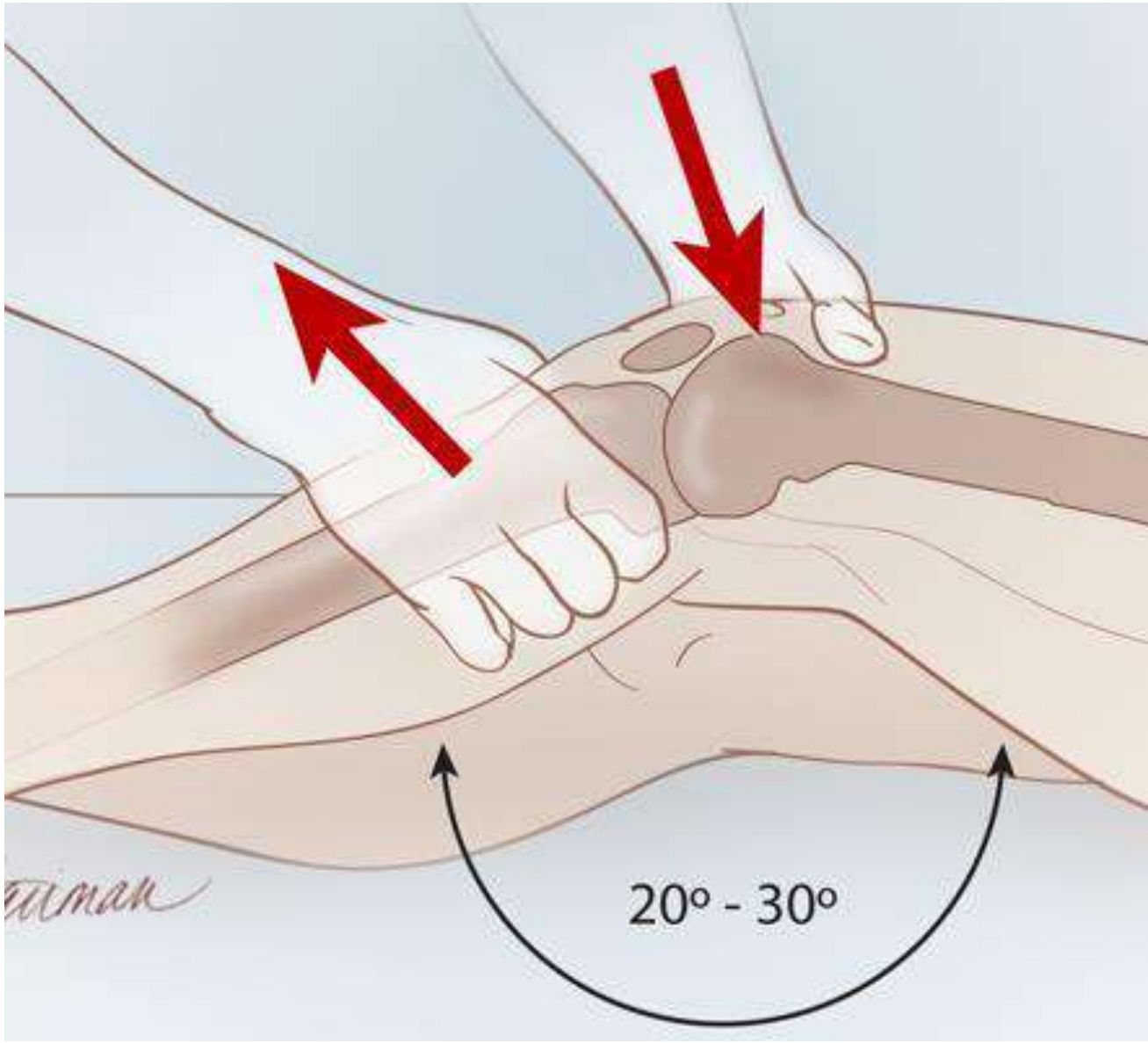
ACL- tear

Lachman test
It’s a reliable way to diagnose an ACL injury

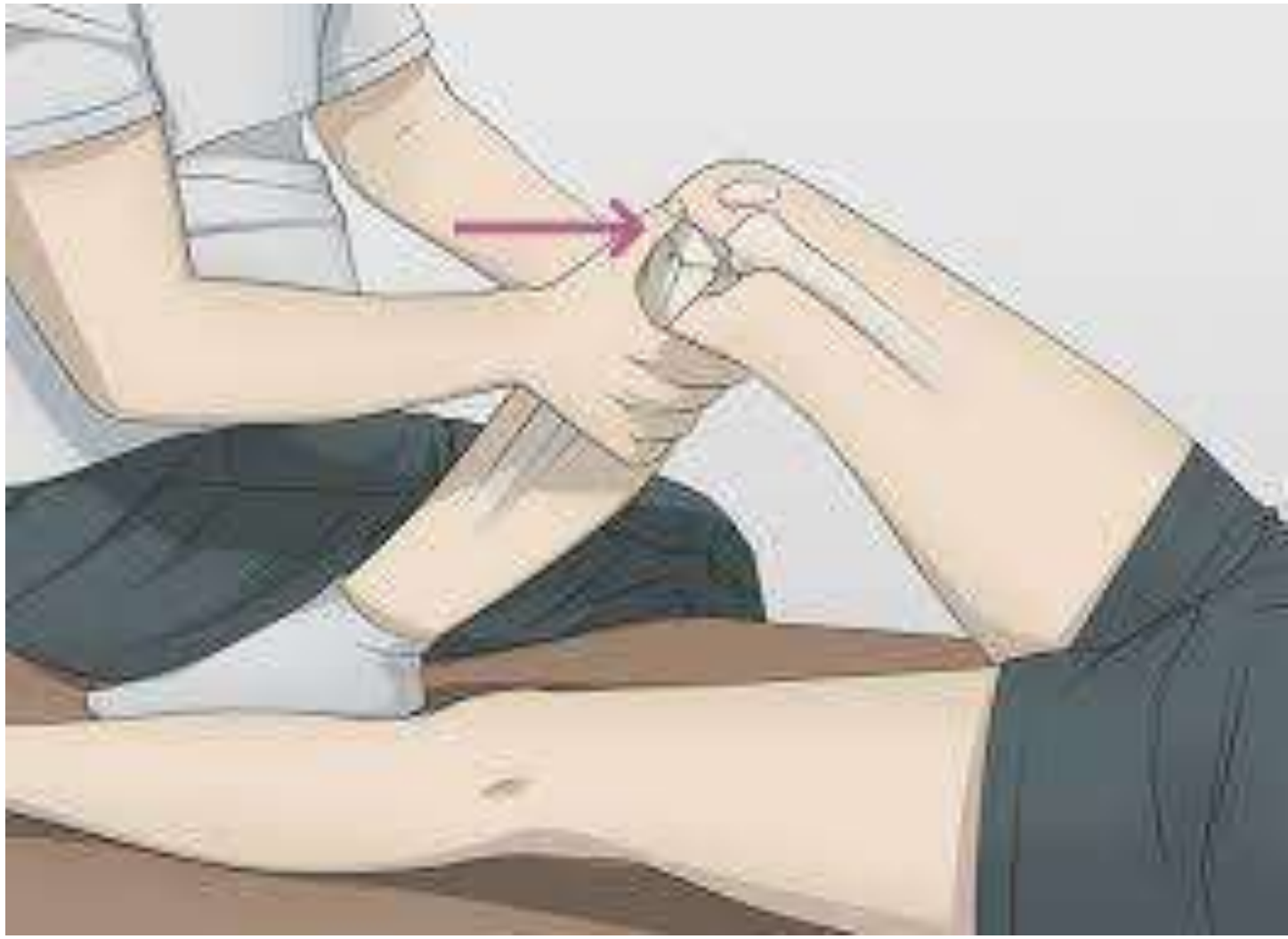
- The leg is flexed to 20-30 degrees
- Pull the lower leg forward and push the tight backward gently but firmly



