

It's Going Tibia Okay

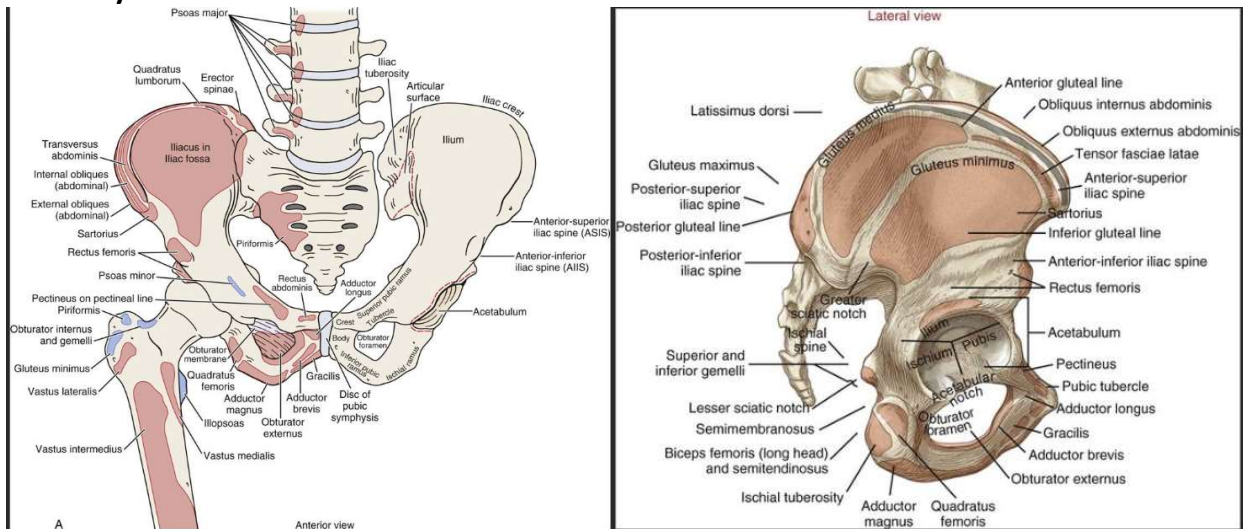
Hands on Evaluation of Common Lower Extremity Injuries

Objectives:

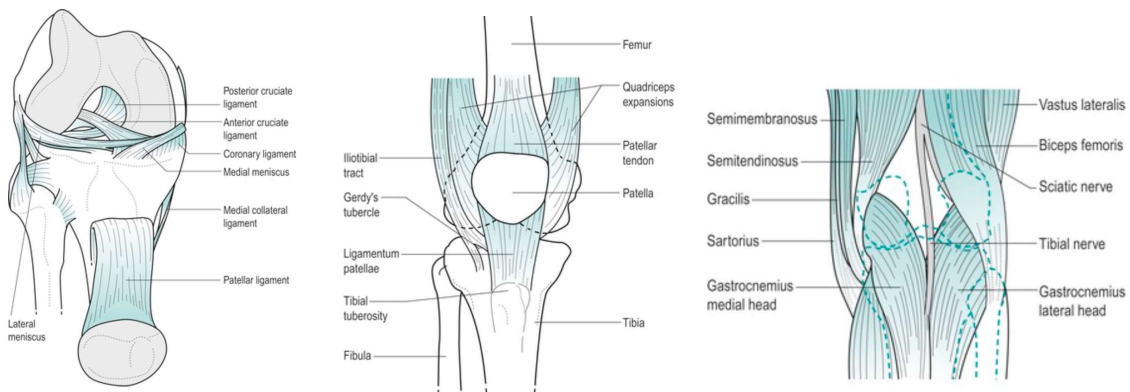
At the conclusion of the session participants should be able to:

- Identify anatomy of common lower extremity injury on palpation
- Demonstrate evaluation of common lower extremity injuries via special tests
- Recall common lower extremity injuries

