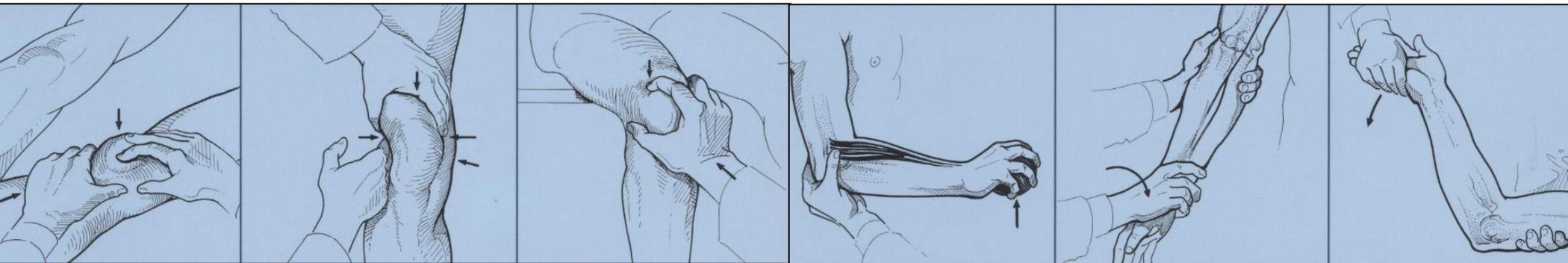
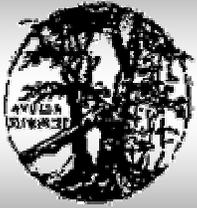




Esame obiettivo in Ortopedia: IL GINOCCHIO



A. Ventura



Introduzione



Come per gli altri distretti del corpo umano, anche l'esame obiettivo in ortopedia consta di diverse fasi:

1. ispezione
2. palpazione
3. articularità
4. manovre speciali



Introduzione



Il ginocchio è formato dalla giustapposizione di due articolazioni:

- la *femoro-rotulea*, di scivolamento, nella quale sono conglobati la membrana sinoviale ed il muscolo quadricipite;
- la *femoro-tibiale*, di appoggio, posta in un complesso sistema legamentoso e divisa in due compartimenti, mediale e laterale.

