

Steinman Test

Patient Information	
Name: Emily Robertson	
Date of Birth: 53	Date of Examination: April 16, 2024
Healthcare Provider: Dr. Sarah Jenkins	
Procedure Information	
The Steinman Test is conducted to assess stability and potential injuries within the knee joint, particularly targeting the medial and lateral structures, including the menisci and collateral ligaments.	
Procedure Steps	
1. Patient Positioning	Ensure the patient is lying supine on an examination table with the knee to be examined positioned in slight flexion (20-30 degrees).
2. Examiner Preparation	Stand at the side of the patient's affected knee, explaining the procedure and obtaining informed consent.
3. Application of External Rotation Force	With one hand supporting the lower leg and the other stabilizing the thigh, apply gentle external rotation force to the knee joint.
4. Observation of Patient Response	Carefully observe the patient's response, noting any pain along the joint line, restricted movement, or signs of instability.
5. Interpretation of Findings	Analyze the results to assess the presence and severity of knee pathology, particularly related to meniscal injuries and ligamentous instability.
6. Documentation and Follow-Up	Document the findings in the patient's medical record and recommend further evaluation or treatment as necessary.
Findings	
Response observed during the test: <input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative	
Observed presence of: <input checked="" type="checkbox"/> Pain <input checked="" type="checkbox"/> Restriction <input type="checkbox"/> Instability	This is suggestive of potential: <input checked="" type="checkbox"/> Meniscal injuries <input type="checkbox"/> Ligamentous laxity

Recommendations

Further evaluation, including MRI studies, may be warranted to confirm the diagnosis. Consider conservative measures such as rest, physical therapy focusing on improving flexibility and strength, or surgical intervention depending on the severity of the findings.

Doctor's Notes

I have performed the Steinman test on the patient, Emily Robertson, as described above. Based on the findings, further evaluation and treatment are recommended to address potential knee pathology and promote optimal recovery of her knee function following her injury.

Healthcare Provider's Signature:  Sarah Jenkins

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