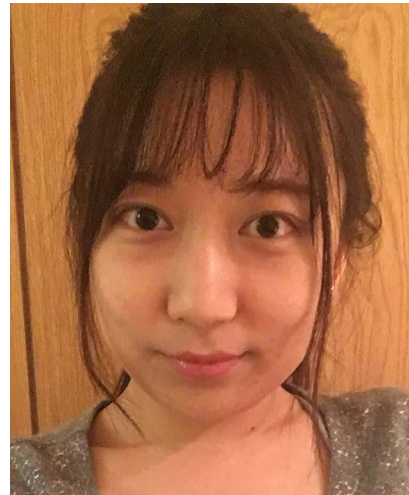




Educational Resources in International Languages

膝部关节检查



Translated from English to Chinese by:

Ms Zhiyi Ma

MA (Translation Studies)

University of Cardiff

1. 首先自我介绍，征得考官允许后开始进行检查
2. 请患者站立，开始检查

观察是否有：

- o 肿胀：髌前或髌下
- o 伤疤
- o 肌肉萎缩
- o 红斑
- o 畸形（足外翻和足内翻）
- o 不对称
- o 腘窝处的贝克囊肿
- o 辅助工具，如步行手杖或拐杖

3. 观察患者步态

请患者走到房间另一边再走回来

4. 请患者躺在检查台上

- a. 检查，观察

- o 畸形（足内翻或外翻）
- o 髌骨移位

- b. 感受

- o 温度

用手背分别感受患者两边膝部的温度

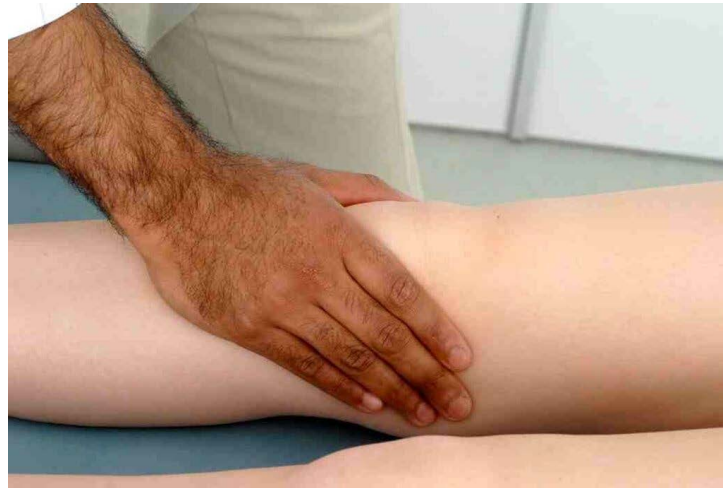
- o 关节线以及腘窝部位的松软度

请患者将膝盖弯曲90度

感触患者关节，侧副韧带和联合处，胫骨结节和股骨髁

- o 检查是否有渗出物：

膨胀测试



膨胀/按压/液体量测试展示

图 6.1. 膨胀/按压/液体量测试展示
轻敲膝盖骨



膝盖骨轻敲测试展示

图 6.2. 膝盖骨轻敲测试展示

