

Can be subjective (it feels like it is going to give out) or objective (it gives out when I do something)

	Injury?	Mechanical?	Instability?	Exam
Sprain/Strain	+/-	-	+/- Subjective	-McMurray -Thessaly
Contusion	+	-	+/- Subjective	Tender to palpate Effusion
Meniscus Tear	+/- Indirect or direct	+	+/- Subjective	+McMurray +Thessaly Tender to palpate Effusion
ACL/PCL Tear	+/-	+/-	+ Subjective & Objective	+ Lachman Effusion

While this is nonspecific, there are a myriad of tendons/muscles that can suffer injury

Always want negative x-rays before calling bony contusion, especially if traumatic injury
Atraumatic injury can fracture in osteoporotic patients

Hemarthrosis and ecchymosis is classic with acute ACL tear

Chronic ACL tear may not show these findings on exam

If remote history of injury, can ask if they remember the knee swelling or bruising at the time