Break-out Session:
Knee/Foot/Ankle:
Exam and Cases

February 1-5, 2017

ACSM Team Physician℠ Course – Part II

Essentials of Sports Medicine: From Sideline to the Clinic

San Diego

Sheraton San Diego
Hotel & Marina
San Diego, California

AMERICAN COLLEGE of SPORTS MEDICINE
LEADING THE WAY

ACSM TEAM PHYSICIAN COURSE Part II
AMERICAN COLLEGE of SPORTS MEDICINE

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565 Biomechanics of Gait

489 Functional Anatomy of the Knee and Leg

490 Examination and Imaging of the Knee and Leg

491 Acute Knee Ligament Injuries in Athletes

Main Menu

Knee
Ankle
Foot
Conclusions

KNEE Dislocation Terms

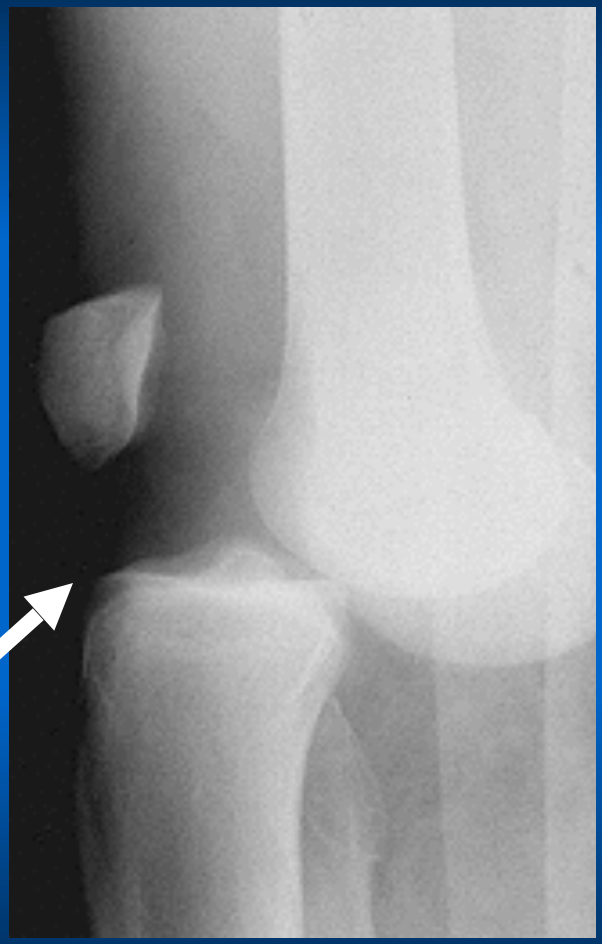
- Name direction and distal part involved
- Open vs. closed
- Neurovascular status

When not to reduce..

- Open fractures open dislocations
- Not comfortable with the situation
  - Family present or not
  - Haven’t performed reduction before
- Joints Hip Elbow
- After numerous attempts
- Neurologically compromised

Acute Knee Dislocations

- Uncommon, but . . .
  May be underdiagnosed
- If knee opens up to varus/valgus stress testing in extension, assume a knee dislocation
- Direction of dislocation
  - Anterior: hyperextension mechanism
  - Posterior: direct blow anterior proximal tibia



Knee Dislocation

- Happens on fields – not often, but:
- Don’t miss
- Assess vascular status
  - Physical exam
  - Pulse ratios
  - MRI scan
  - Arteriogram

