### OSTEOARTHRITIS – PHYSICAL EXAMINATION

This Optional Decision Support Tool pertains to the Guideline:

*Osteoarthritis in Peripheral Joints – Diagnosis and Treatment*

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<table>
<thead>
<tr>
<th>Gait</th>
<th>Leg length discrepancy while standing (greater)?</th>
<th>Muscle wasting?</th>
<th>Pain progression:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Abnormal</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Deformity while standing?</th>
<th>Pelvis level?</th>
<th>Pain with any motion?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

Pain range (1 = least pain; 10 = most pain): [ ]

<table>
<thead>
<tr>
<th>Loss of ROM?</th>
<th>q Yes</th>
<th>q No</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROM knee observations (examine standing)</td>
<td>Describe the range that the knee goes through</td>
<td></td>
</tr>
</tbody>
</table>

**Fixed flexion deformity (FFD):**
- None
- Mild 5°
- Moderate 5°-15°
- Severe > 15°

**Flexion range of motion:**
- Mild > 115°
- Moderate 90°-115°
- Severe < 90°

**Genu Valgum (knock-knee):**
- Left: Mild
- Moderate
- Severe
- Right: Mild
- Moderate
- Severe

**ROM hip observations**

**Flexion deformity (FFD) test with maximum flex of opposite hip:**
- None
- Mild 0°-5°
- Moderate 5°-15°
- Severe >15°

**Flexion range of motion:**
- None
- Mild > 115°
- Moderate 90°-115°
- Severe < 90°

**Progression:**
- Yes
- No

**External rotation with flexion (early sign of OA):**
- Yes
- No
- Left
- Right

**Limited internal rotation:**
- Yes
- No
- Left
- Right

**Limited abduction:**
- Mild
- Moderate
- Severe
- Left
- Right

**Joint**
- Effusion mild, moderate, severe
- Crepitus
- Warmth
- Progression? Yes
- No

**Localized swelling**

**Bony enlargement**

**Physical Exam Summary (abnormal findings)**
- Mild
- Moderate
- Severe