PCL tear

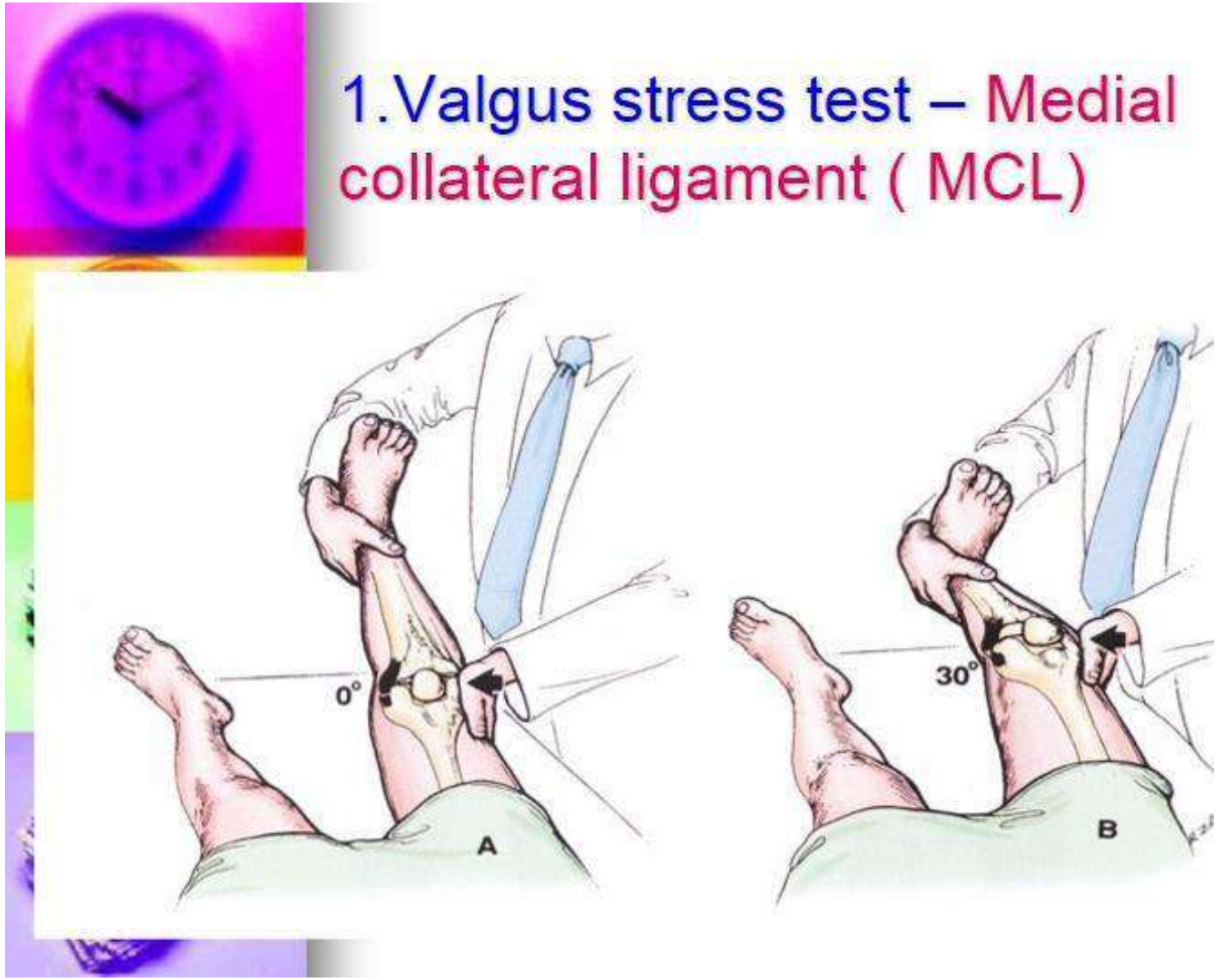
Posterior drawer test

- The knee is flexed to 90 degrees
- The foot is stabilized by sitting on it
- Apply an anterior to posterior directed force through the tibia