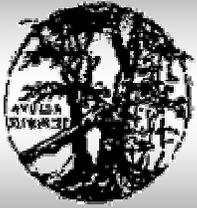




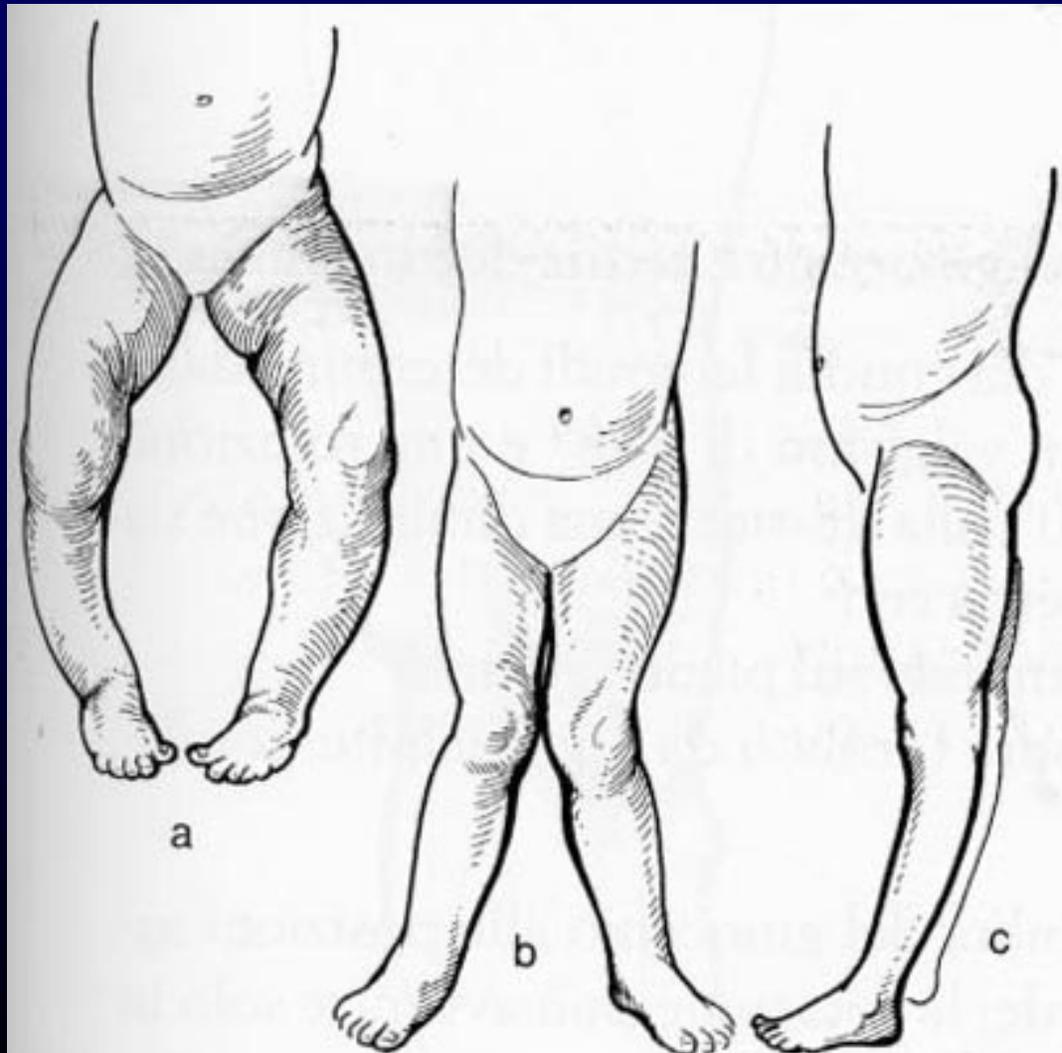
Ispezione



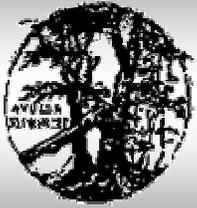
A paziente in piedi e con i malleoli mediali a contatto: valutazione grossolana del varismo ponendo le dita tra le facce mediali dei condili femorali.



