Knee and Ankle Injuries

Dr Neville Blomeley
M.B.,B.S, FRACGP, M.SpMed
Chairperson NFSI- Sports Medicine Network
Sports Doctors Australia
Knee Injuries
Knee Injuries

Causes of acute knee pain

- Medial meniscus tear
- MCL Sprain
- ACL rupture
- Lateral meniscus tear
- Articular cartilage injury
- PCL sprain
- Patellar dislocation
Knee Injuries

Causes of acute knee pain
Not to be missed!

- Fractured tibial plateau
- Avulsion fracture
- Osteochondritis dissecans
- Reflex sympathetic dystrophy
Knee Injuries

Examination of the knee

1. Observation
   - Standing, walking & supine
   - Looking for swelling, deformity & bruising

2. Active movements

3. Passive movements

4. Palpation

Knee Injuries

Examination of the knee

5. Special tests-
- Presence of effusion
- Stability tests
  - MCL
  - LCL
  - ACL - Lachman’s Anterior Draw
    - Pivot Shift
  - PCL
Knee Injuries

Examination of the knee

5. Special tests
– Stability tests
  • McMurray’s
  • Patellar Apprehension
Knee Injuries

Investigations
- X-Ray
- MRI
- Ultrasound
- Arthroscopy
- CT Scan
Knee Injuries

Injections
- Knee joint
- Bursae of patella
- Pes anserine bursa
- Infrapatellar & suprapatellar tendons
Ankle Injuries
Acute injuries

Causes

Most Common
Lateral Ligament Injuries

- 85% inversion
- ATFL
- Calcaneofibular
- PTFL
Acute injuries

Less Common

- Malleolar Fractures
- Fracture base of fifth metatarsal
  - Avulsion fracture
  - Jones fracture
  - Diaphyseal fracture
- Talar fracture
- Calcaneal fracture
- Medial ligament injury
Acute injuries

Less Common
- Ankle dislocation
- Posterior tibial tendon rupture
- Peroneal tendon dislocation
- Achilles tendon rupture

Not To be Missed
- Syndesmosis Injuries
- Epiphyseal plate injuries (children)
Chronic Ankle Pain

Most Common

- Osteochondral injuries
- Synovitis of ankle joint
- Chronic instability
Chronic Ankle Pain

Less Common

- Sinus tarsi syndrome
- Stress fractures – navicular, talus & fifth metatarsal

Chronic Ankle Pain

Less Common
- Anterior and posterior impingement
- Nerve entrapment
- Osteoarthritis

Not to be missed
- Reflex sympathetic dystrophy
Examination

1. Inspection

2. Palpation
   - Emphasis on lateral malleolus, medial malleolus, base of fifth metatarsal & navicular
   - X-Ray only if positive
   - Chronic – peroneal tendons, tibial posterior tendons
Examination

3. Movement – active & passive

4. Stress Tests
   • Syndesmosis
   • Anterior drawer
   • Talar tilt

5. Neuromuscular function
Examination

Supplemental Examinations
- X-Rays
- Bone Scans
- CT
- MRI
Examination

**Injections**
- Ankle joint
- Sinus tarsi