

Knee and Ankle Sports Injury Assessment Curriculum

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Lesson One – Ankle Injury Assessment Trainer

FOCUS: Anatomy of the Ankle

15-20 minutes

Purpose:

Participants work individually and then in groups to complete the worksheet, testing their knowledge of the anatomy of the ankle.

Materials:

- *Anatomy of the Ankle* worksheet (one per participant)
- *Anatomy of the Ankle – Answer Key*
- *Pre-Assessment* (one per participant)

Facilitation Steps:

1. Hand out the *Pre-Assessment* and have participants complete and hand it in to track knowledge gained over the two lessons.
2. Pass out *Anatomy of the Ankle* (one per participant).
3. Have participants fill out as much of the worksheet as they can on their own.
4. Ask the participants to pair up and work together to identify the remaining structures.
5. Once you have allowed enough time for participants to attempt to find/know the answers, review the correct answers.

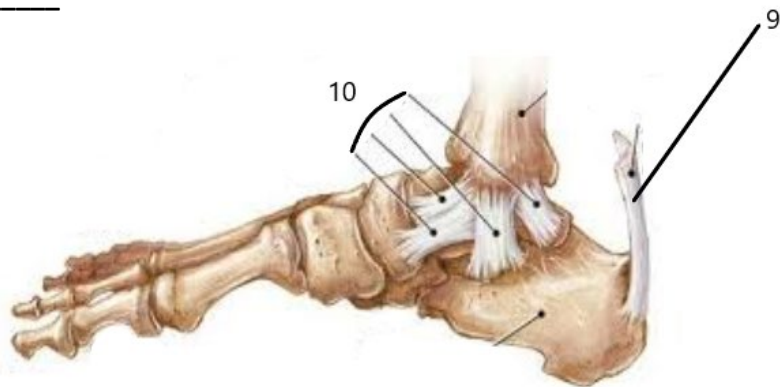
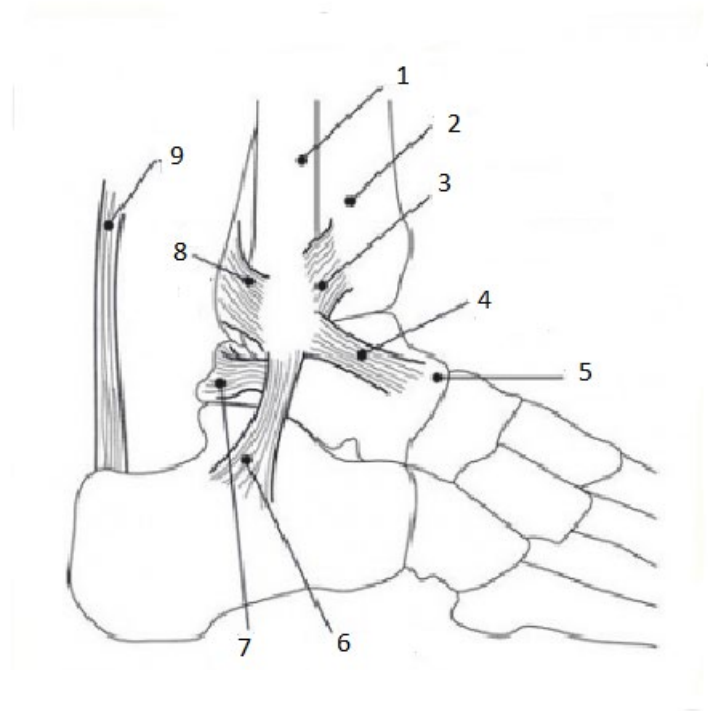
Name: _____

Class: _____

Anatomy of the Ankle

Label the bones and ligaments of the ankle by writing the name of the ligament or bone on the line.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____



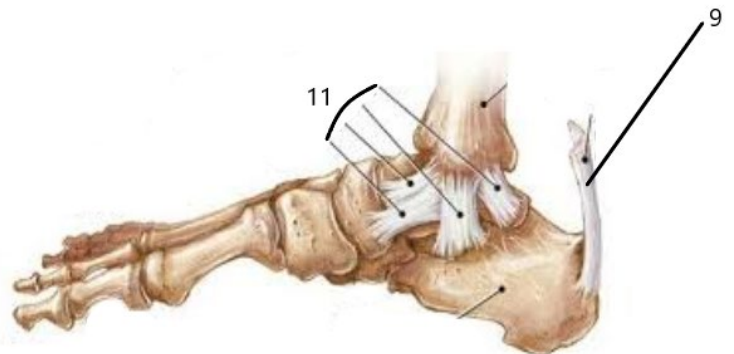
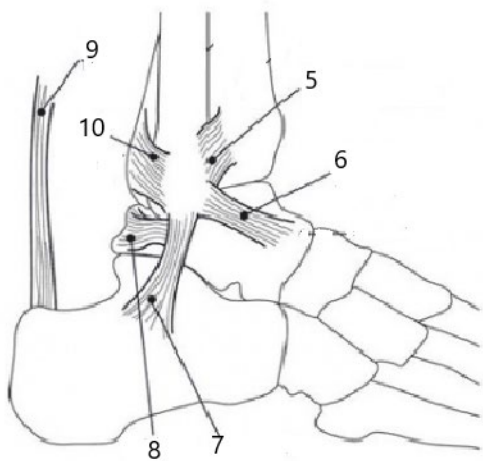
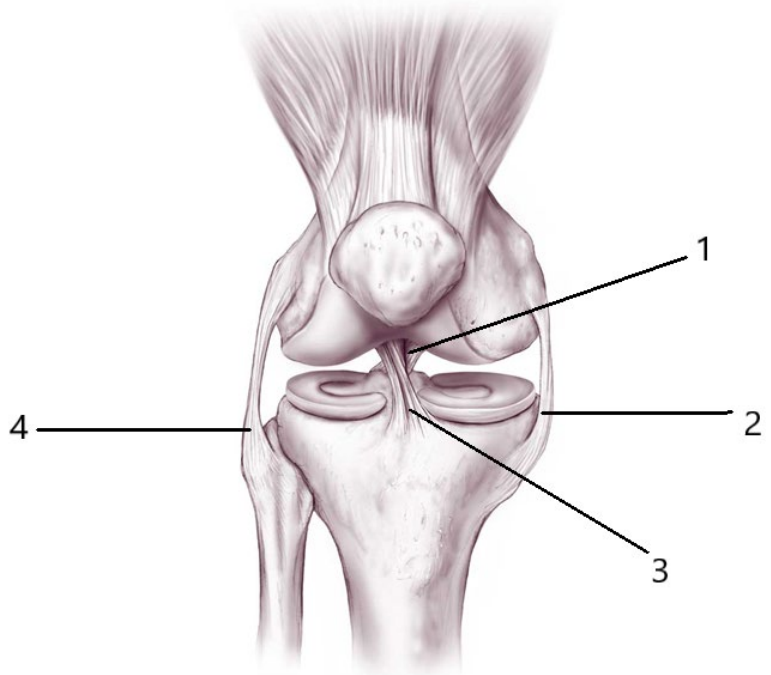
Name: _____

