

# Sport Medicine Virtual Physical Exam

## *Lower Extremity - Patient Instructions*

### Pre-Visit Patient Preparation

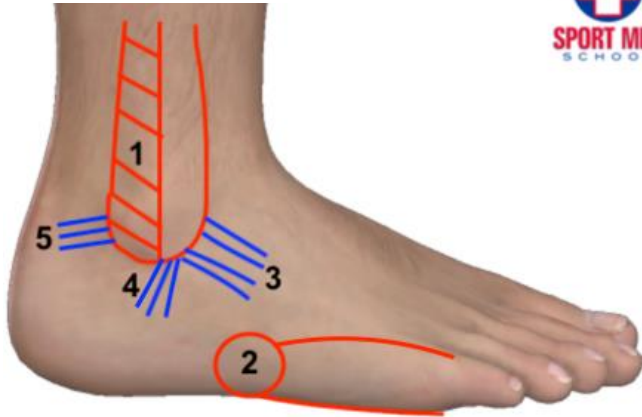
- Please make sure you are wearing a **pair of shorts** that goes to about **mid-thigh**.
- Set up your camera so you have:
  - An area large enough to walk/squat
  - An area to lay down (bed, couch, yoga mat)
  - A stationary chair (i.e. no wheels) to sit in so that your feet are flat on the floor
  - A belt or Thera-band

### Patient-directed Palpation Diagram

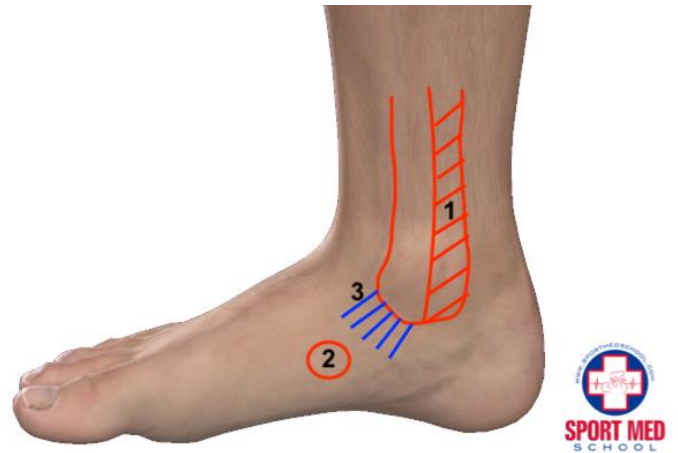
- The following pages contain diagrams that your physician will refer to that will assist with the palpation portion of your physical examination
- Your physician will ask you to press specific locations on your affected joint based on the labelled pictures and numbers.
- Please let your physician know which of these locations become painful with applied pressure.

