

HOW I WORK UP A KNEE

T.O. Souryal
Texas Sports Medicine

History/Mechanism of injury –
Acute vs chronic
Visual
History

Differential Diagnosis

Examination –

Acute/On the field – Looking for gross injuries
Chronic/In the office – Looking for subtle findings

Inspect
ROM
Hip
Patella
Meniscus
Ligament
Neuro-vascular

X-rays

Always get x-rays

MRI

Based on level of suspicion
Quality of scanner
Experience of radiologist

Treatment is always based on a correct diagnosis.