



# 5 steps to assess the knee

within 10 minutes

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# 5 steps to assess the knee

## Nº1 Before the consultation

- Gross gait assessment on walk from waiting room

## Nº2 History

- Onset & mechanism (traumatic v insidious)
- Pain - SOCRATES
- Mechanical symptoms
- Inflammatory screen (incl. morning stiffness, skin/bowel/eye problems)
- Other joints (incl. back & hips)

## Nº3 Inspection standing

- Swelling/deformity
- Foot positioning (pes planus/overpronation) & posture

## Nº4 Functional tests

- Deep squat & duck walk
- Single leg squat to assess control

## Nº5 Supine

- Assess for effusion
- Test ACL/PCL/LCL/MCL
- Meniscal testing – McMurray's
- Palpate joint line & patella

## Top Tips

- Consider the lower limb biomechanics (i.e. foot positioning, glute strength, lumbopelvic control).
- Consider referred pain in the differentials (i.e. hip & back).

## Red Flags

- Underlying inflammatory cause (morning stiffness, systemic features, other joint pain, insidious onset, etc).
- Signs of infection ?septic arthritis.