
Objectives and Program Schedule

MedBridge

Assessment of Muscle Impairments Related to Knee Disorders

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Course Objectives

- Demonstrate understanding of the role that muscles of the lower extremity (gluteal, thigh, and leg) play in the function of the knee
- Articulate changes in the muscle function based on whether the lower limb is in an open or closed chained, or weight bearing or non-weight bearing position
- Demonstrate understanding of proper assessment of muscle function, to include the use of dynamic functional tests, and progression and prescription of exercises based on considerations of concurrent pathology in the knee

Chapter 1: Basic Anatomy and Physiology of the Stabilizing Muscles of the Knee

- Muscles that Limit Anterior and Posterior Translation
- Muscles that Limit Lateral and Medial stress
- Demonstrate understanding of the role that muscles of the lower extremity (gluteal, thigh, and leg) play in the function of the knee complex

Chapter 2: Etiology & Functional Implications of Common Muscle Impairments Related to Common Knee Disorders

- Describe how quadriceps insufficiency affects function of the knee
- Describe common causes of quadriceps insufficiency
- Describe how patellar instability affects function of the knee
- Describe common causes of patellar instability
- Articulate changes in muscle function based on whether the lower limb is in an open or closed chained, or weightbearing or non-weightbearing position

Chapter 3: Assessment of Muscle Impairments Related to Knee Disorders

- Identify several physical tests used to assess the muscles of the leg
- Identify tests used to assess the dynamic function of the lower extremity
- Explain why it is important to assess dynamic function, rather than just muscle strength when evaluating the progress and impact on the patient
- Demonstrate understanding of a proper assessment of muscle function, to include the use of dynamic functional tests, and progression and prescription of exercises based on considerations of concurrent pathology in the knee