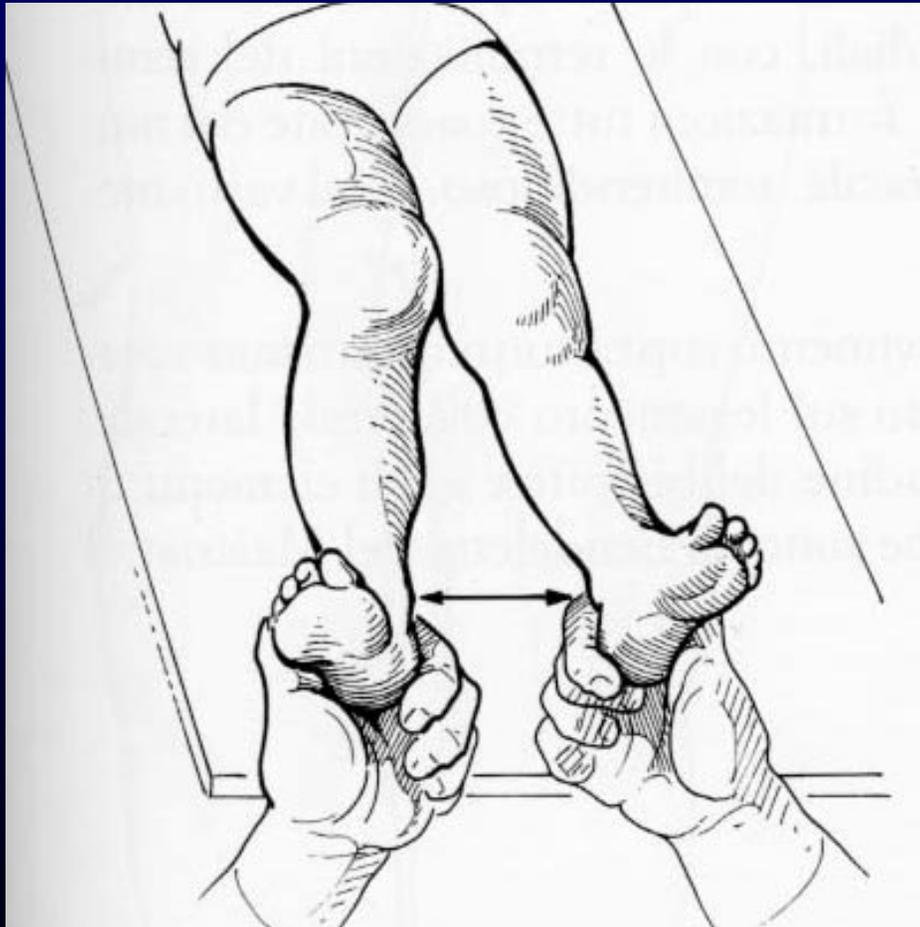
Ispezione



- a. varismo
- b. valgismo
- c. ginocchio recurvato



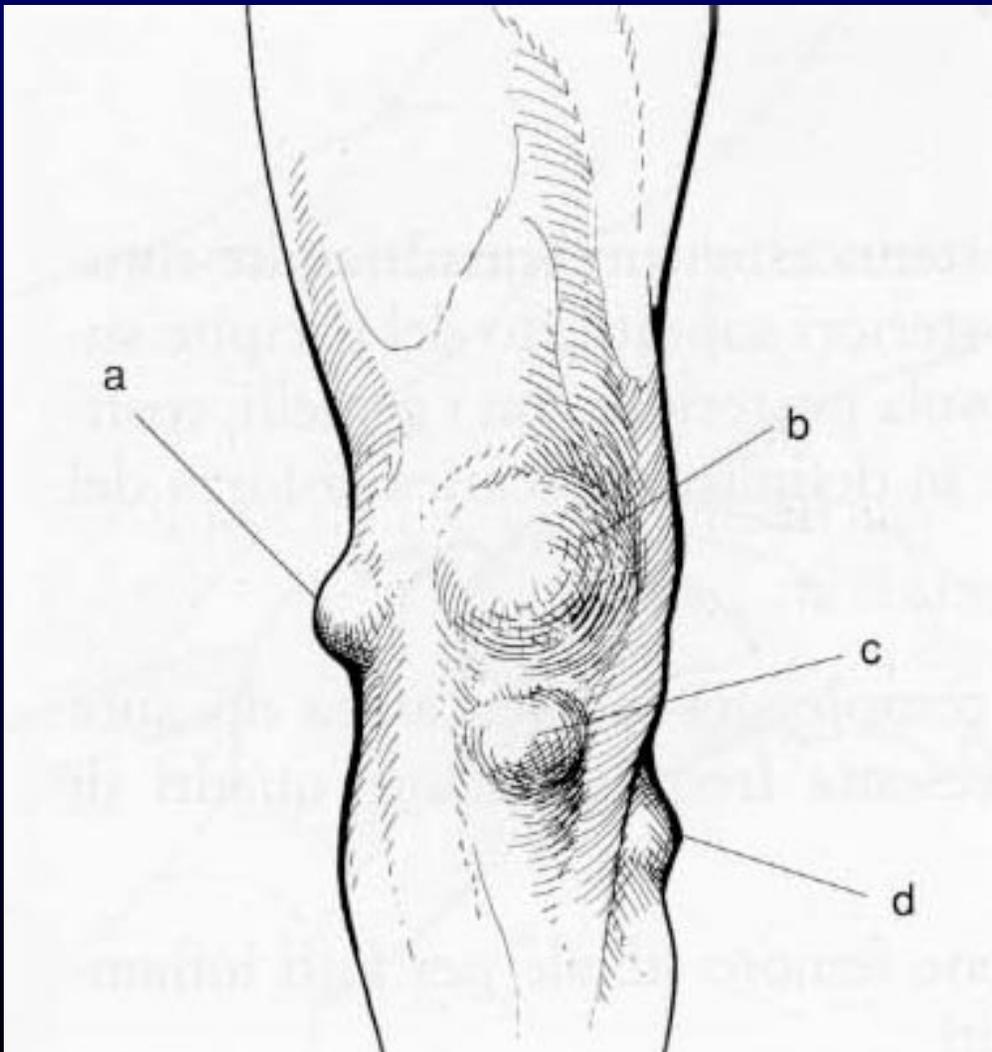
Ispezione



A paziente supino:
valutazione grossolana del
valgismo misurando la
distanza tra i malleoli
mediali.



