Summary of Skills – Knee and Shoulder Exams

- Wash hands

Knee
- Observe knee, identify surface anatomy, palpation
- Range of motion, with palpation
- Joint line tenderness (DJD, menisci)
- McMurray’s Test (menisci): foot everted, knee varus position, flex/extend while palpate medial joint line; then invert foot, knee valgus, palpate lateral joint line while flex/extend
- Appley Grind Test (menisci): patient prone, knee flexed 90 degrees, examiner rotates foot while providing downward pressure
- Medial and Lateral joint line stress (medial and lateral collateral lig)s
- Lachman’s (ACL): stabilize femur with one hand, pull anteriorly on tibia with other; Drop Lachman’s Test (ACL – if small hands and/or big leg): leg positioned over side of table, stabilize ankle between examiner’s legs, hold femur down w/one hand, pull upward on tibia w/other
- Anterior Drawer Test (ACL): knee 90 degrees, examiner sits on patient’s foot and pulls anteriorly on tibia
- Posterior Drawer Test (PCL): knee 90 degrees, examiner sits on patient’s foot and pushes posteriorly on tibia
- Patellar manipulation (chondromalcia) testing
- Neurovascular assessment if any suggestive sx or mechanism (distal pulses, strength, sensation)

Shoulder
- Observation, palpation of key structures
- Range of motion (flexion/extension, abduction/adduction, internal/external rotation), with palpation
- “Empty can test” (supraspinatus): arm abducted 60 degrees, forward flexed ~ 30 degrees, thumb down, resistance to additional flexion
- Resisted external rotation (teres minor, infraspinatus)
- Resisted internal rotation and lift off from back (Gerber’s test)
- Sub-acromial palpation
- Hawkin’s test (impingement): elbow 90 degrees, arm forward flexed 90 degrees, examiner internally rotates
- Neer’s test (impingement): thumb down, elbow straight, examiner raises arm thru forward flexion
- Long head biceps palpation
- Yergason’s (biceps tendinitis): elbow 90 degrees, arm adducted, patient attempts supination while examiner resists
- A-C joint tenderness, Cross arm test (A-C joint djd, dislocation): reach across towards opposite shoulder
- Neurovascular assessment if any suggestive sx or mechanism (distal pulses, strength, sensation)
- Wash hands

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