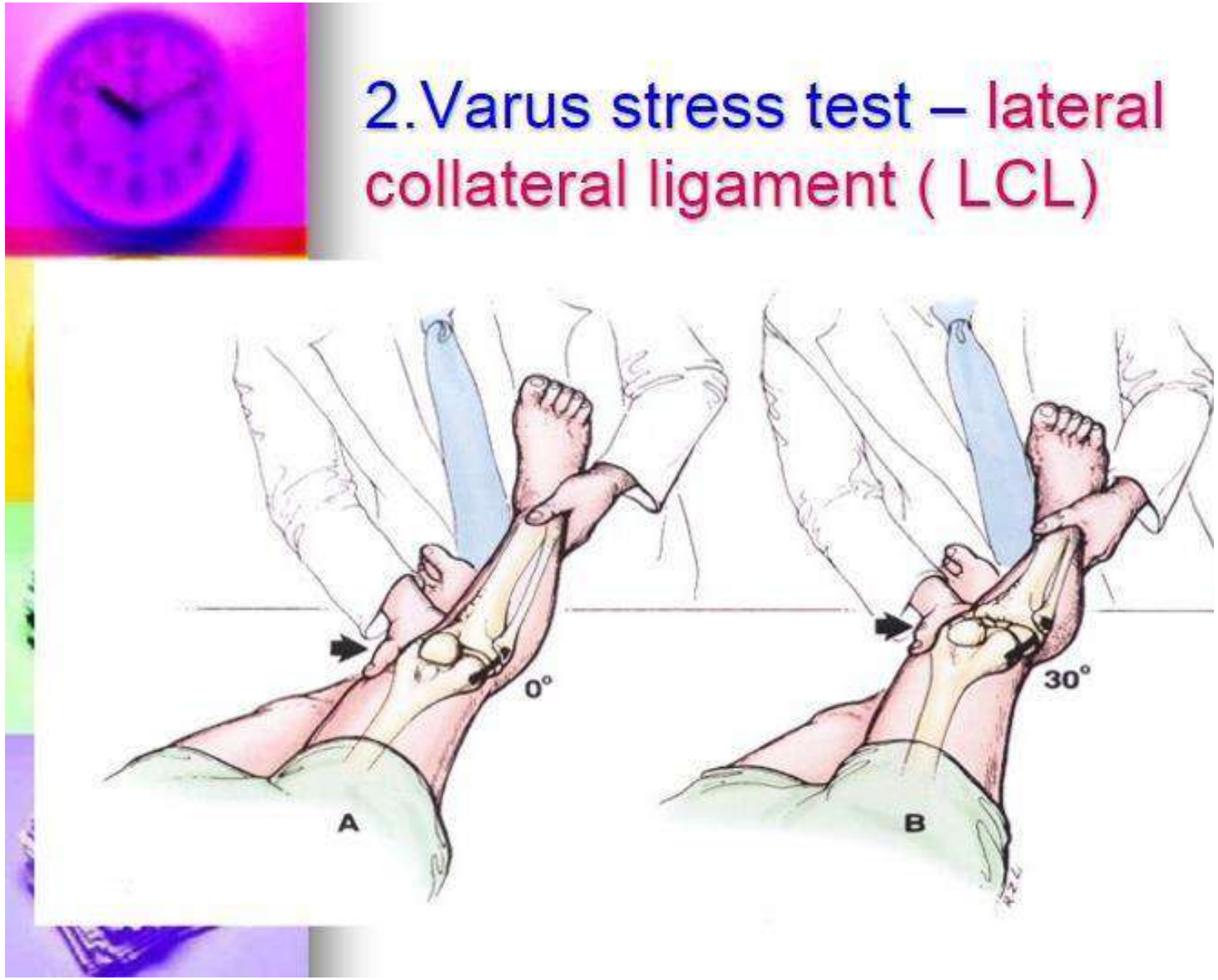
MCL tear

- Valgus stress test
- First knee extension
- Knee bent in 30 degrees in flexion



LCL tear

- Varus stress test
- First knee extension
- Knee bent in 30 degrees in flexion



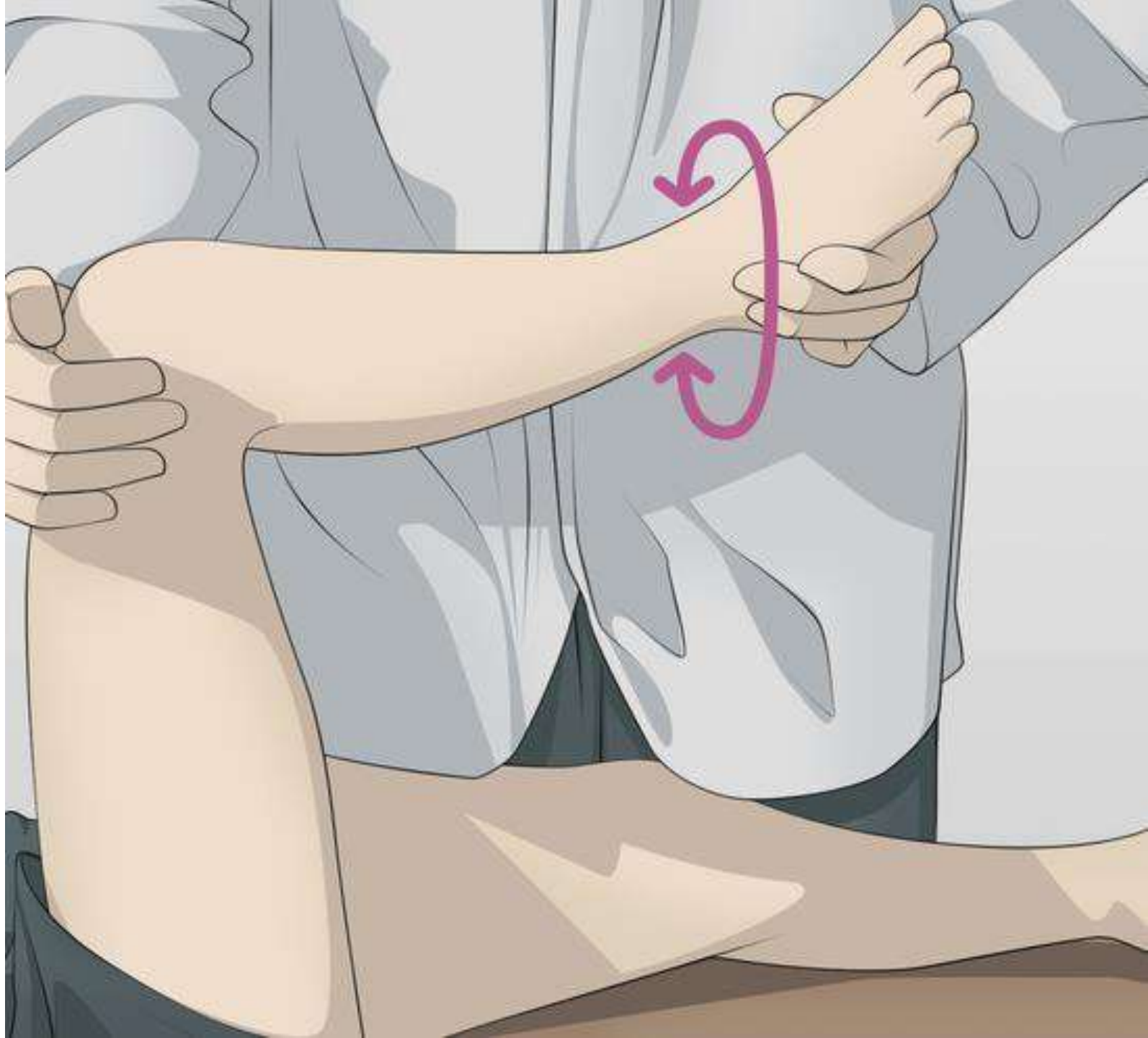
Meniscus tear

Test for the medial meniscus

- Valgus force
- Externally rotation

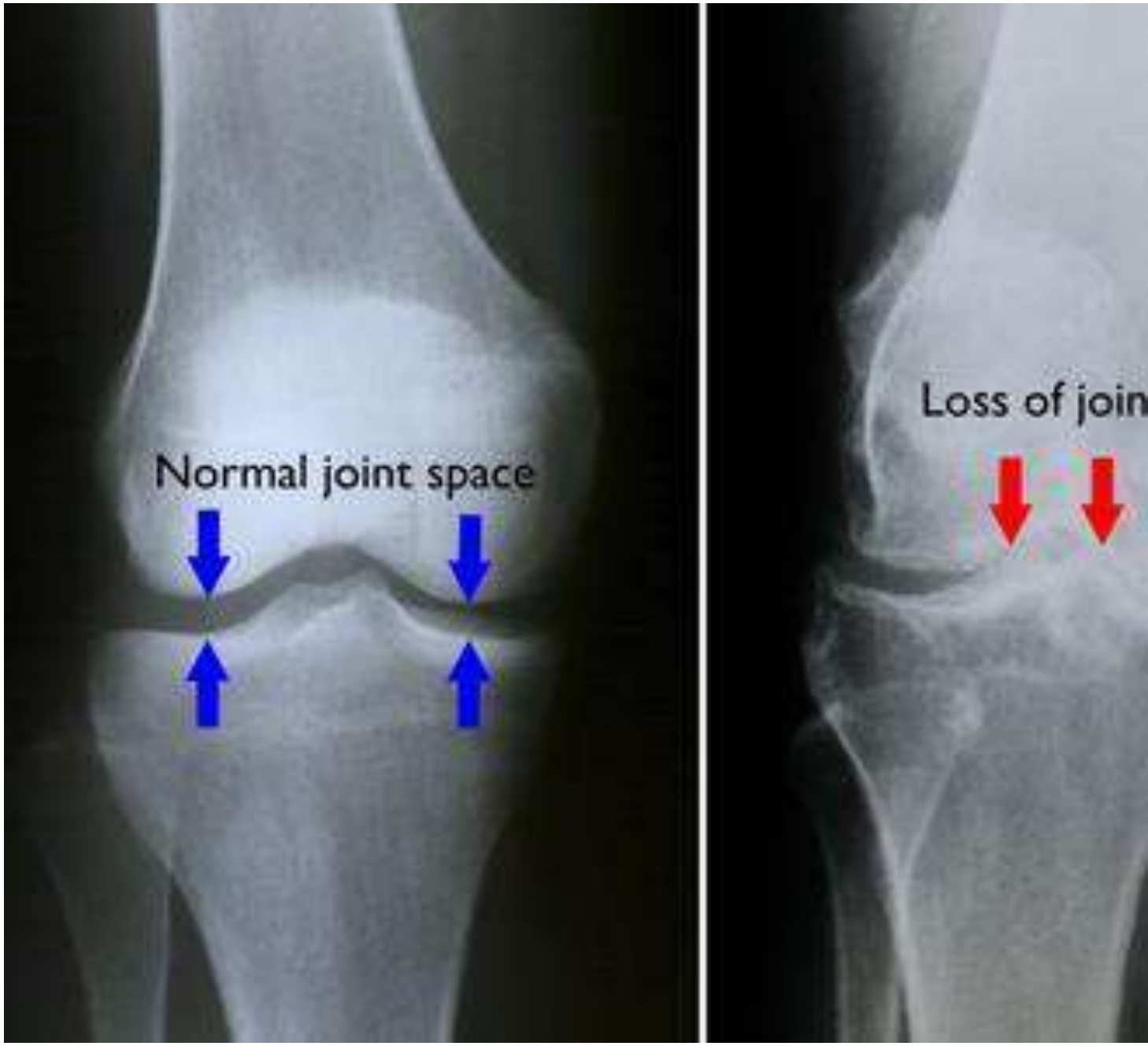
Test for lateral meniscus

- Varus force
- Internally rotation

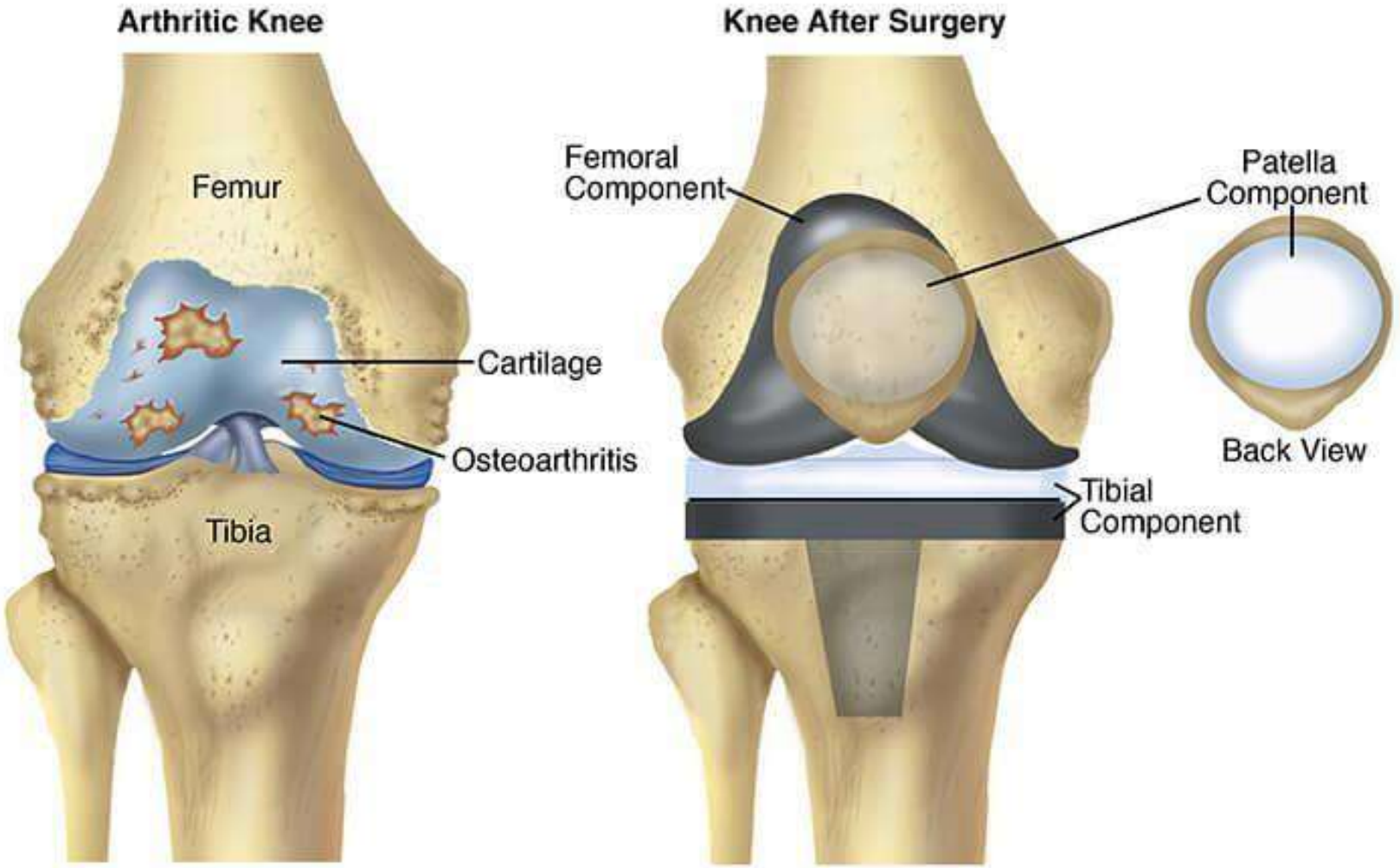


Gonarthrosis

- Causes:
- Symptoms:
- Treatment:



Total Knee Replacement



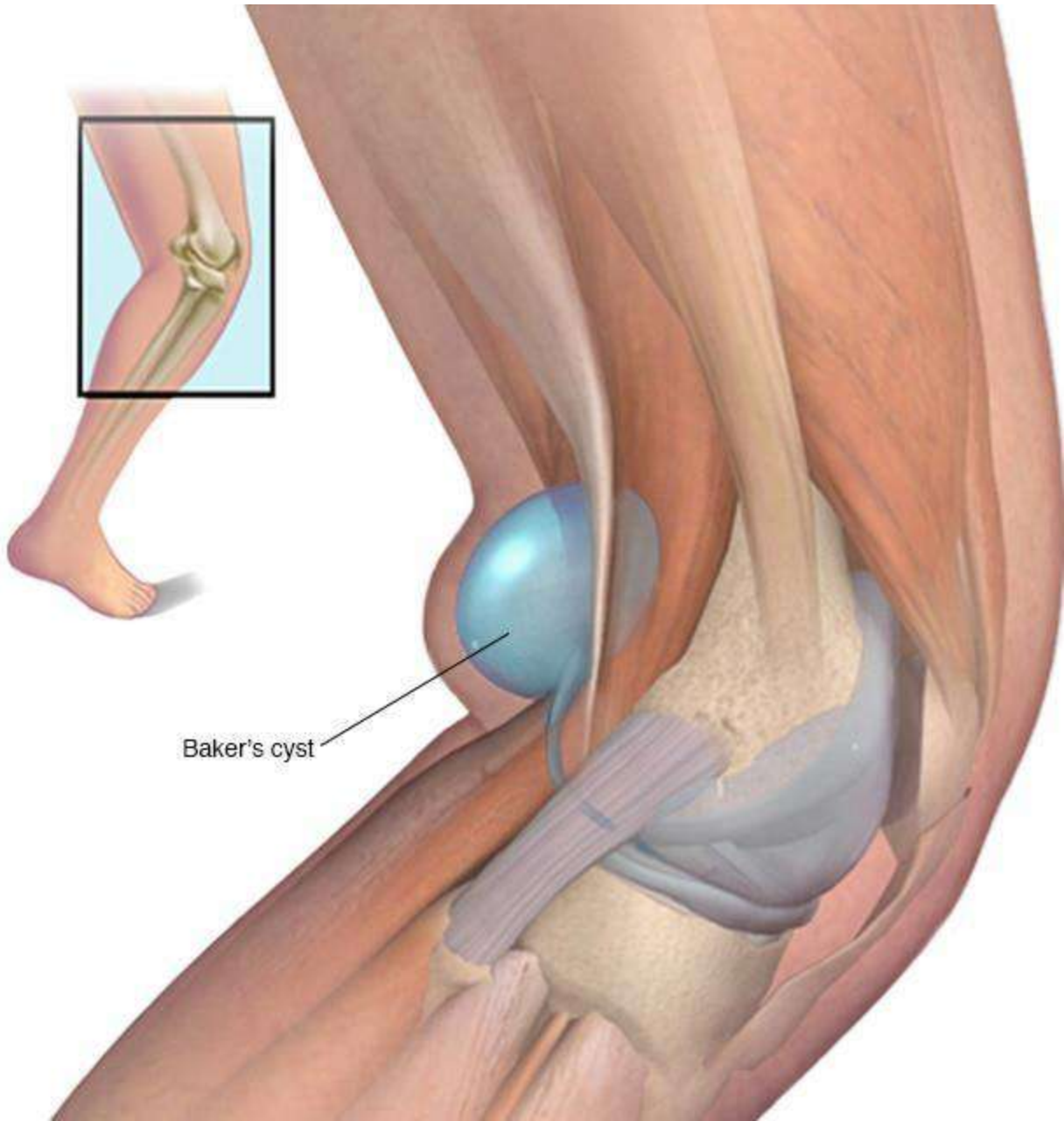
Baker's cyst (Popliteal cyst)

