Knee Panel

Moderator:
Waqas Hussain, M.D.

Panel:
Charles Cassel, M.D.
Kathryn Ellsworth, P.T.
Matt Lindaman, D.O.
Mark Stewart, M.D.
44 year-old male
Physical Exam
Knee Physical Exam

- Inspect posture, movement & body symmetry
- Inspect the skin
- Palpate limbs
  - Muscle mass/strength
  - Effusion/crepitus
- Range of motion
Knee Physical Exam
Effusion

Normal Side

Affected Side
Range of Motion

Knee Flexion

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Tests

- Lachman Test
- Internal Rotation
- Vaigus Stress and Flexion

- Apley Compression Test
- External Rotation
- Vaigus Stress and Extension

- Anterior Drawer Test

- Lateral Pivot Shift Test
  - Internal Rotation

- McMurray Test
Pivot Shift Test
McMurray Test
Imaging
Imaging Options

- X-ray
  - Gold standard
  - Standing best
  - Need merchant view
- MRI: Lots of info
- Scope: Best for mechanical symptoms/swelling
- CT Scan: Not very helpful except for tumor, trauma, post-surgical
- Bone Scan: Not very helpful
- Ultrasound: Limited for intra-articular pathology
Knee Scope

Degenerative Medial Meniscus Tear

Flap Tear Medial Meniscus
Non-Operative Treatment?
Therapy
Joint Mobilization

• Joint stiffness (capsular mobility)
  – Minor positional faults occur following injury or strain resulting in movement restrictions and/or pain
    ▪ Not readily palpable or visible on x-ray
  – Work through mechanical limitation
Joint Mobilization & Taping
Limited AROM/PROM Firm Endfeel
Decreased Strength
Quadriceps, Gluteal, Core
Strength & Neuromuscular Re-education
Possibilities are Endless
Aquatic Therapy

- Unloading of joints
- Greater strengthening & neuromuscular control
Unloading with Activity

Uses air to unload joints up to 80% of body weight
FOLLOW - UP

- Pain
- Clicking
- Popping
- Catching
- Locking
Surgery
Surgery
Surgery
Surgery
When do you order X-rays?

Weight bearing or non-weight bearing?

When do you order an MRI?
What is the role of viscosupplementation?
What is the value of physical therapy?
What is the role of weight in outcomes and surgery?
What are red flags?

When should send to orthopedic surgery?
What is the role of joint preservation?

Stem cells?
thank you!

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