

Sports 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

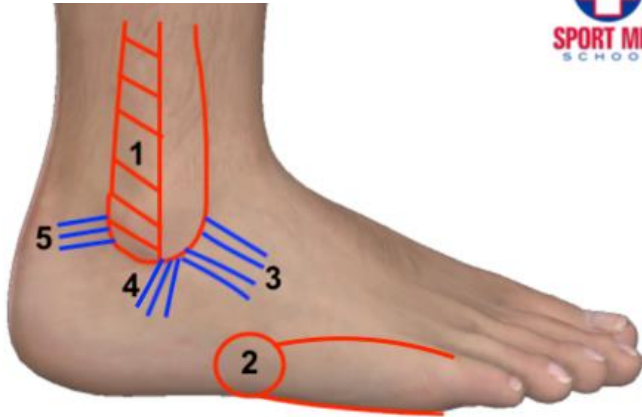
Patient-directed Palpation Diagram

- 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

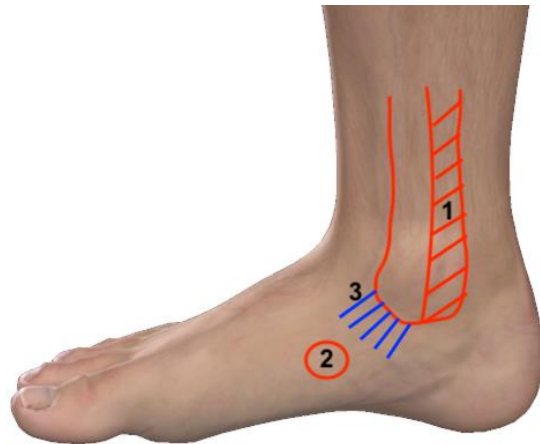
A

Outside of Ankle/Foot



B

Inside of Ankle/Foot



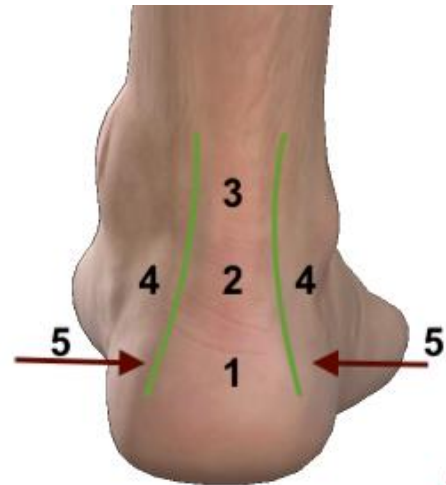
C

Front of Ankle/Foot



D

Back of Ankle/Foot