Marcus Lattimore, running back, MOI:
South Carolina vs. Tennessee



Willis McGahee, Univ. of Miami 2003



Gymnastics





Do Vascular Exam

- Pulses
- Ankle-brachial Indices (ABI) with ultrasound
- Arteriography

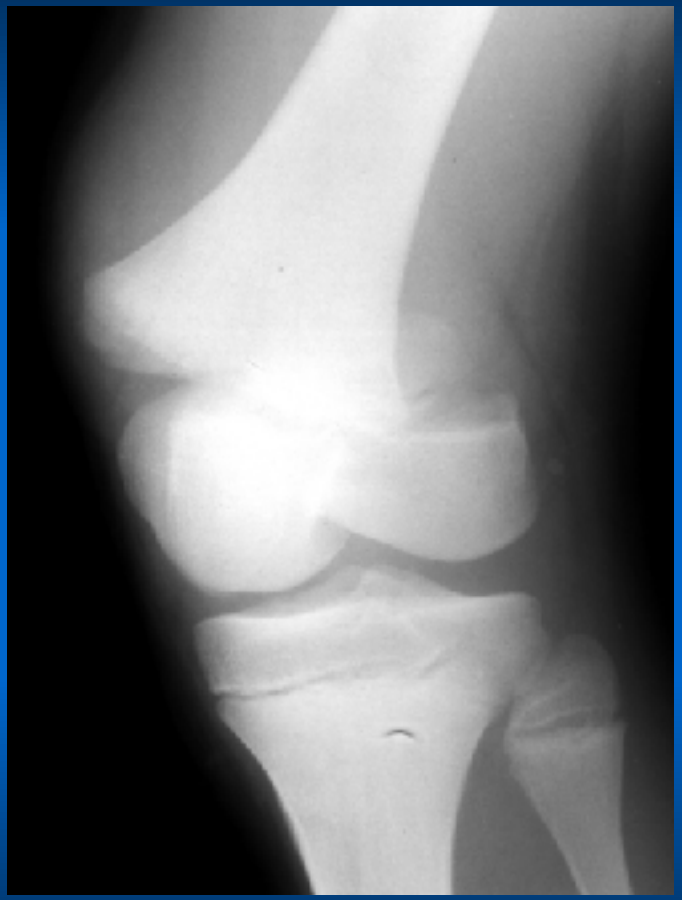
Do Neurologic Exam


Knee Unstable in Extension. . .


Dislocated Knee or Patella


If the leg has an alignment issue . . .