Ispezione

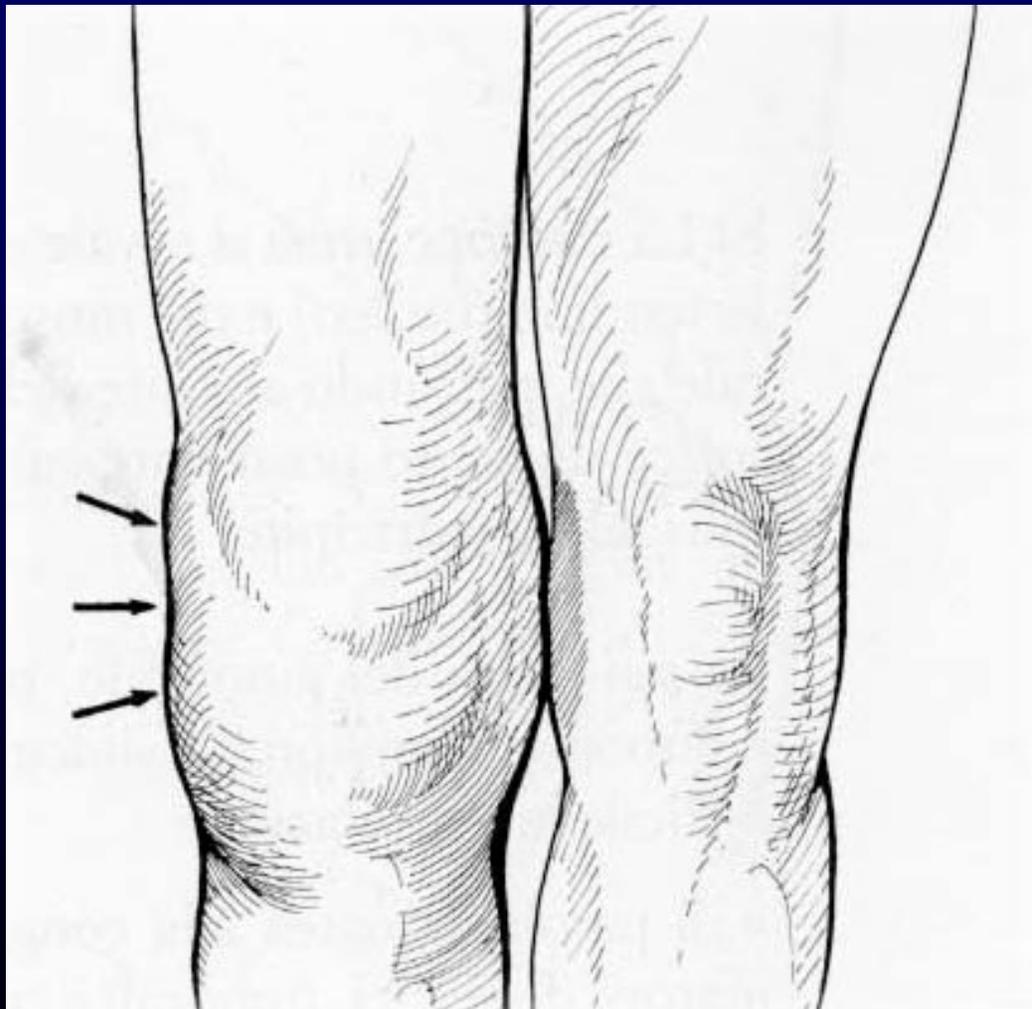


Tumefazioni localizzate possono svelare la presenza di:

- a. cisti meniscale laterale,
- b. borsite pre-rotulea,
- c. sinovite o borsite del t.rotuleo
- d. esostosi tibiale mediale