Bottom of Foot

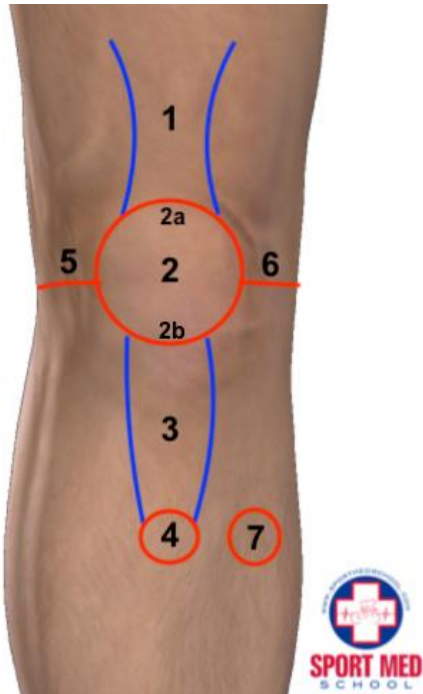
E



Knee

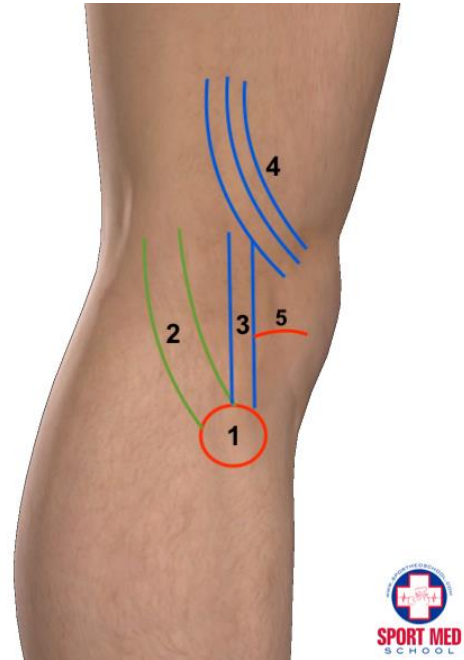
A

Front of Knee



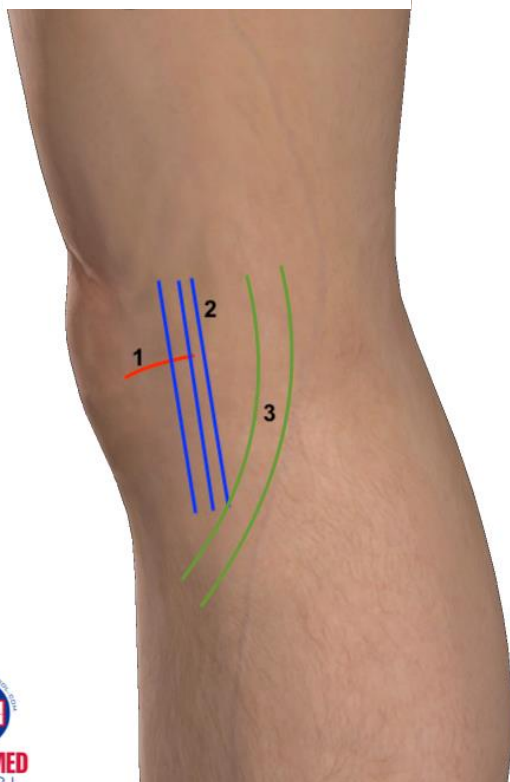
B

Outside of Knee



C

Inside of Knee



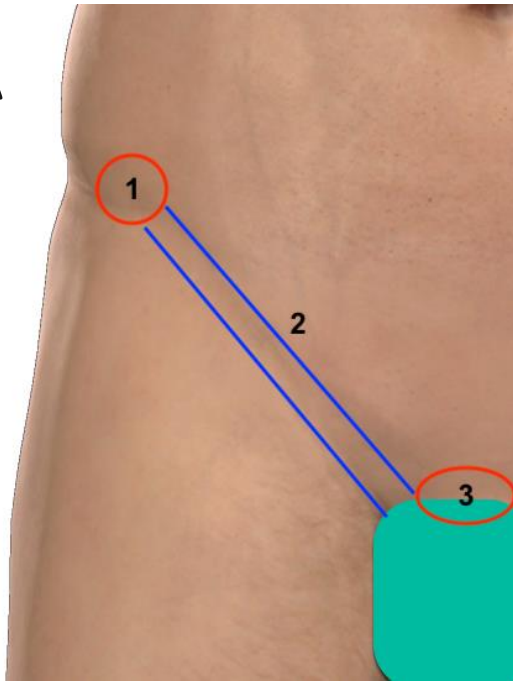
D

Back of Knee

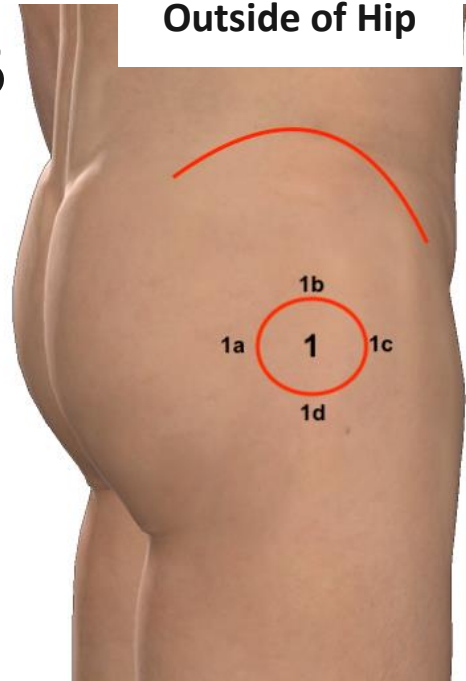


Hip

Front of Hip



Outside of Hip



C

Back of Hip

