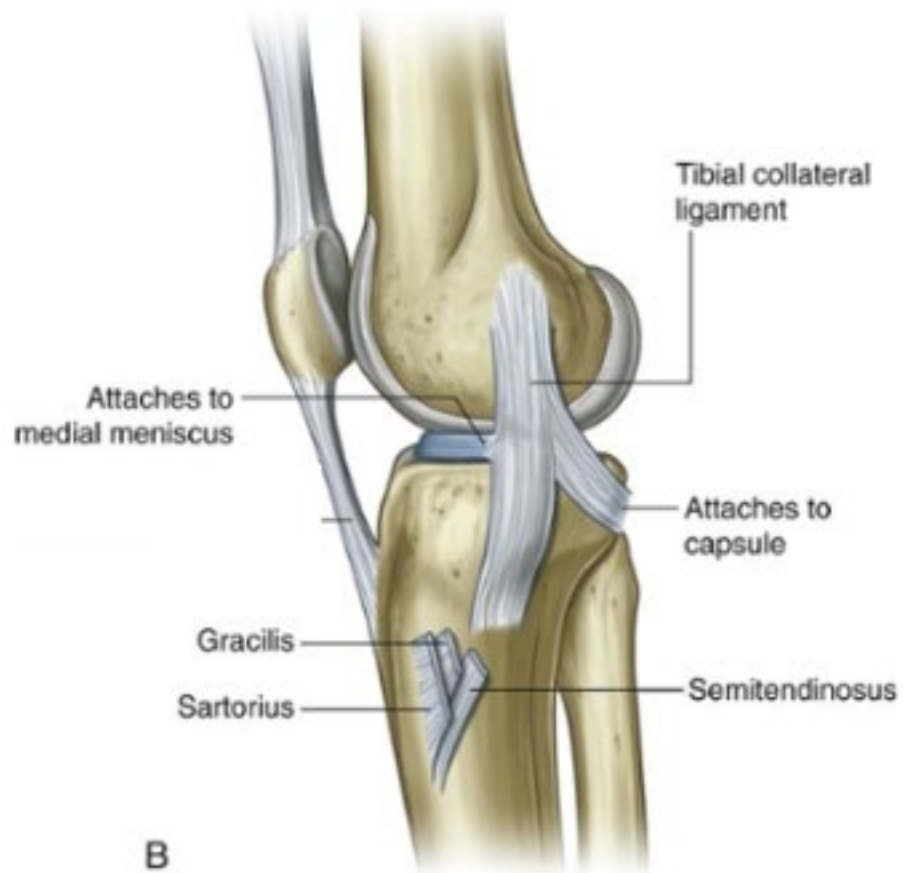
Measuring ROM

- AROM
- In Supine
 - Flexion (0 to 135°)
 - Extension to flexion to extension
 - Pain and range check
 - Uninjured first
 - Extension (-5 to 0°)
- In seated position
 - Medial Rotation (10-20°) in seated
 - Lateral Rotation (20-30°) in seated