Symptoms:

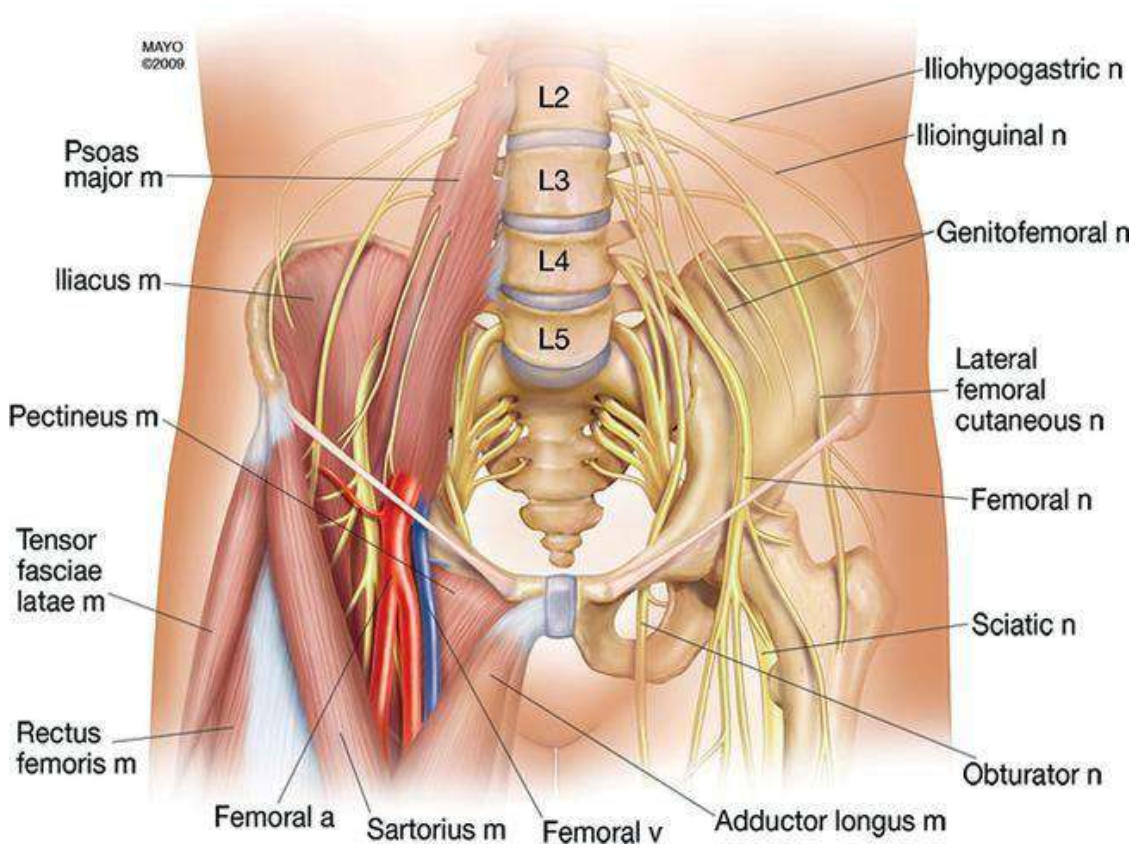
- Swelling behind the knee
- Knee pain
- Stiffness and inability to fully flex the knee

Treatments:

- Medication
- Fluid drainage
- Physical therapy
  - Ice pack
  - Gentle exercises
  - Resting

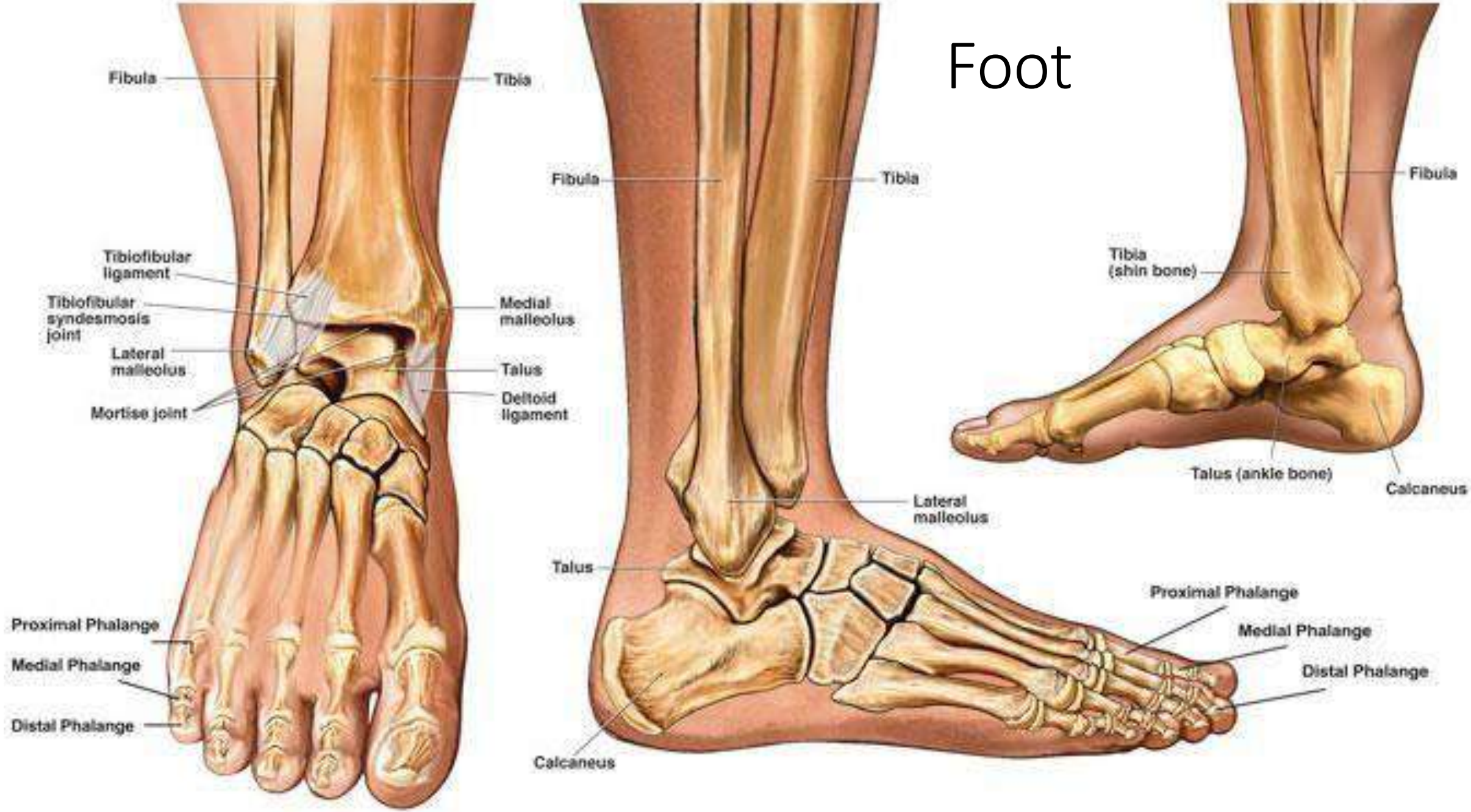






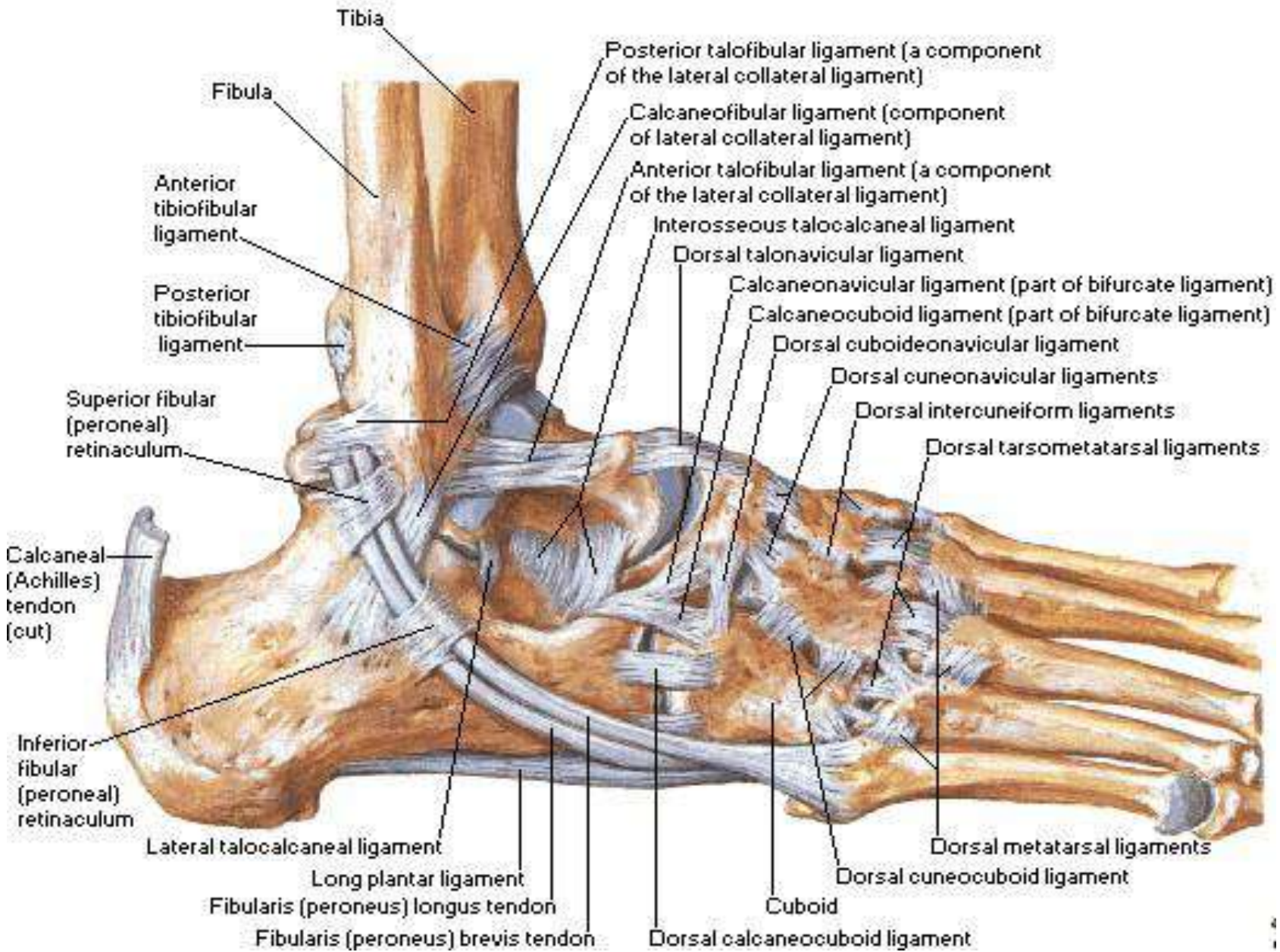
Femoral Nerve Damage (FND)