Ispezione



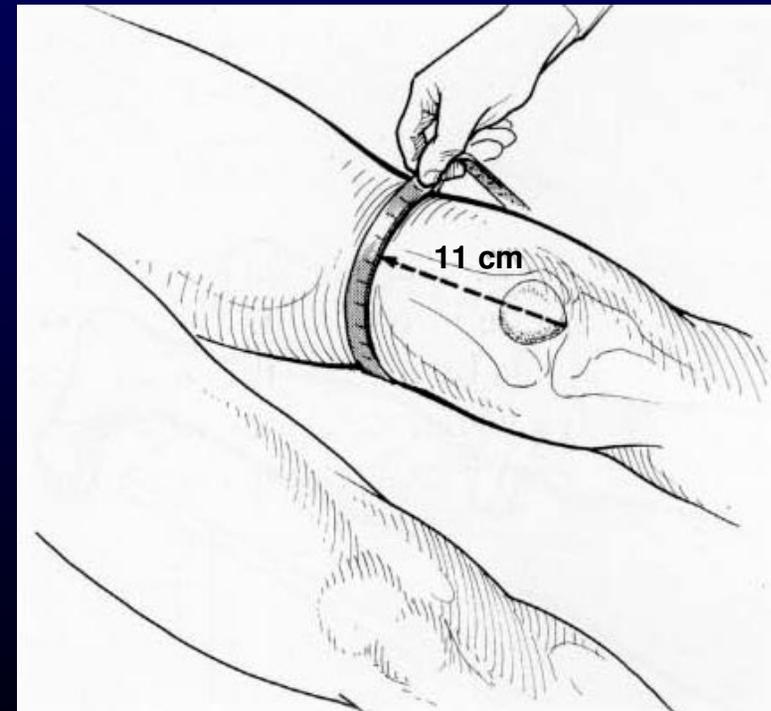
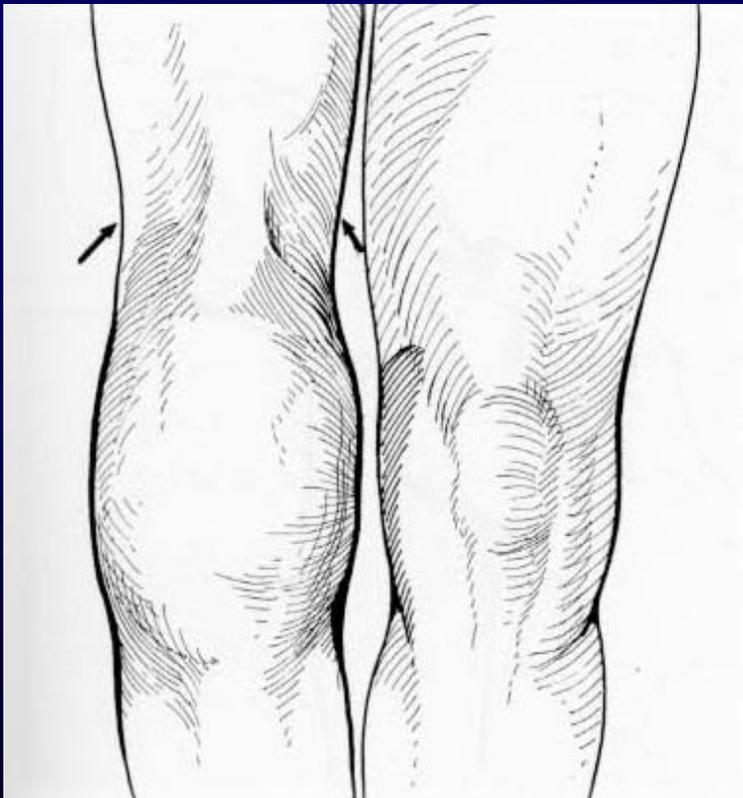
Tumefazione di tutta l'articolazione, accompagnata da ipotrofia quadricipitale