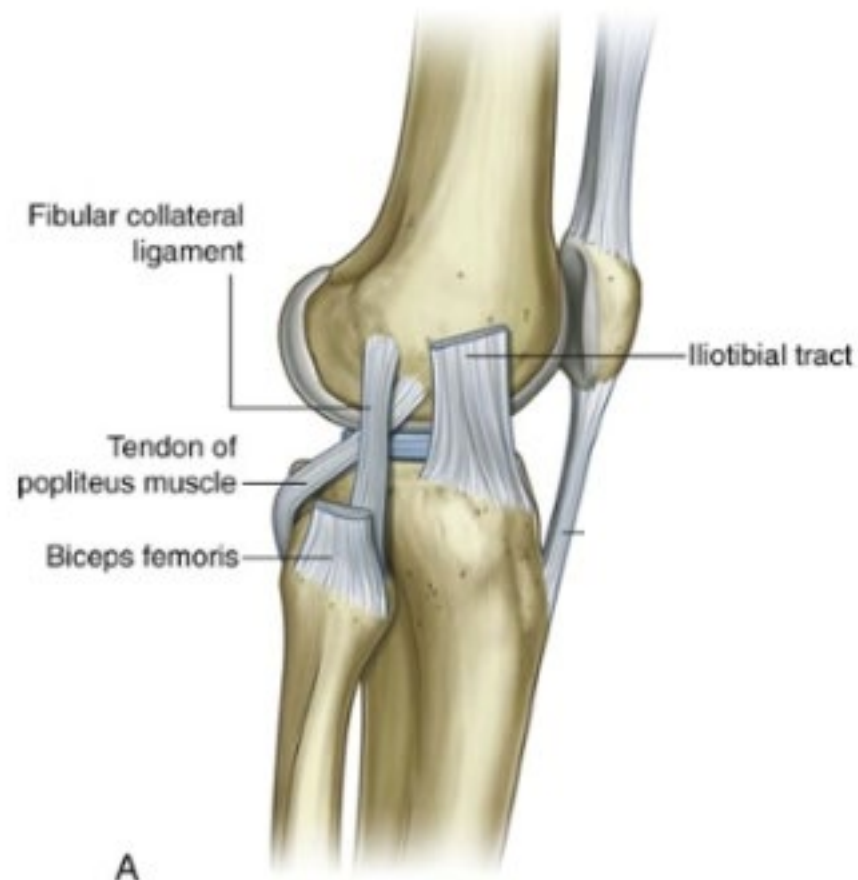
Measuring ROM

- PROM
 - Flexion (soft end feel)
 - Extension (hard)
 - MR and LR (springy)
- Passively move limb to EoR and apply over pressure
- OR if handling is difficult ask Pt to actively move to EoR and apply overpressure
- RROM
 - Protection of joint at EOR

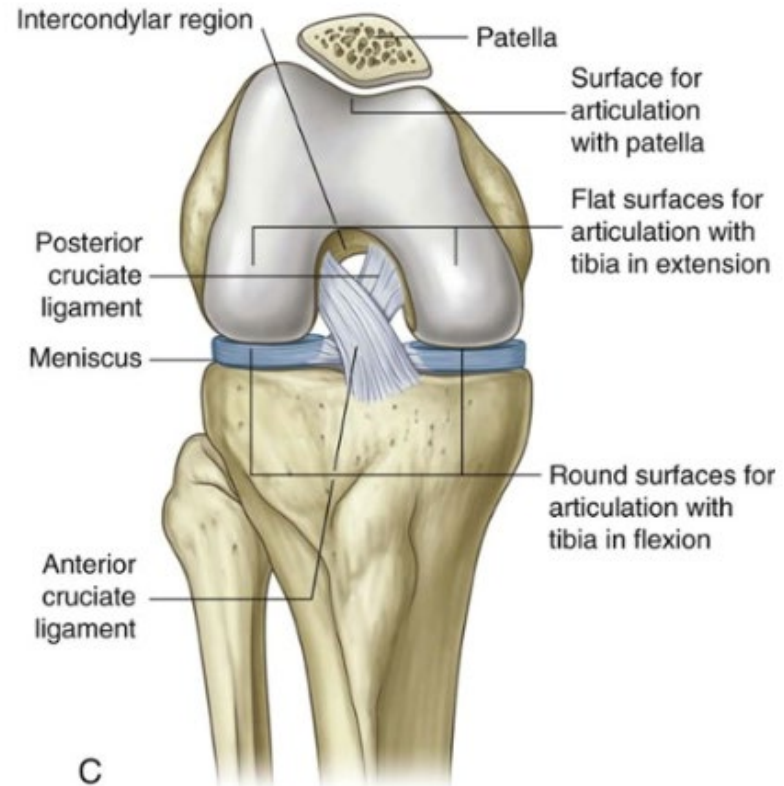
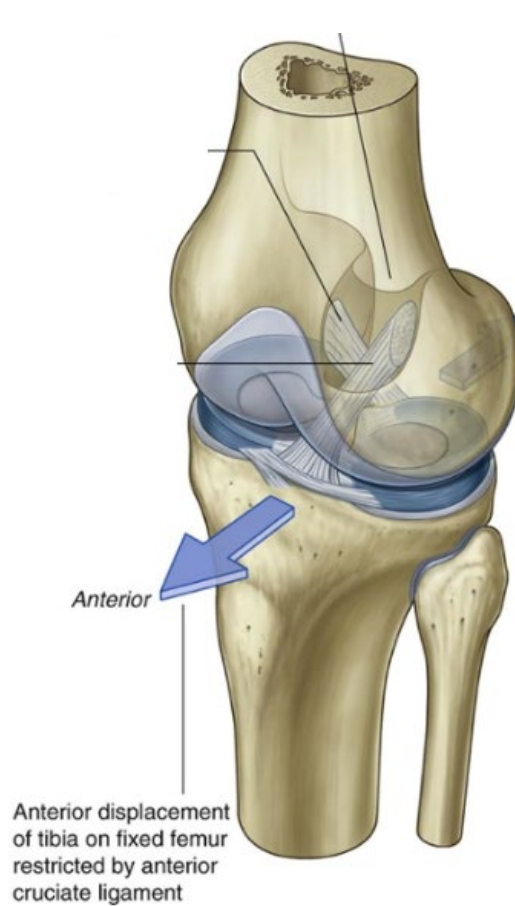
Medial Ligament



