Examination schedule 3: *fokus*© examination of the knee and ankle

**Screening knee and ankle**
- low squat with the heels on the floor
- balancing on one leg right/left
- hopping on one leg right/left
- walking on the toes/heels
- standing on the outside edges of both feet

**Functional diagnosis ankle**
- anterior drawer test right/left (anterior talofibular ligament)
- adduction, inversion, supination right/left
- squeeze test right/left (malleoli)
- "click test" right/left (calcaneofibular ligament)

**Functional diagnosis knee**
- inspection
- palpation right/left
- patella
  - medial ligament
  - lateral ligament
- extension/flexion right/left
- valgus/varus stress right/left (flexed 20°)
- Steinmann's sign right/left
- Lachmann test right/left
- Apley's test right/left (grinding, distraction)
- test of musculus quadriceps right/left