Foot

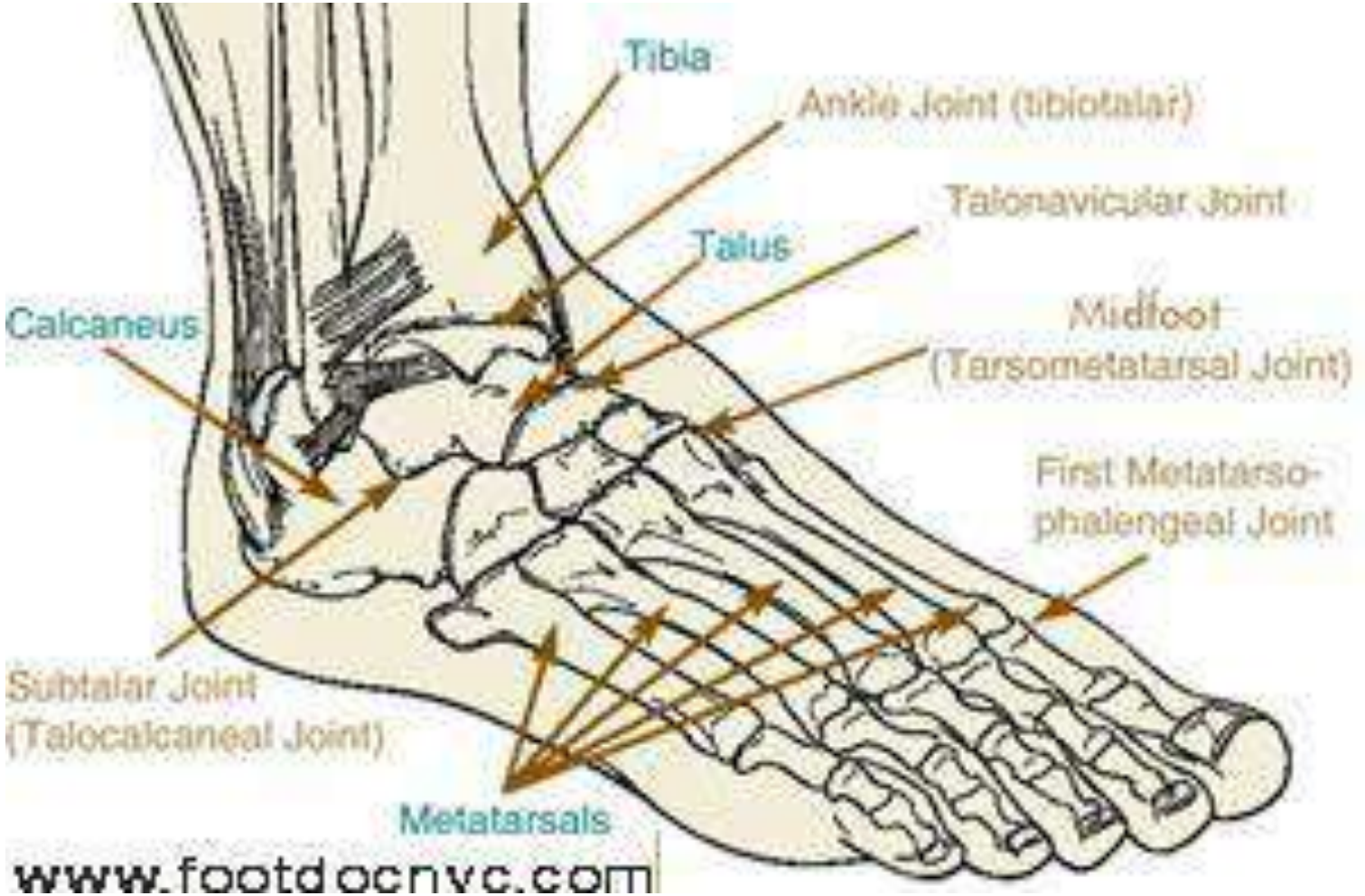

Fibula
Tibia
Tibiofibular ligament
Tibiofibular syndesmosis joint
Lateral malleolus
Mortise joint
Medial malleolus
Talus
Deltoid ligament
Proximal Phalange
Medial Phalange
Distal Phalange
Fibula
Tibia
Lateral malleolus
Talus
Calcaneus
Proximal Phalange
Medial Phalange
Distal Phalange
Tibia (shin bone)
Fibula
Talus (ankle bone)
Calcaneus

Ligaments and Tendons of Right Ankle

Lateral View



Joint of the foot



Gastrocnemius

- **Origin:** Lateral and medial condyle of femur
- **Insertion:** Calcaneus via Achilles tendon
- **Action:** plantar flexion
- **Innervation:** Tibial nerve



Soleus

- **Origin:** Tibia and Fibula
- **Insertion:** Calcaneus via Achilles tendon
- **Action:** plantar flexion
- **Innervation:** Tibial nerve



Muscles

Tibialis anterior

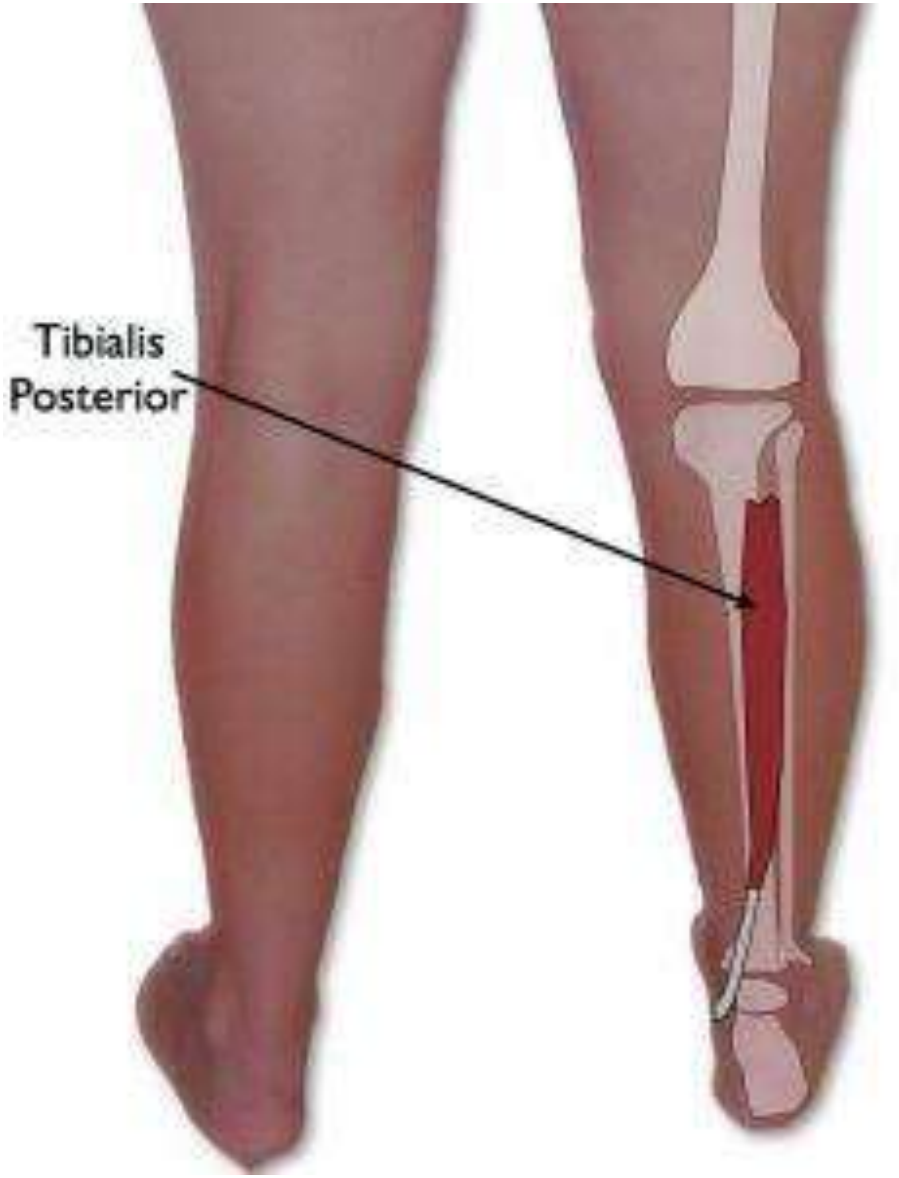
- Origin: lateral condyle of Tibia
- Insertion: base of 1st Metatarsal
- Action: dorsal flexion
- Innervation: Peroneal nerve (L4-L5)



Muscles

Tibialis posterior

- Origin: interosseus membrane of Tibia and Fibula
- Insertion: Tarsals and Metatarsals
- Action: ankle inversion
- Innervation: Tibial nerve (L4-L5)