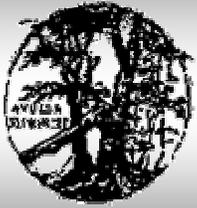


Ispezione

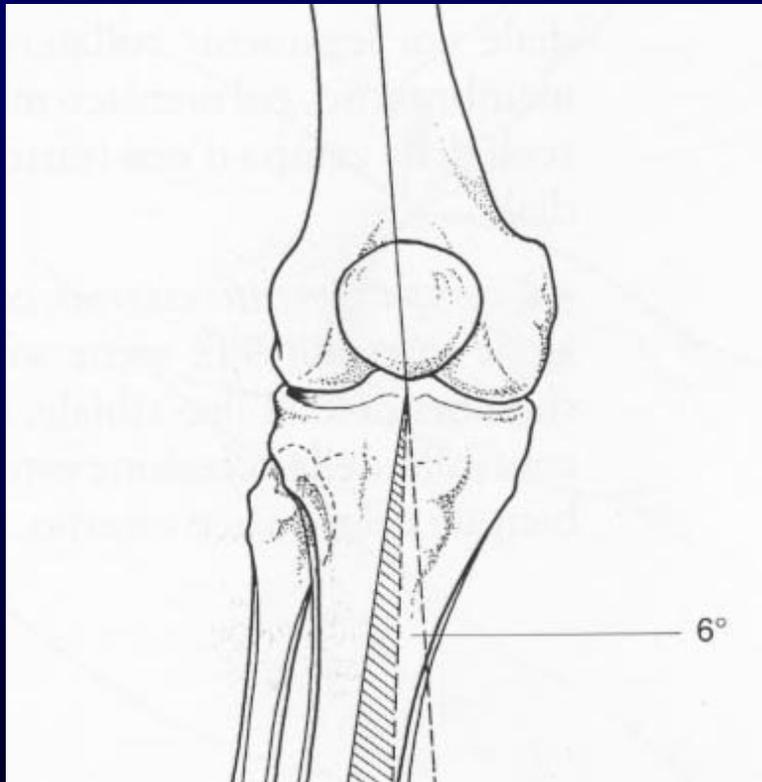


Ipotrofia quadricipitale



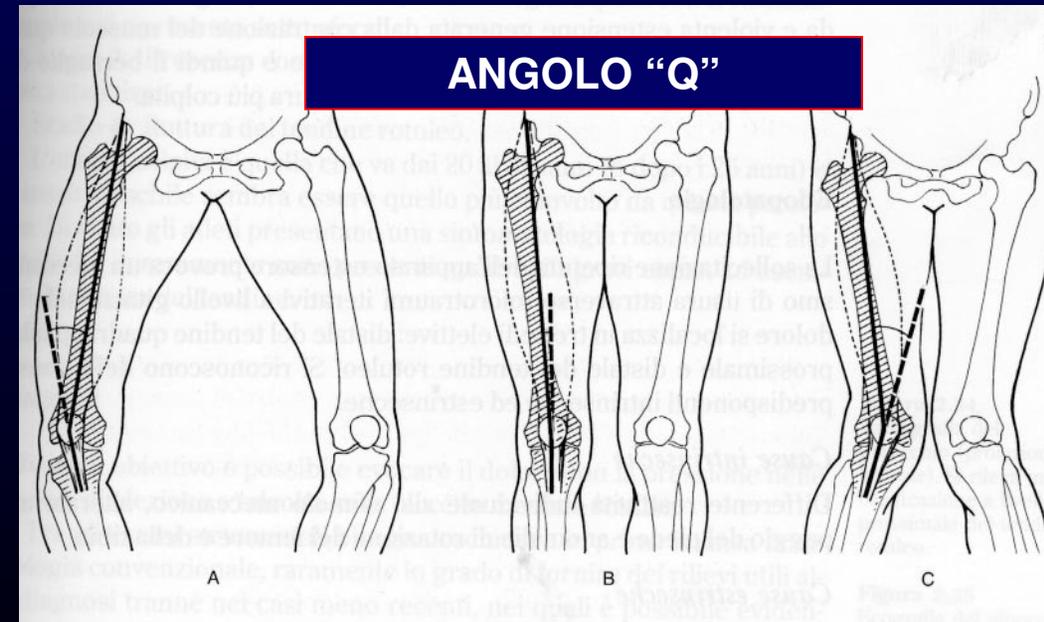


Ispezione



Il grado di valgismo si stabilisce valutando l'angolo formato dagli assi femorale e tibiale