McMurray’s Test

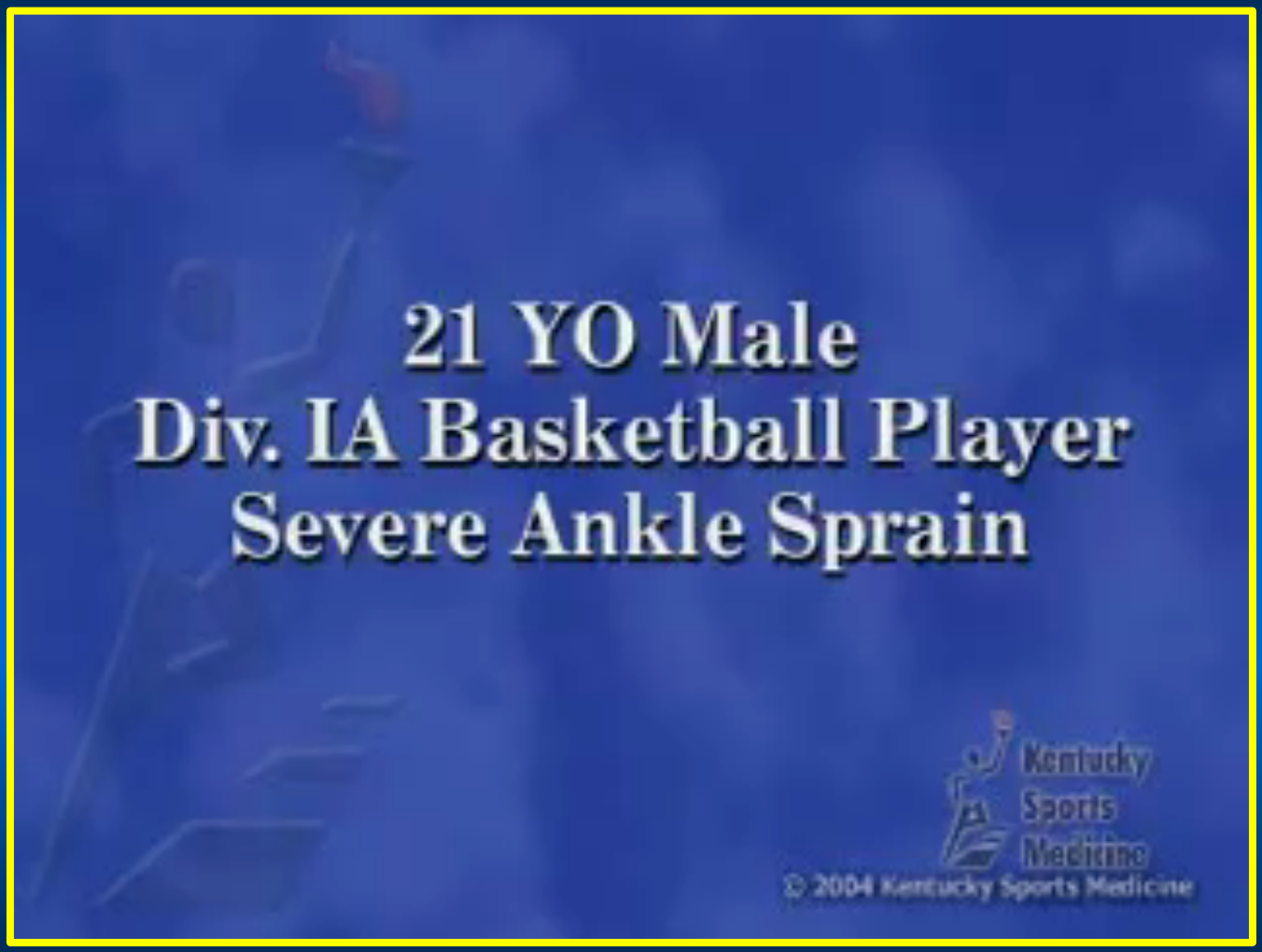


PCL EXAM / Posterior Drawer



ANKLE INJURIES




21 YO Male
Div. IA Basketball Player
Severe Ankle Sprain
Kentucky
Sports
Medicine
© 2004 Kentucky Sports Medicine

Broken or Sprained?







Sprained!

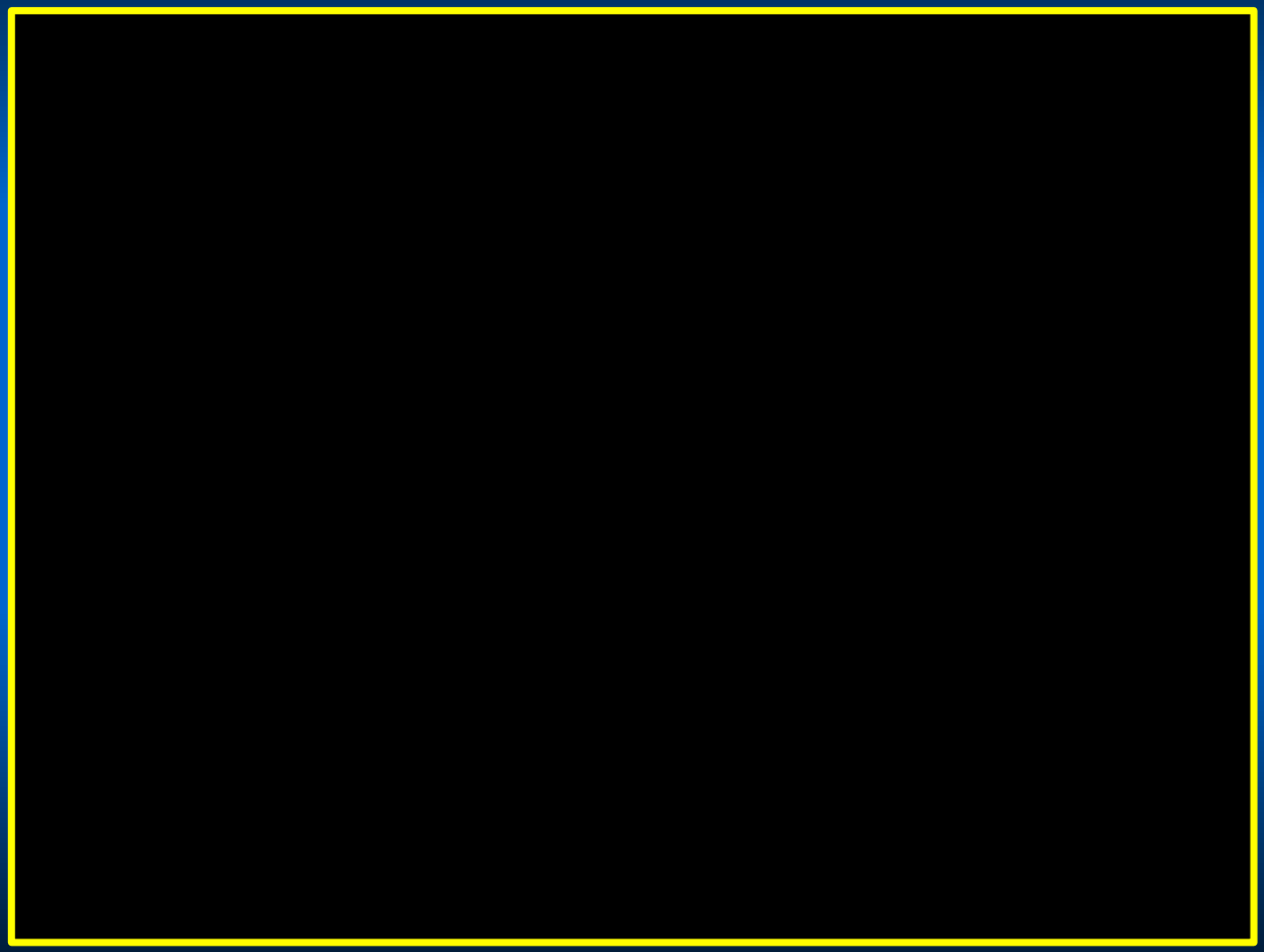
Broken or Sprained?





Broken!

