

Knee Physical Exam

Mechanical Symptoms

Catching / Locking / Popping / Clicking

Movement Screen

5X Bodyweight Squat (If pain, where and when)

5X Single-Leg Squat (Symmetrical?):

5X Sit-to-Stand Test (>11.4 sec, MCID: 2.3 sec):

Floor Transfer: Independent / Assisted / Dependent

Jump Assessment:

Hip and Ankle Screen

4-Inch Wall Test:

Hip External Rotation:

Hip Internal Rotation:

Palpation:

Knee PROM

Extension

Left: Right:

Flexion

Left: Right:

Knee Strength in foot-pounds with Dynamometer

Extension

Left: Right: Index:

Flexion

Left: Right: Index:

Areas of Treatment Focus

Tissue Capacity Pain Relief Belief Structure
Movement Strategy Adherence

Notes

Knee Pathologies: 80% better in 12 weeks

Tendinopathy: Reactive/Degenerative, Build Healthy
PFPS/ITBS: Psychological Component, Q-Angle/Valgus
Arthritis: Morning pain, Age, Stiffness/Swelling

The General Non-Op Plan

Manage pain with ice, heat, self-massage
Temporarily reduce stressful forces
Maintain current level of load tolerance
As symptoms calm down, load system
Build load tolerance to required demands

Immediate Post-Op Plan

Protect Repair
Reduce pain/swelling
Get extension back
Get flexion back
Begin engaging the quadriceps

Surgical Timelines

TKA: 12-16 weeks (feel normal in 6-12 months)
ACL: 12 months
Meniscus Repair: 3-9 months
Meniscectomy: 6-8 weeks
Microfracture/OATS/ACI: 5-10 months

