



KNEE SYMPOSIUM

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DALLAS, TEXAS

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COURSE OBJECTIVES

- REVIEW OF KNEE ANATOMY & PHYSIOLOGY
- REVIEW EVALUATION, DIAGNOSIS, & TREATMENT OF COMMON KNEE INJURIES
- REVIEW MECHANISM OF INJURY & PREVENTION OF WORK-RELATED INJURIES



KNEE SYMPOSIUM- ANATOMY

- BONES
- JOINTS
- LIGAMENT
- MUSCLES
- NERVES



KNEE ANATOMY- BONES

- FEMUR
- TIBIA
- FIBULA
- PATELLA



KNEE ANATOMY- LIGAMENTS

- ACL
- PCL
- MEDIAL COLLATERAL
- LATERAL COLLATERAL
- MENISCUS- MEDIAL
- MENISCUS- LATERAL

KNEE ANATOMY- MUSCLES



- EXTENSION
- PRIMARY EXTENSOR
- QUADRICEPS



KNEE ANATOMY- MUSCLES

- FLEXION
- PRIMARY FLEXOR
- SEMIMEMBRANOSUS
- SEMITENDINOSUS
- BICEPS FEMORIS



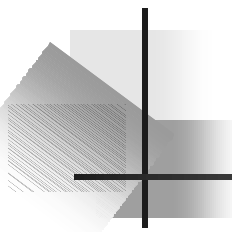
KNEE & LOWER LEG NERVES

- FEMORAL
- SCIATIC
- TIBIAL
- PERONEAL
- SUPERFICIAL PERONEAL
- DEEP PERONEAL



KNEE EXAM-BONY PALPATION

- MEDIAL ASPECT
- MEDIAL TIBIAL PLATEAU
- TIBIAL TUBERCLE
- MEDIAL FEMORAL CONDYLE
- ADDUCTOR TUBERCLE



KNEE EXAM- BONY PALPATION

- LATERAL ASPECT
- LATERAL TIBIAL PLATEAU
- LATERAL TUBERCLE
- LATERAL FEMORAL CONDYLE
- LATERAL FEMORAL EPICONDYLE
- HEAD OF THE FIBULA
- TROCHLEAR GROOVE & PATELLA

KNEE EXAM

SOFT TISSUE PALPATION

- ZONE I- ANTERIOR ASPECT
- QUADRICEPS
- INFRAPATELLAR TENDON
- SUPERFICIAL INFRAPATELLAR BURSA
- PREPATELLAR BURSA
- PES ANSERINE BURSA

KNEE EXAM

SOFT TISSUE PALPATION

- ZONE II- MEDIAL ASPECT
- MEDIAL MENISCUS
- MEDIAL COLLATERAL LIGAMENT
- SARTORIUS, GRACILIS,
SEMITENDINOSUS

KNEE EXAM

SOFT TISSUE PALPATION

- ZONE III- LATERAL ASPECT
- LATERAL MENISCUS
- LATERAL COLLATERAL LIGAMENT
- ANTERIOR SUPERIOR TIBIOFIBULAR LIGAMENT
- BICEPS FEMORIS TENDON
- ILIOTIBIAL TRACT
- COMMON PERONEAL NERVE

KNEE EXAM

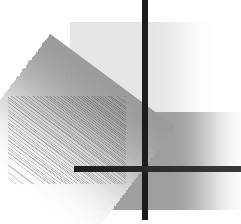
SOFT TISSUE PALPATION

- POSTERIOR ASPECT
- POPLITEAL FOSSA
- POSTERIOR TIBIAL NERVE
- POPLITEAL VEIN
- POPLITEAL ARTERY
- GASTROCNEMIUS

KNEE EXAM

TESTS FOR JOINT STABILITY

- COLLATERAL LIGAMENTS
- CRUCIATE LIGAMENTS



KNEE EXAM

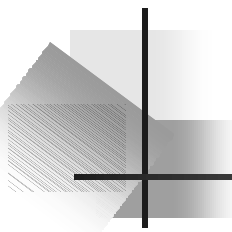
RANGE OF MOTION

- FLEXION- 140
- EXTENSION- 0
- INTERNAL ROTATION- 10
- EXTERNAL ROTATION- 10

KNEE EXAM

NEUROLOGIC EXAMINATION

- MUSCLE TESTING
- EXTENSION
- FLEXION
- INTERNAL ROTATION
- EXTERNAL ROTATION



KNEE EXAM

NEUROLOGIC EXAM

- SENSATION TESTING
- REFLEX TESTING
- PATELLAR REFLEX: L2,3,4



COMMON KNEE INJURIES

- TENDONITIS
- BURSITIS
- OA
- MENISCUS INJURY
- LIGAMENT INJURY



EVALUATION

- PHYSICAL EXAM
- X-RAY
- MRI
- CT
- ARTHROGRAM
- BONE SCAN
- EMG/NCV



TREATMENT

- Rest
- Ice
- Compression
- Elevation



TREATMENT

- NSAIDS
- PHYSICAL THERAPY
- INJECTIONS
- SURGERY

PREVENTION



WELLNESS

- EXERCISE
- WEIGHT MANAGEMENT
- NUTRITION
- ERGONOMICS