**Foot/Ankle**

**A** Outside of Ankle/Foot



**B** Inside of Ankle/Foot



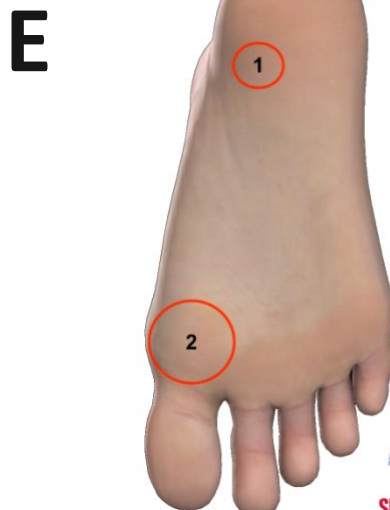
**C** Front of Ankle/Foot



**D** Back of Ankle/Foot



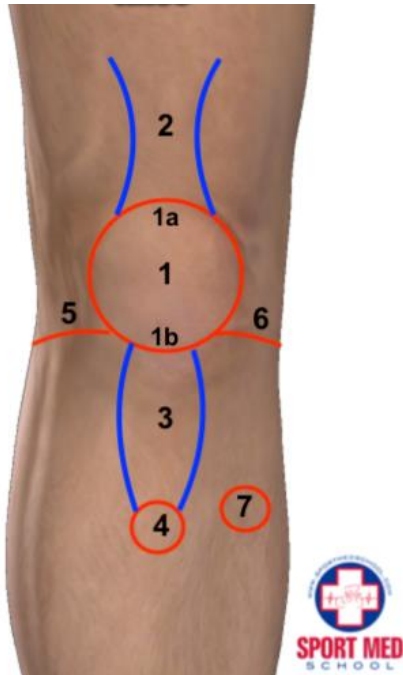
**Bottom of Foot**



**Knee**

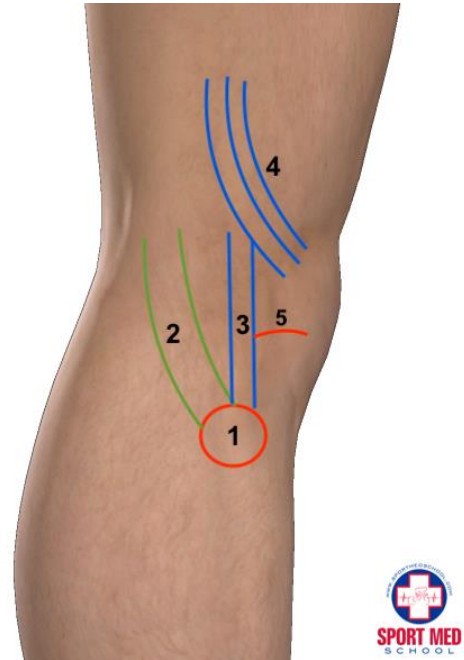
**A**

Front of Knee



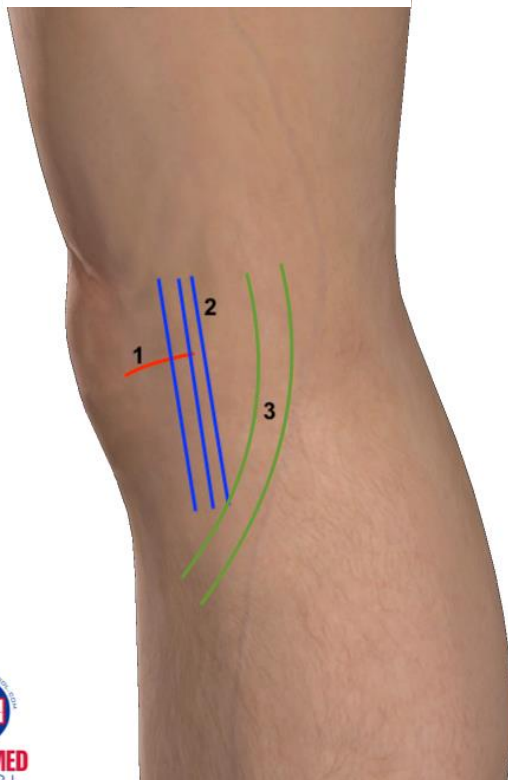
**B**

Outside of Knee



**C**

Inside of Knee



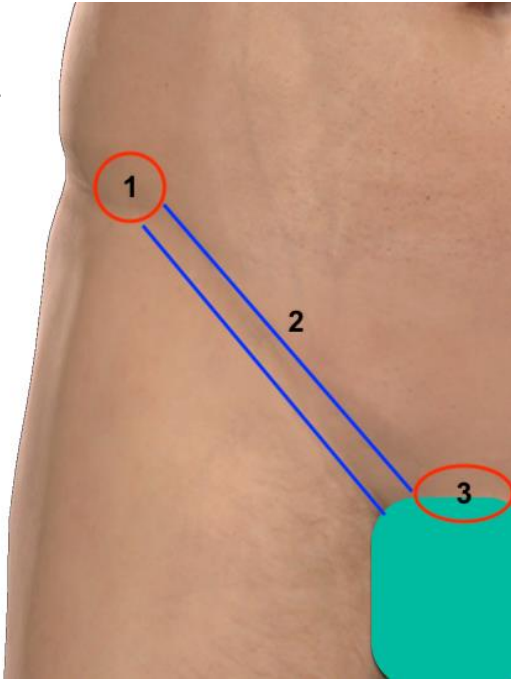
**D**

Back of Knee

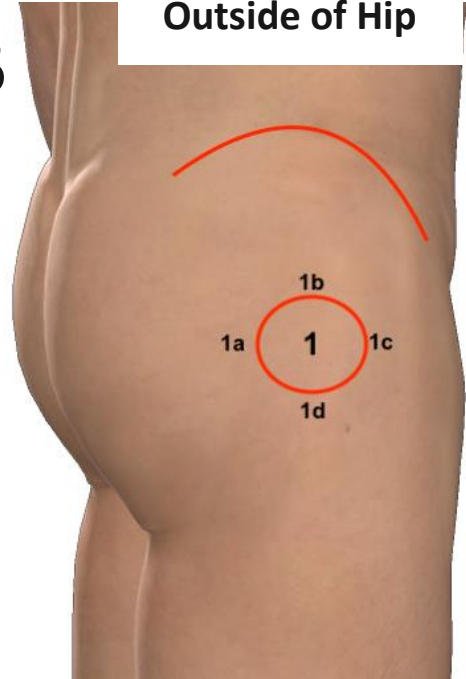


# Hip

Front of Hip **A**



**B** Outside of Hip



**C**

Back of Hip