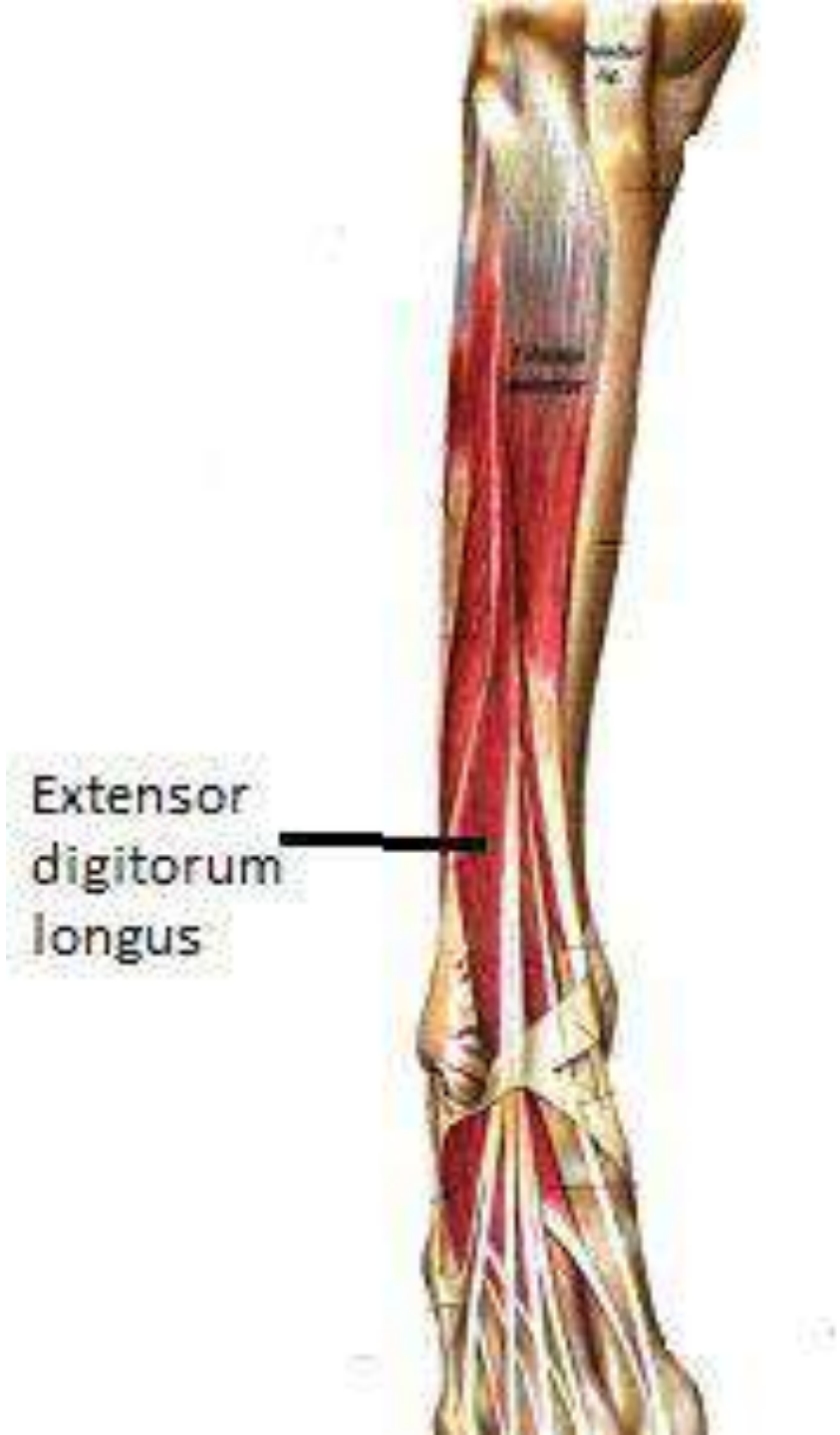


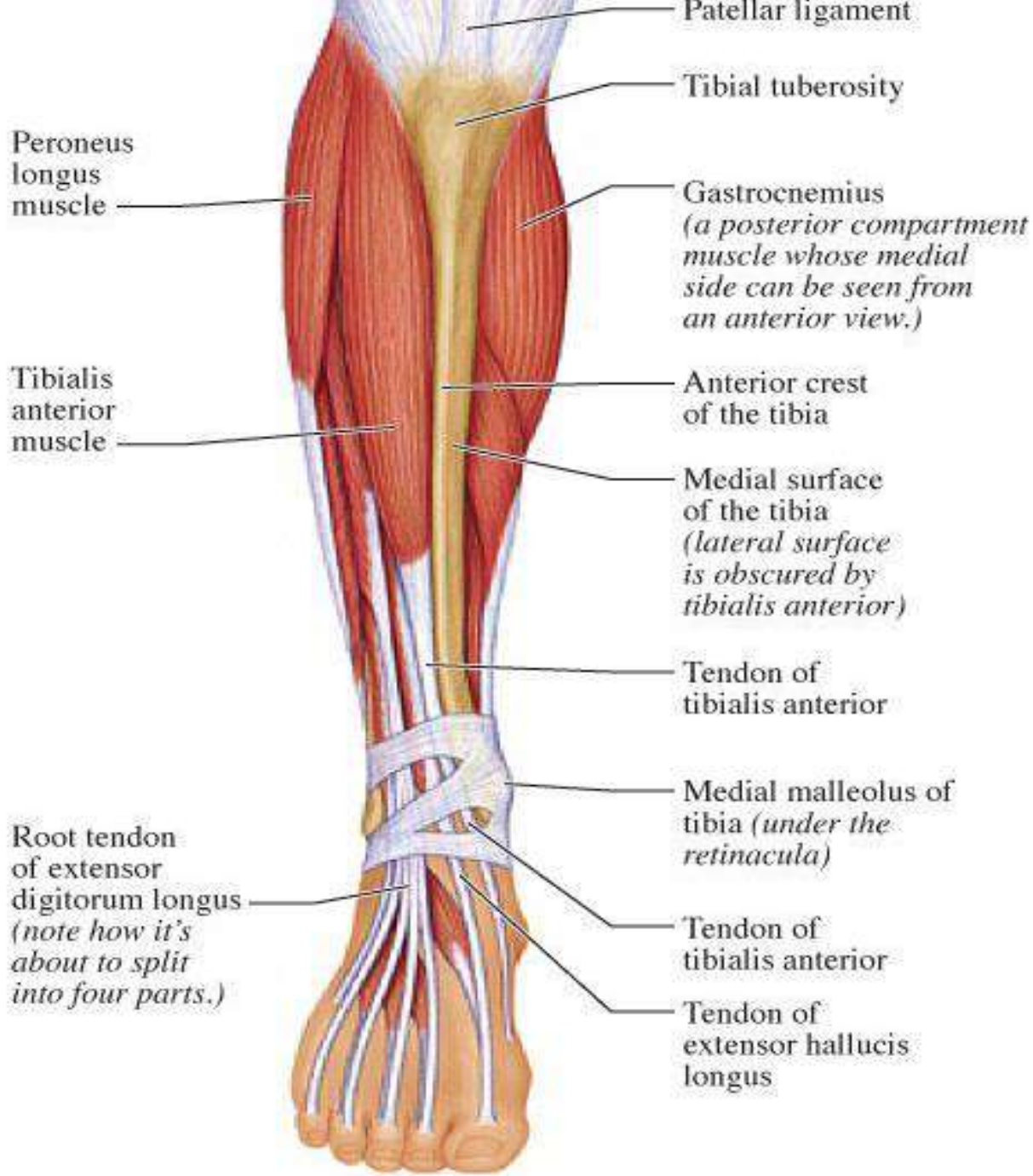
Muscles

Extensor hallucis longus

Extensor digitorum longus

- Origin: Fibula
- Insertion: Phalanges
- Action: extend the toes
- Innervation: Peroneal nerve (L4-L5-S1)