- A. Ginocchio varo
- B. Ginocchio normale (circa 15°)
- C. Ginocchio valgo





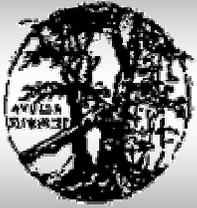
Palpazione



Ballottamento rotuleo



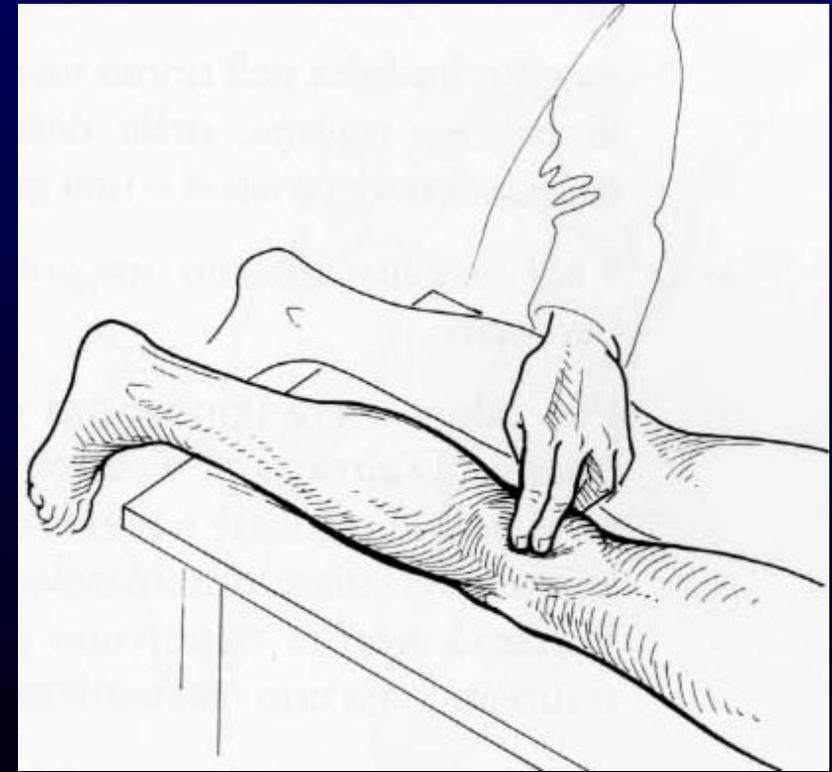
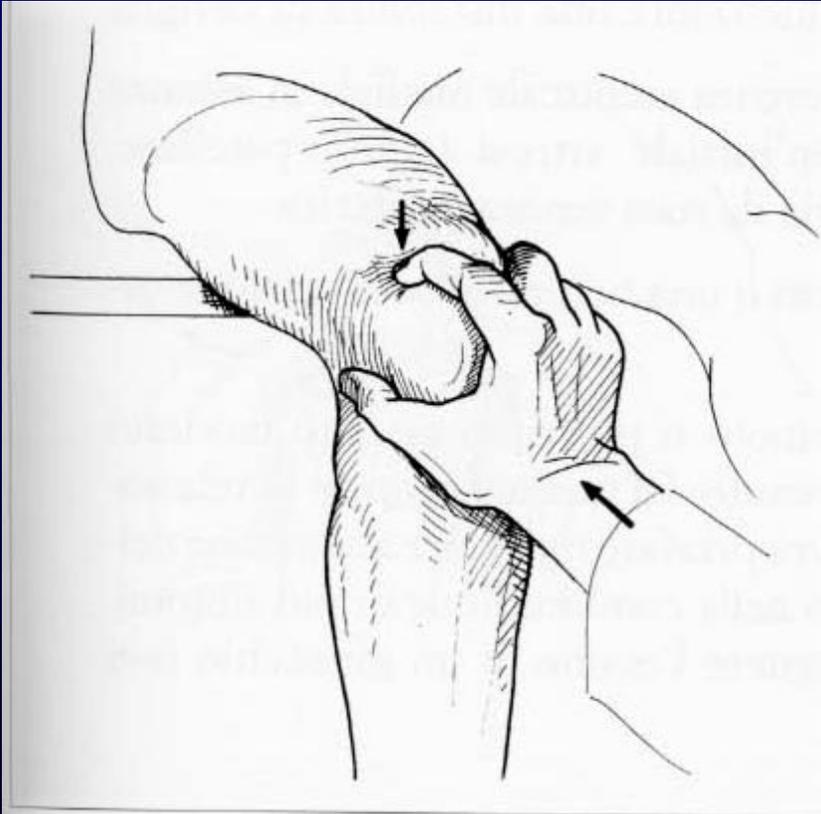
Versamento sinoviale