c. 测量患者大腿围，看是否有股四头肌萎缩迹象（检查定点上端的胫骨粗隆，或膝盖骨上极的10cm处）



测量大腿围以检查股四头肌是否萎缩

图 6.3. 测量大腿围以检查股四头肌是否萎缩

d. 移动

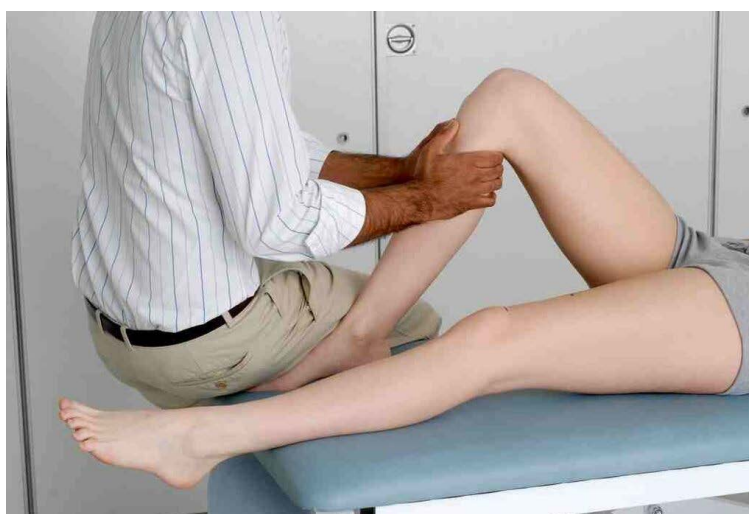
首先测试患者的主动运动，如果发现患者有运动障碍情况则进行被动运动测试

- 膝盖弯曲（听是否有捻发音）
- 伸展并过度伸展膝盖
- 抬高腿并伸直

e. 特殊测试

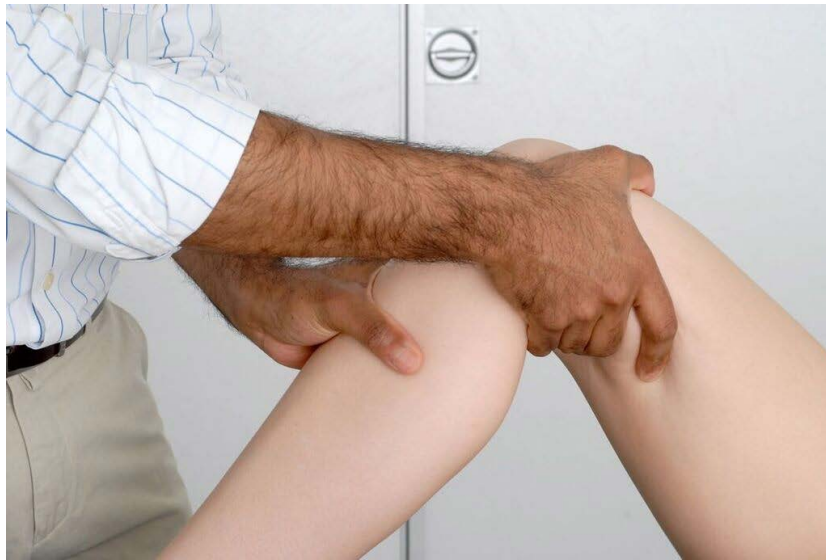
○ 前拉测试及后拉测试

请患者弯曲膝盖，坐在其脚上，前后推拉其小腿，观察是否有过度运动和后塌陷情况
此处可以测试出患者前后韧带的稳定性



前拉测试展示

图 6.4. 前拉测试展示

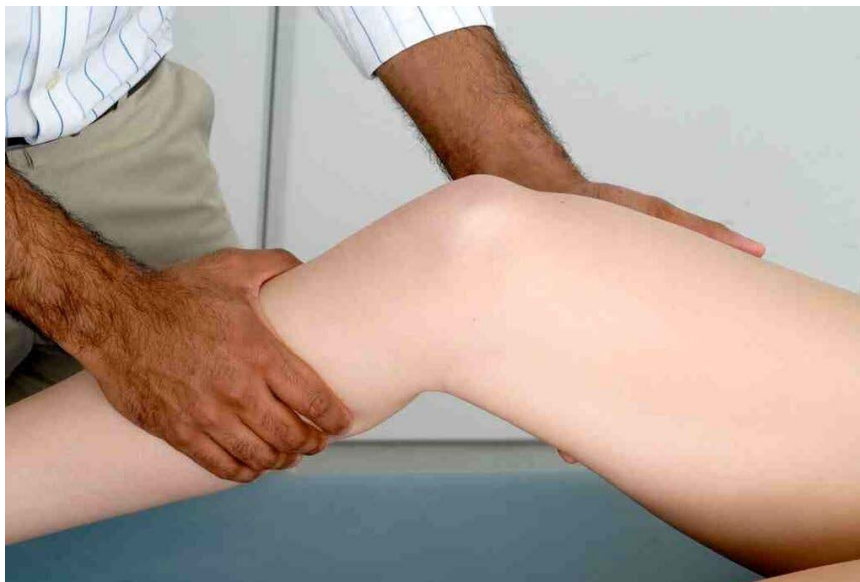


后拉测试展示

图6.5. 后拉测试展示

o 侧副韧带检查

请患者将膝盖弯曲30度，用力按压内关节线及侧关节线。观察韧带松弛度



检查内侧副韧带

图 6.6. 检查内侧副韧带



检查侧副韧带

图 6.7. 检查侧副韧带

- 提出进行麦默雷氏试验以测试患者半月板损伤



麦默雷氏试验展示

图 6.8. 麦默雷氏试验展示

5. 结束检查

提出你还希望

- o 检查患者臀部
- o 检查患者下肢的神经血管
- o 进行X光线检查

6. 感谢患者的配合



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