



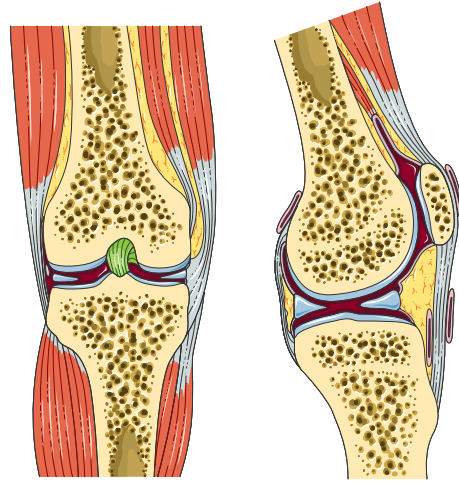
KNEE ASSESSMENT FORM



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

KNEE ASSESSMENT FORM

NAME: _____
 D.O.B. / /
 DATE: / / Dominance
 POSITION: _____



HISTORY:

Mechanism of Injury

Varus Valgus Flex Ext Rotatio

Acceleration Deceleration Cutting

Pain

Ant Post Med Lat Gen

Rest During activity After activity Joint Line

Aggravating Factors: Relieving factors:

Functionally

Giving Way Locking Clicking Grating

Functional limitations:

Swelling

Immediate Delayed After activity

EXAMINATION

L R

Range of Motion

FLEXION

Normal 0-135°

EXT

Normal 0-15°

ROTATION

Medial 20-30°

Lateral 30-40°

MED LAT MED LAT

Stability

ANT DRAW

Normal 6mm

LACHMAN

Normal < 9mm

End feel soft/firm

End feel End feel

PIVOT SHIFT

+/-

POST DRAW

Normal 10mm step

End feel End feel

MCL

Gr I: 5mm,

Gr II : 5-10mm

Gr III >10mm

LCL

Gr I: 5mm

Gr II: 5-8mm

Gr III: >8mm

Meniscus

McMURRAY

+/-

DUCK WALK

+/-

Patella

PAT F GLIDE

Normal 2 quadrants

McCONNELL

+/- angle of pain

ANGLE ANGLE

PAST HISTORY

INVESTIGATIONS

SPECIAL TESTS

COMMENTS