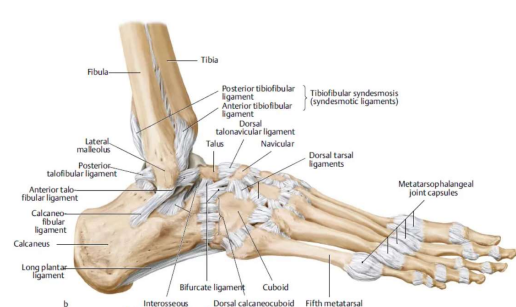
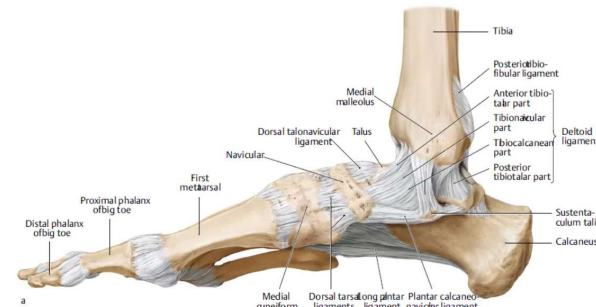
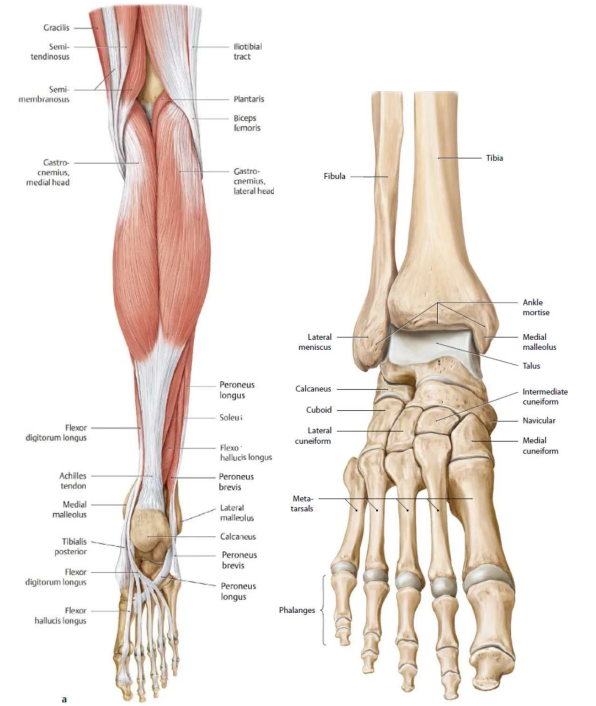
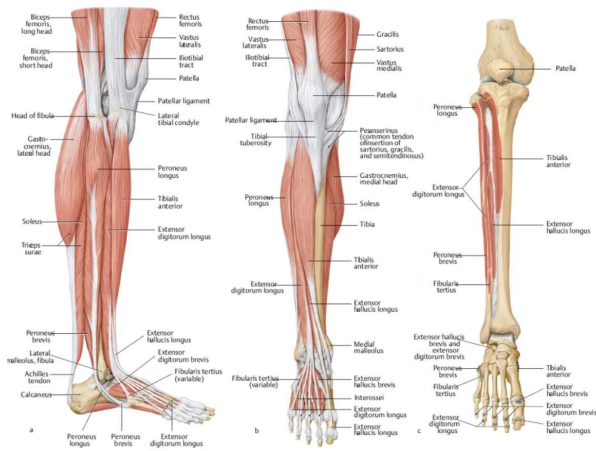
Anatomy review



<https://musculoskeletalkey.com/hip-3/>



<https://musculoskeletalkey.com/the-knee-2/>



Special tests

HIP <https://www.sportsmedreview.com/blog/special-tests-for-physical-exam-of-the-hip/>

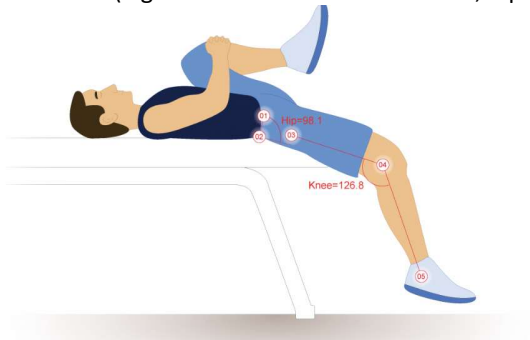
FABER (identify source of pain and restricted range of motion) and FADIR (may exacerbate piriformis syndrome and sciatic nerve pain)



Scour Test and Log Roll Test (For intraarticular pathology)



Thomas Test (Tightness in lumbar musculature, hip flexors, rectus femoris)



Straight Leg Raise (Back pathology)

Special tests

KNEE <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3213012/>
https://www.physio-pedia.com/Category:Knee_-_Special_Tests

Patella Apprehension, Ballotable Test (for effusion or patella subluxation)
Patella Tracking and J sign

McMurray, Apley's and Thessaly's (Meniscus however, all lack accuracy)



Instability

Valgus Stress Test at 30 degrees (MCL)

0 degrees (MCL and involves the medial joint capsule)



Varus Stress Test and palpation of LCL in FABER position (LCL)

Anterior Drawer, Lachman's, Lever Sign Test (ACL)



Posterior Drawer, Sag Sign (PCL)

Special tests

LOWER LEG

Homan's Sign (DVT)

Thompson Test and Resisted range of motion in Plantar Flexion (Achilles Pathology)

Ankle [https://www.physio-pedia.com/Category:Ankle - Special Tests](https://www.physio-pedia.com/Category:Ankle_-_Special_Tests)

Anterior Drawer (Anterior Tibiofibular Ligament, lateral ankle sprain)

Talar Tilt (inversion for lateral ankle sprain and eversion for deltoid ligament/medial ankle sprain)

Kleiger's External Rotation (syndesmosis and deltoid ligament sprain)

Squeeze Test at mid-calf (Syndesmosis sprain)



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