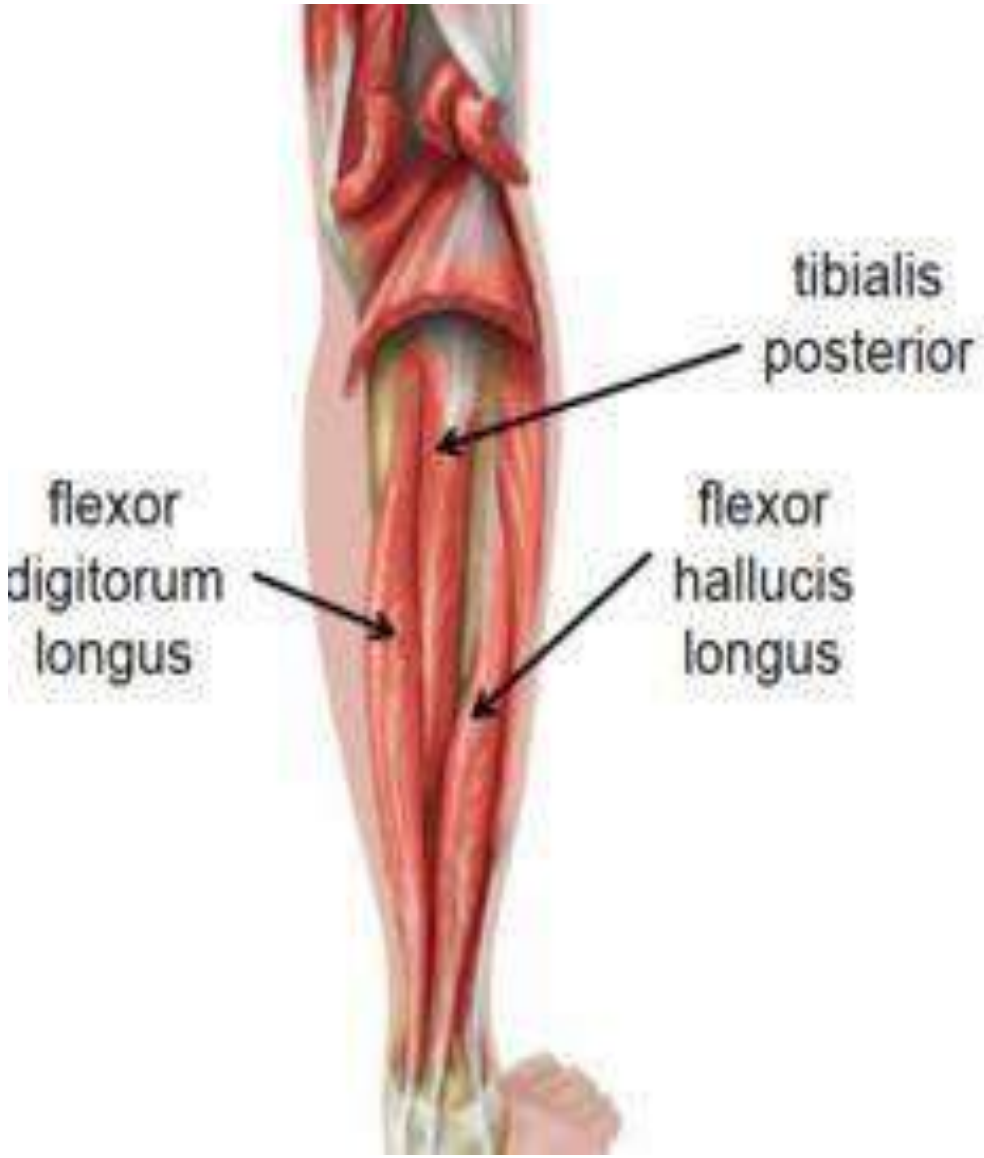

Patellar ligament
Tibial tuberosity
Peroneus longus muscle
Gastrocnemius (a posterior compartment muscle whose medial side can be seen from an anterior view.)
Tibialis anterior muscle
Anterior crest of the tibia
Medial surface of the tibia (lateral surface is obscured by tibialis anterior)
Tendon of tibialis anterior
Medial malleolus of tibia (under the retinacula)
Root tendon of extensor digitorum longus (note how it's about to split into four parts.)
Tendon of tibialis anterior
Tendon of extensor hallucis longus

Muscles

Flexor digitorum longus

Flexor hallucis longus

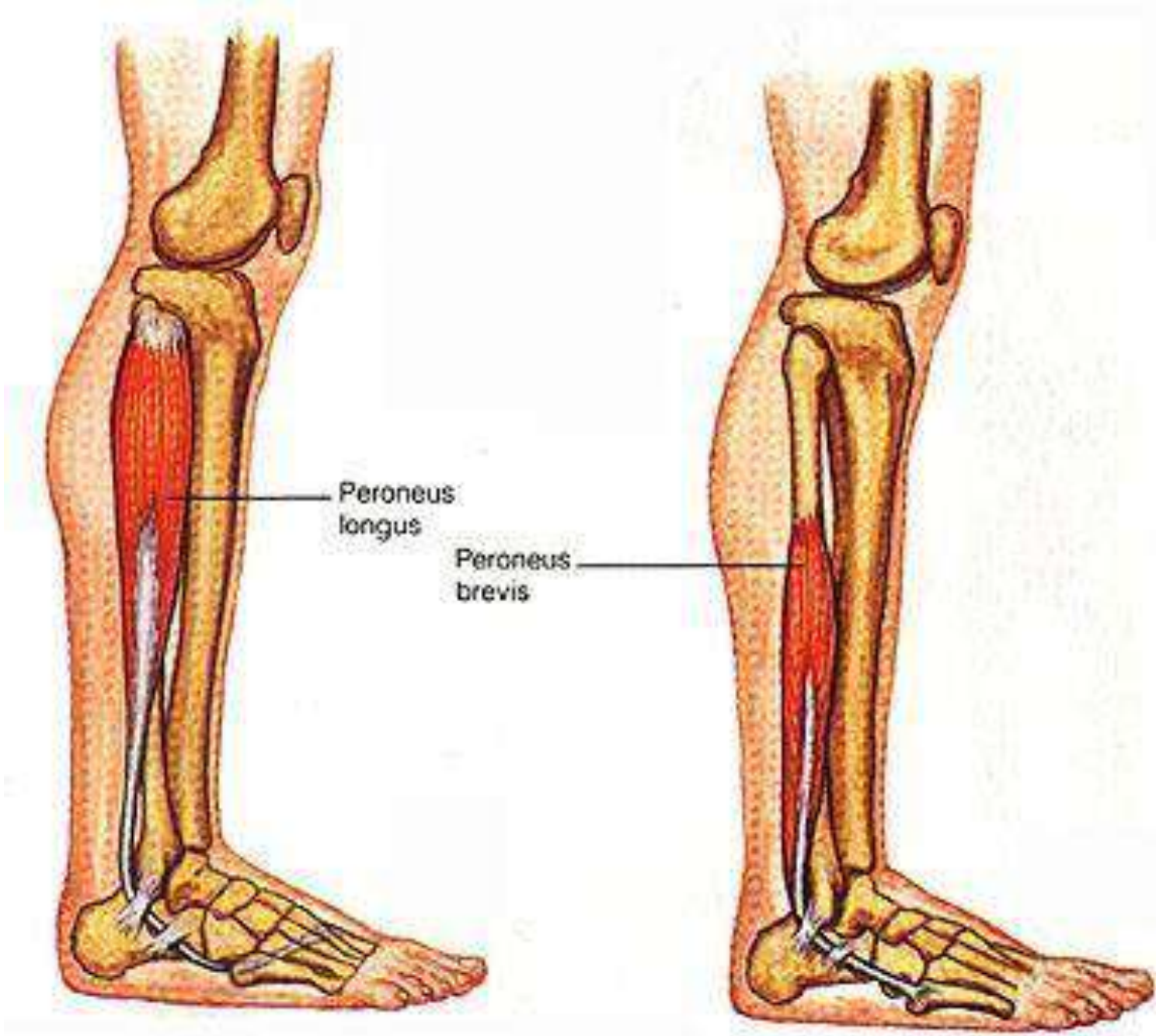
- Origin: Tibia
- Insertion: Phalanges
- Action: flex the toes
- Innervation: Tibial nerve



Muscles

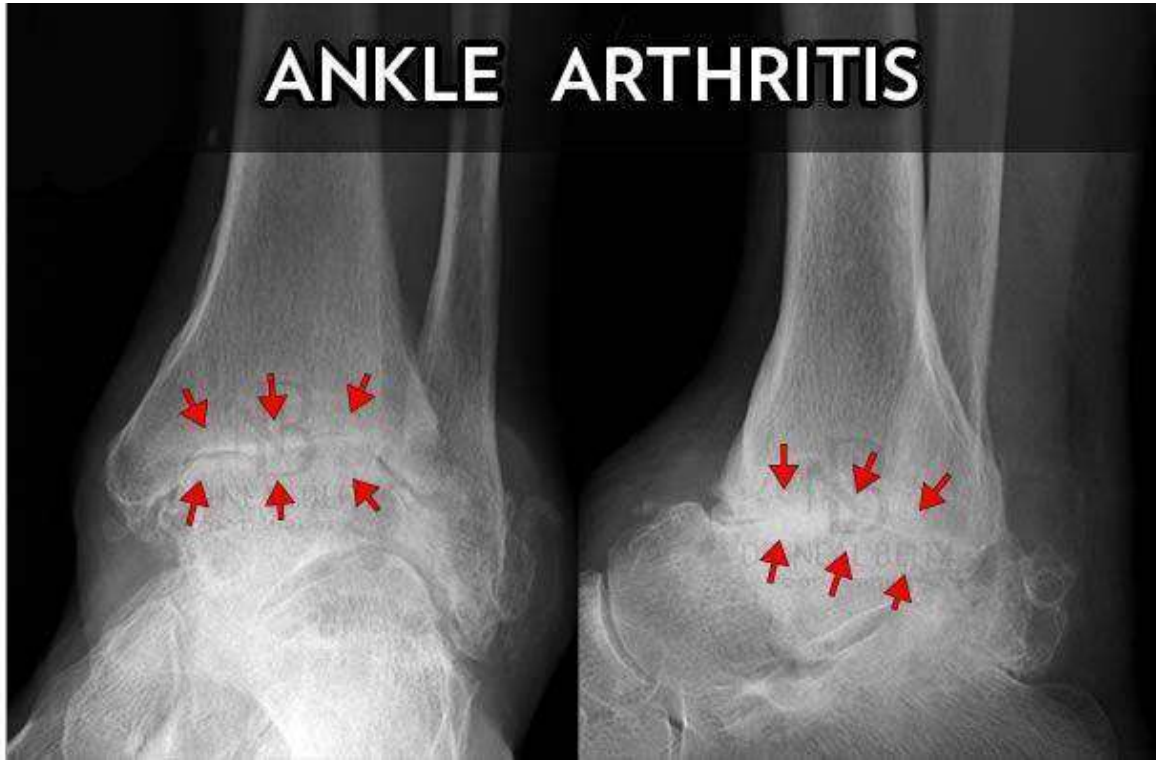
Peroneus longus-brevis

- Origin: Fibula
- Insertion: Metatarsal
- Action: evert the foot
- Innervation: Peroneal nerve



Arthritis





Tibialis anterior tendonitis



Causes and risk factors :

- Overused muscle
- High arched foot type
- Middle aged or older

Symptoms:

- Pain with dorsal flexion
- Ankle weakness

Treatments:

- Resting
- Ice compress
- NSAID

Tibialis posterior tendonitis



Causes and risk factors :

