



OSCE Checklist: Knee Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the examination will involve using patient-friendly language	
5	Gain consent to proceed with the examination	
6	Adequately expose the lower limbs	
7	Position the patient standing for initial inspection of the lower limbs	
8	Ask if the patient has any pain before proceeding	
9	Gather equipment	
Look		
10	Perform a brief general inspection of the patient, looking for clinical signs suggestive of underlying pathology	
11	Assess the patient's gait	
12	Inspect both lower limbs with the patient standing (anterior/lateral/posterior)	
13	Ask the patient to lay on the bed and repeat inspection of the lower limbs	
Feel		
14	Assess and compare knee joint temperature	
15	Measure and compare quadriceps muscle bulk	
16	Palpate the knee whilst extended	
17	Perform patellar tap test	
18	Perform sweep test	
19	Repeat palpation of the knee whilst flexed at 90° including the popliteal fossa, tibial tuberosity and the head of the fibula	
Move		
20	Assess active knee flexion and extension	
21	Assess passive knee flexion and extension	
Special tests		
22	Inspect for posterior sag sign	
23	Perform anterior drawer test	
24	Perform collateral ligament assessment	
25	Mention meniscal assessment	

To complete the examination...

26	Explain to the patient that the examination is now finished	
27	Thank the patient for their time	
28	Dispose of PPE appropriately and wash your hands	
29	Summarise your findings	
30	Suggest further assessments and investigations (e.g. neurovascular examination of both lower limbs, examination of the joint above and below and further imaging)	

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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