Class: _____

Pre/Post-Assessment

Directions: Label the bones and ligaments in the following diagrams:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____



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Chose the best answer for the following questions:

1. The most common type of ankle sprain is:
 - a. Anterior Cruciate Sprain
 - b. Eversion Sprain
 - c. High Ankle Sprain
 - d. Inversion Ankle Sprain

2. The varus stress test evaluates which ligament:
 - a. Medial Collateral Ligament
 - b. Lateral Collateral Ligament
 - c. Anterior Cruciate Ligament
 - d. Posterior Cruciate Ligament

3. Which of the following tests would be most appropriate to determine an ACL injury?
 - a. Lachman's Test
 - b. Valgus Stress Test
 - c. Anterior Drawer Test
 - d. Varus Stress Test
 - e. All the above
 - f. A and C

4. The Talar Tilt test evaluates which ligament:
 - a. Anterior Talofibular Ligament
 - b. Posterior Talofibular Ligament
 - c. Calcaneofibular Ligament
 - d. Deltoid Ligament

5. The anterior drawer test of the ankle evaluates which ligament:
 - a. Posterior talofibular ligament
 - b. Anterior talofibular ligament
 - c. Calcaneofibular ligament
 - d. Deltoid Ligament

6. An athlete comes to you complaining of medial knee pain and states that someone fell on the outside of his leg during practice. He is point tender over the medial aspect of the knee and has mild swelling over the medial aspect of the knee. You suspect a medial collateral ligament sprain. Which special test should you perform?
 - a. Anterior Drawer
 - b. Valgus Stress Test
 - c. Varus Stress Test
 - d. Lachman's Test

7. The most severe type of ankle or knee sprain is a:
 - a. Grade 1
 - b. Grade 2
 - c. Grade 3
 - d. Grade 4

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8. The eversion stress test evaluates which ligament:
 - a. Posterior tibiofibular ligament
 - b. Anterior tibiofibular ligament
 - c. Calcaneofibular ligament
 - d. Deltoid Ligament

9. An Achilles tendon rupture is evaluated with the:
 - a. Posterior Drawer
 - b. Eversion Stress Test
 - c. Varus Stress Test
 - d. Thompson Test

10. A grade two inversion ankle sprain involves:
 - a. Stretching of the ATFL
 - b. Complete tearing of the ATFL and CFL, with partial tearing of the PTFL and the tibiofibular ligaments
 - c. Partial tearing of the ATFL and stretching or partial tearing of the CFL.

11. When evaluating a MCL or LCL injury, the special tests should be performed at:
 - a. 0 degrees
 - b. 15 degrees
 - c. 20 degrees
 - d. 30 degrees
 - e. All the above
 - f. A and D

12. An athlete has a knee injury, and the doctor performs a "drawer test" by pulling and pushing on the leg with the knee flexed. If the leg translates anteriorly, i.e., "gives" or moves anteriorly when the leg is pulled anteriorly, what joint structure is most likely injured?
 - a. Medial Collateral Ligament
 - b. Anterior Cruciate Ligament
 - c. Posterior Cruciate Ligament
 - d. Lateral Collateral Ligament
 - e. Anterior Talofibular Ligament

13. While water skiing in Florida following final exams, a medical student falls and twists her ankle. Her foot is forcibly everted, which could cause a sprain of which ligament?
 - a. Anterior Talofibular Ligament
 - b. Posterior Talofibular Ligament
 - c. Calcaneofibular Ligament
 - d. Deltoid Ligament

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14. A young man involved in a head-on automobile collision had his flexed knee hit the dashboard of the car. He was later found to have a major instability of the knee, in that his tibia could be moved posteriorly relative to the femur. What ligament was likely damaged?
- a. Lateral collateral ligament
 - b. Deltoid
 - c. Medial collateral ligament
 - d. Anterior cruciate ligament
 - e. Posterior cruciate ligament