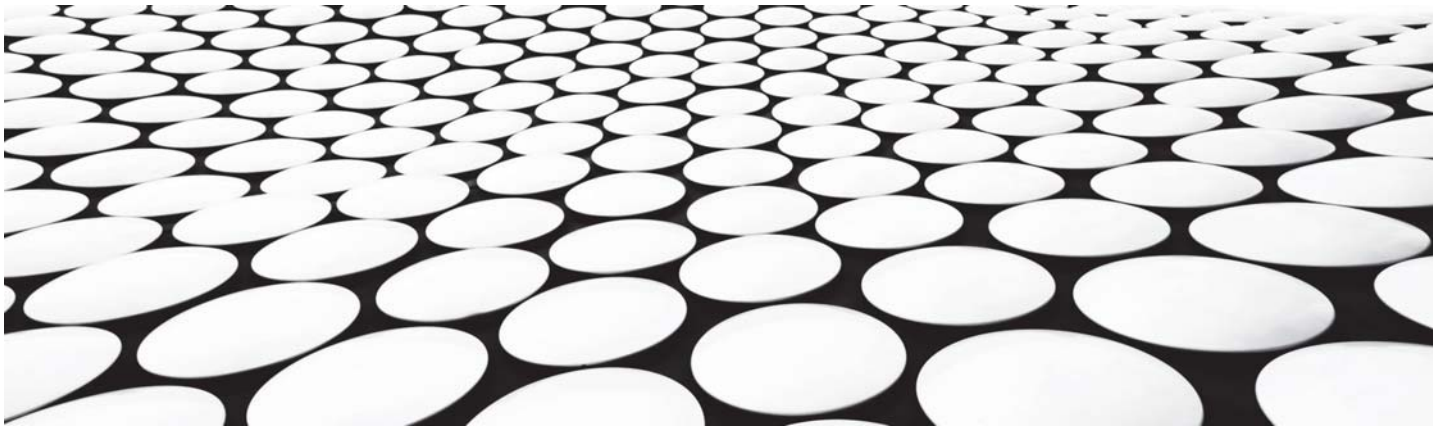

PHYSICAL EXAMINATION OF THE KNEE AND SHOULDER

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CONFLICTS OF INTEREST

- None

OBJECTIVES

By the end of this lecture participants will be able to:

- Outline an approach to the examination of a peripheral joint.
- Describe how to examine the knee and shoulder.
- Perform a functional assessment of the knee and shoulder.

APPROACH TO ALL PERIPHERAL JOINTS



INSPECTION



RANGE OF MOTION



PALPATION



SPECIAL TESTS



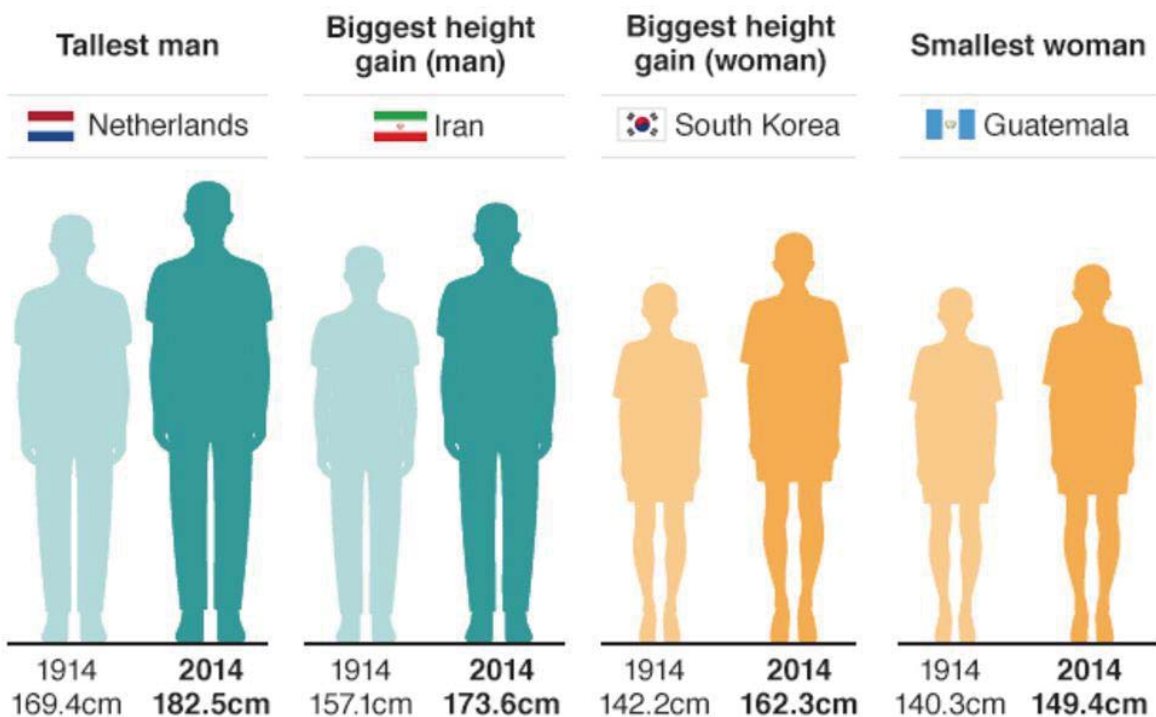
REMEMBER TO
COMPARE TO THE
ASYMPTOMATIC SIDE!

THE MSK PARADOX



- Despite being the most prevalent pathology that people have when presenting to a physician (Mayo Clinic Proceeding 2013)

- Physicians are not confident in the MSK assessment
- Glazier RH, Dalby DM, Badley EM, et al. Determinants of physician confidence in the primary care management of musculoskeletal disorders. *The Journal of Rheumatology*. 1996 Feb;23(2):351-356.
- A global perspective on the challenges and opportunities in learning about rheumatic and musculoskeletal diseases in undergraduate medical education. *Clinical Rheumatology* volume 39, pages627-642(2020)



IN THESE SCENARIOS

- Inseparable from the history
- Artificial splitting of a peripheral joint from the remainder of the exam
- Include neurovascular assessment
- Evaluation of joints above and below

PEARLS

- Consider pre-test probability
 - Remember not to hang your hat on one finding
 - Consider the sensitivity and specificity of individual tests
 - Eg McMurray has poor sensitivity compared to Thessaly
-

THE VIRTUAL PHYSICAL EXAMINATION

- Adequate lighting
- Appropriate camera and angle, consider headphones
- Excellent internet connection
- Ideally someone with the patient to position the camera
- Consent of patient, recording

REFERENCES

- Classic: Hoppenfeld 1976, Physical Examination of the Spine and Extremities
 - Comprehensive: Magee 2020, Orthopedic Physical Assessment
 - Scientific: Malanga 2017, Musculoskeletal Physical Examination: An Evidence-based Approach.
-