Syndesmosis



Subtalar Joint




© 2004 Kentucky Sports Medicine

Peroneal Tendons



Thompson Test



Right ankle





Reduce Ankle Fracture Dislocation



FOOT INJURIES



Left foot ankle




© 1995 Ky Sports Medicine

Post reduction, immediate swelling
N/C intact







Axial traction / Use gloves to better hold on to extremity





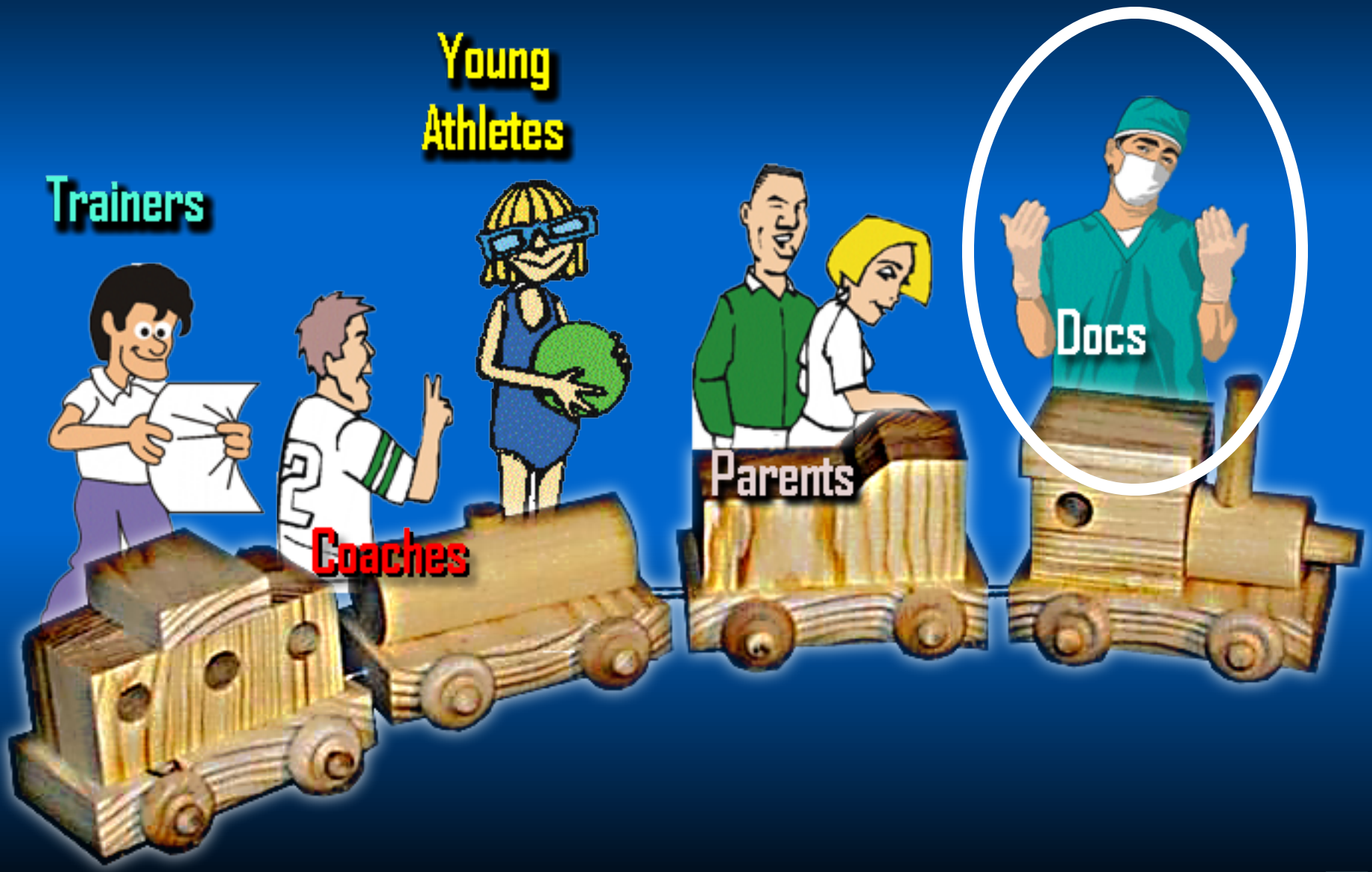
Radiographs

- Out of Splint
- Include Obliques
- R/O Small Avulsion Fractures





Who is driving the sideline decision train?



“Even if you are on the right track, you will get run over if you just stand there.”

-- Will Rogers



As Team Physicians on the Sidelines, we should:

- Share our experiences – the more communication, the better…



You never quit being a sideline physician . . .
Young elephant vs. man, Kenya, 2000