- Overused muscle
- Acute injury
- Middle aged or older
- Flatfoot

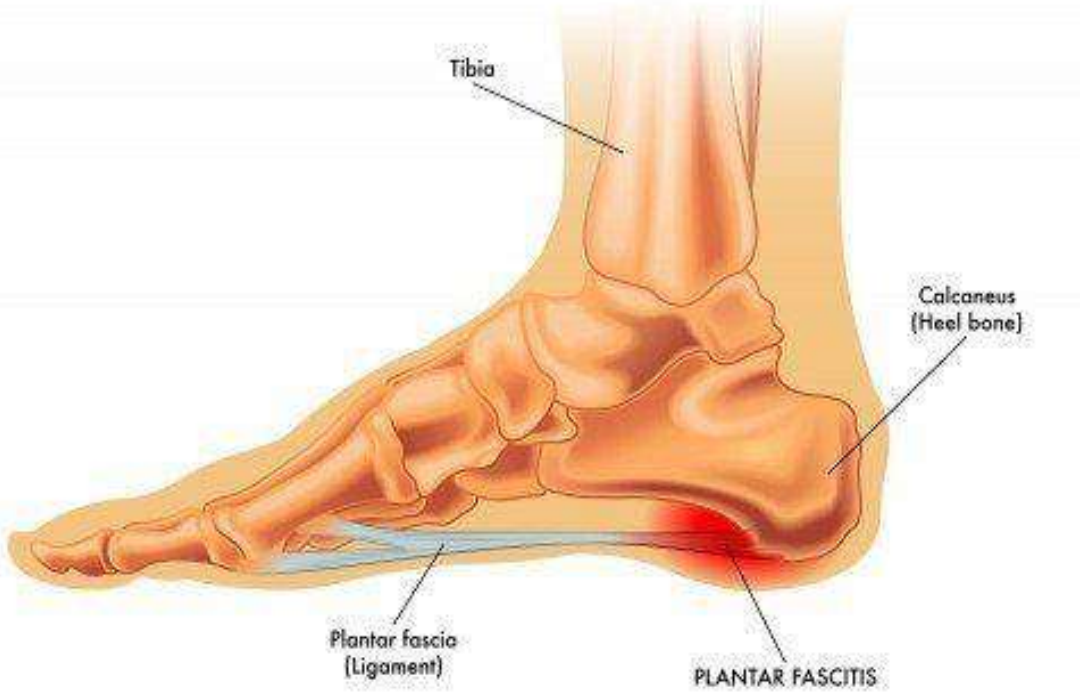
Symptoms:

- Pain on the side of the foot
- Ankle weakness

Treatments:

- Resting
- Ice compress
- NSAID

Plantar fasciitis



Causes:

- Strain injury
- Running or walking
- Reactive arthritis
- Ankylosing Spondylitis

Symptoms:

- Stabbing pain
- The pain is worse with the first few steps

Treatments:

- Stretching exercises
- Night splint
- NSAID

Achilles tendonitis

Causes:

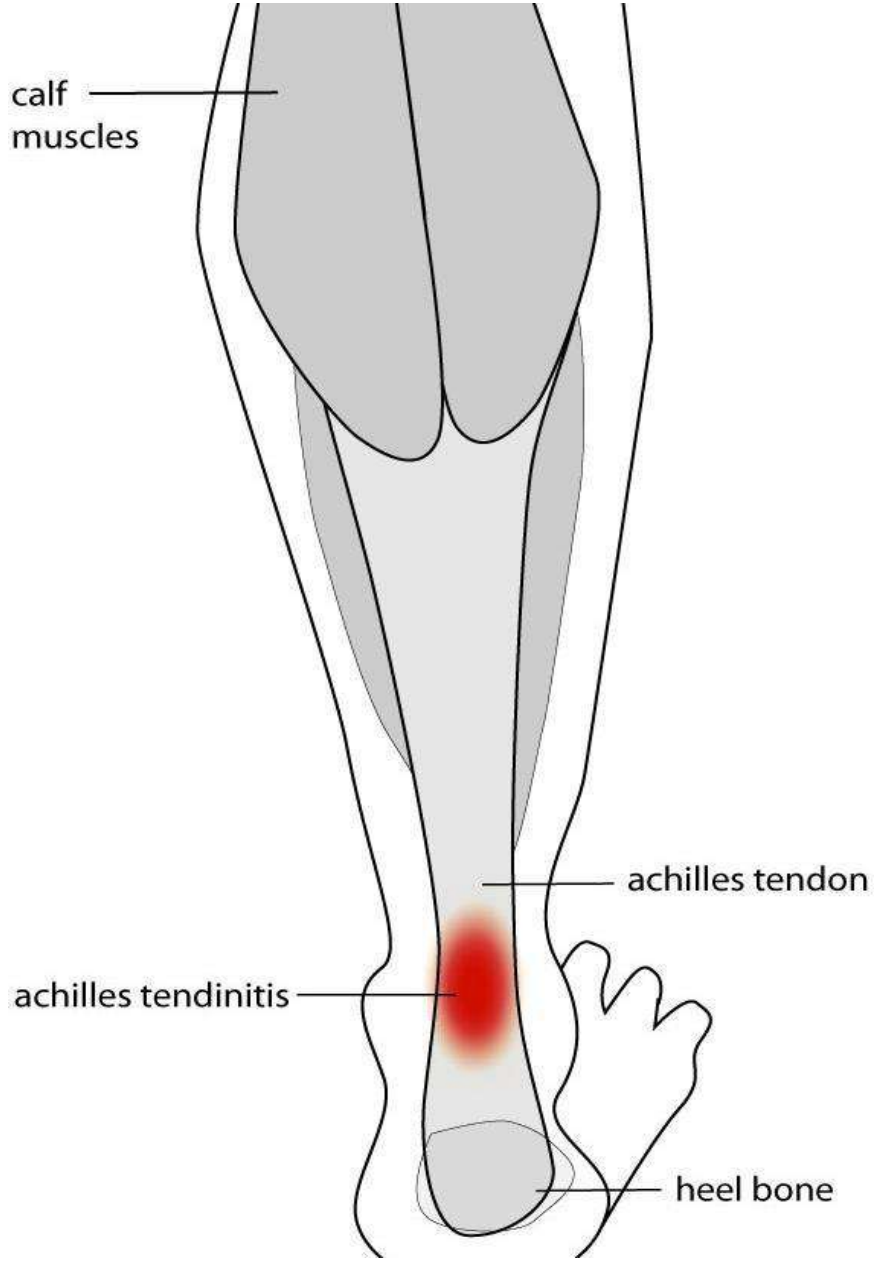
- Repetitive or intense strain
- Tight calf muscle
- Bone spur

Symptoms:

- Pain and stiffness along the Achilles tendon
- Pain on the back of the heel
- Swelling

Treatments:

- Resting
- Ice pack
- Calf stretching
- NSAID



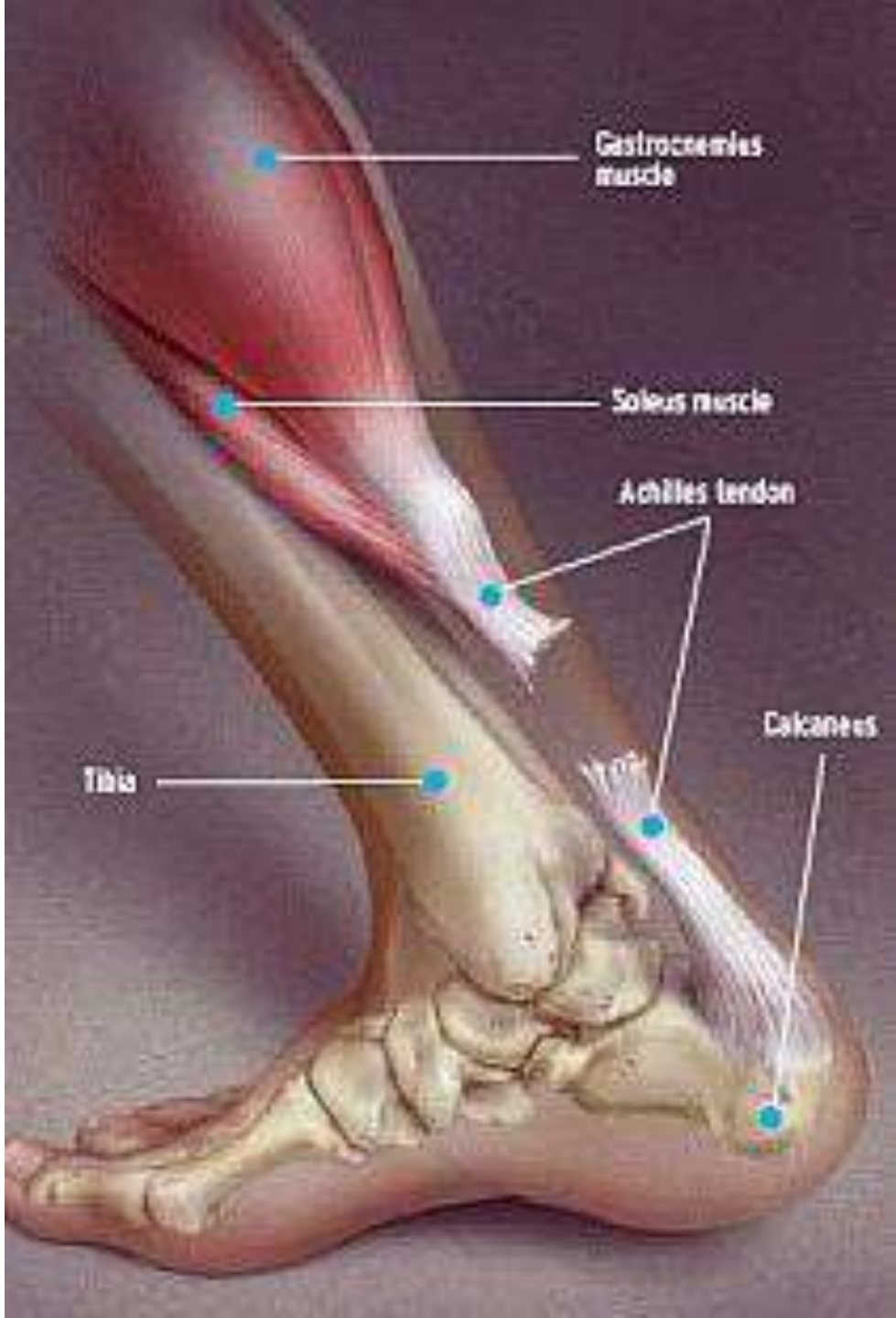
Achilles tendon rupture

Causes:

- Sudden increase in activity
- Sports that have quick starts and stops
- Running uphill
- Tight calf muscle

Treatments:

- Resting
- Ice compress
- Pain relievers
- Surgery



Tarsal tunnel syndrome

Compression of the Tibial nerve

Symptoms:

- Pain and numbness
- Weakened toe flexion
- Burning sensation at night

Treatments :

- Stretching the muscles
- Comfortable shoes
- NSAID
- Injection
- Surgery







Hallux valgus

Hallux valgus

Most common deformity of the foot

Causes:

- Maybe hereditary
- Wrong footwear
- Arthritis
- Low arch

Symptoms:

- Physical discomfort or pain
- A burning feeling
- Redness and swelling
- Difficulty in walking

Treatments:

- Wearing comfortable shoes
- Putting bunion pads
- Avoiding activities which cause pain
- Surgery