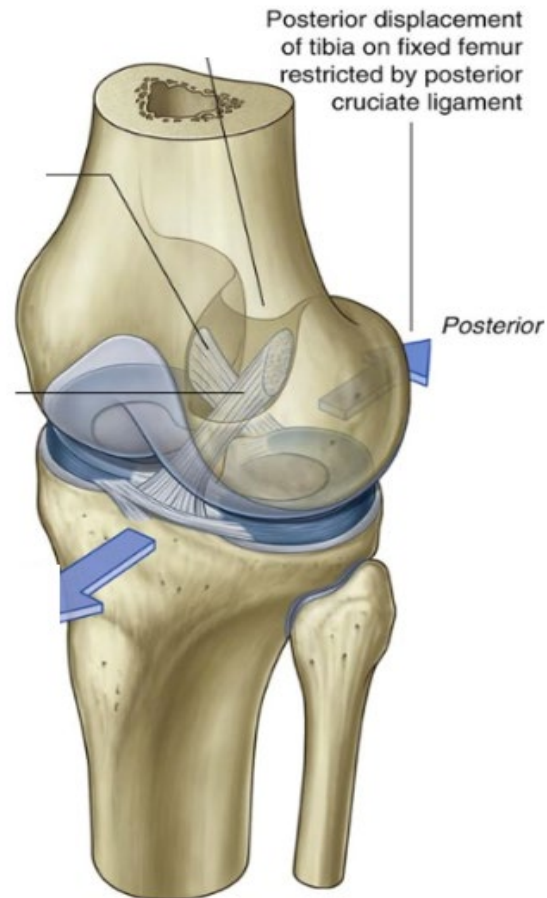
Lateral Ligament



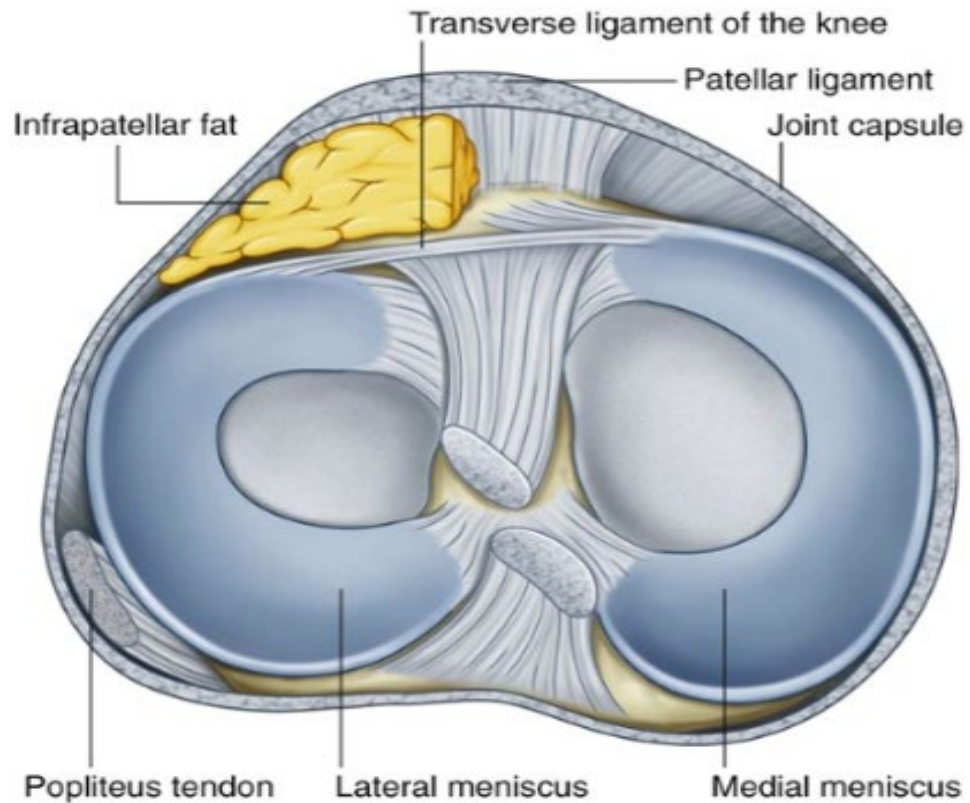
Anterior Cruciate Ligament



Posterior Cruciate Ligament



Mensici



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Task

- Review all the kinesiology from the past few weeks and produce a revision folder for this module.
- It can include lecture notes and commentary on the lecture content.