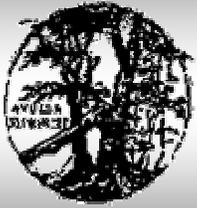
Palpazione



Palpazione della regione patellare



Palpazione della regione poplitea

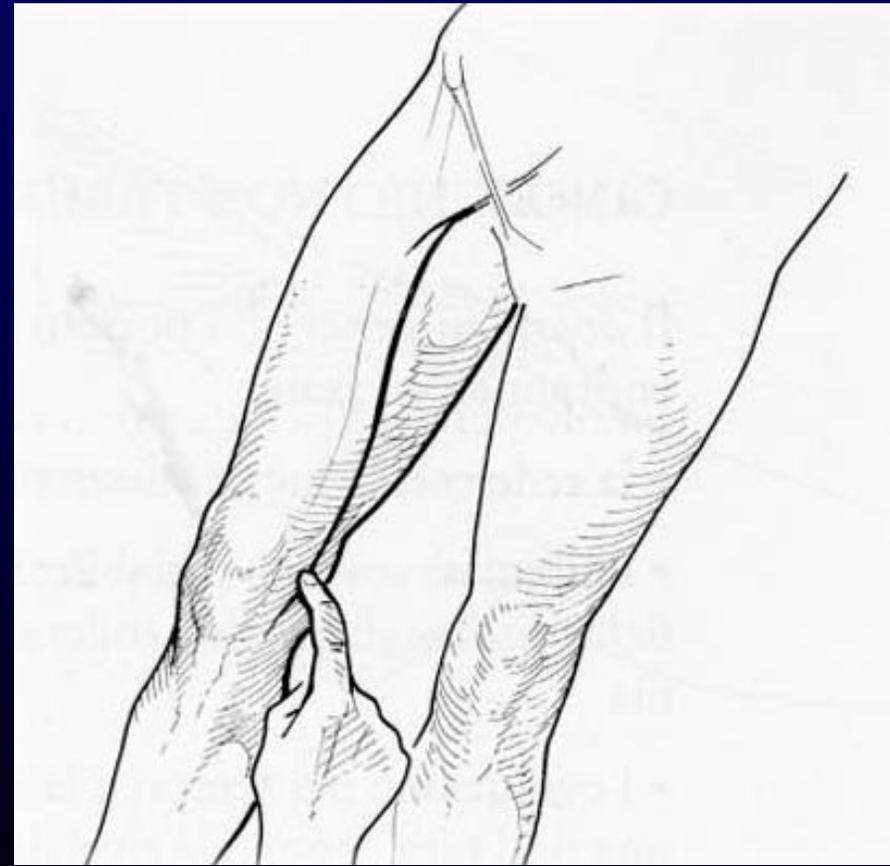


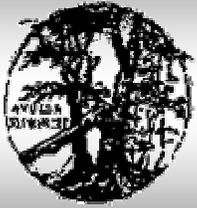
Palpazione



Palpazione della faccia mediale
-neurinoma del n.safeno (Segno di Tinel)

Palpazione dell'A.T.A.





Palpazione



Palpazione dei condili femorali

Palpazione della rotula
-sublussazione recidivante



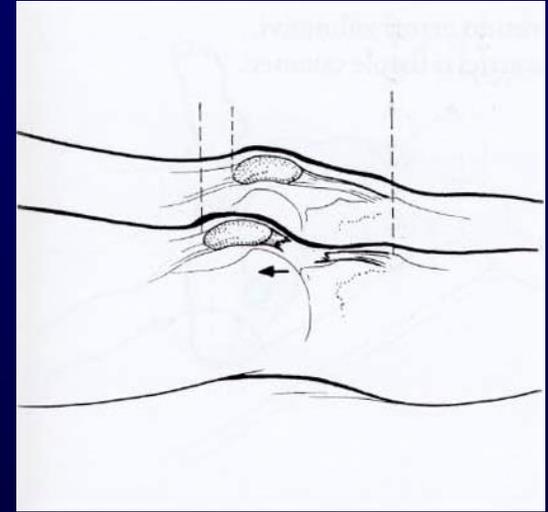


Valutazione dell'apparato estensore *ets*

Vallo sovrarotuleo



Risalita della rotula



Vallo rotuleo



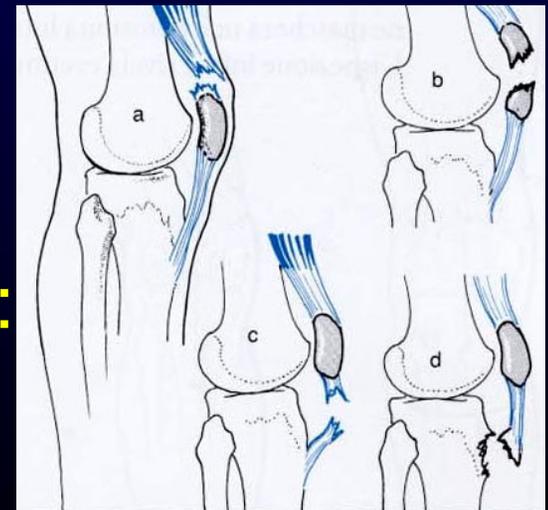
Lesioni dell'app.estensore:

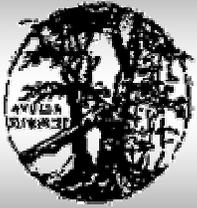
a. t.quadricipitale

b. patella

c. t.rotuleo

d. avulsione apofisaria tibiale

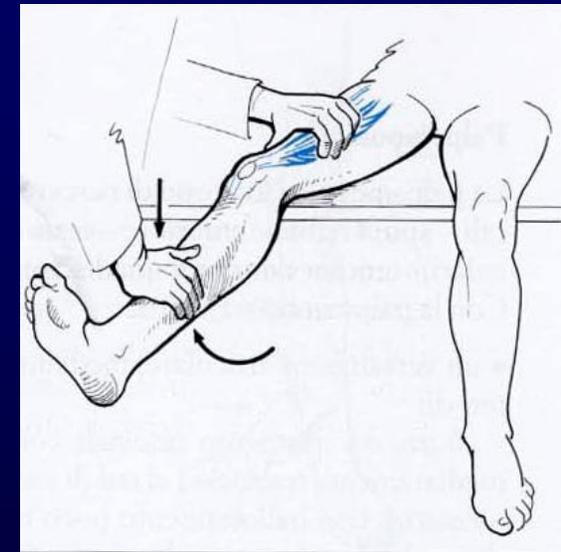
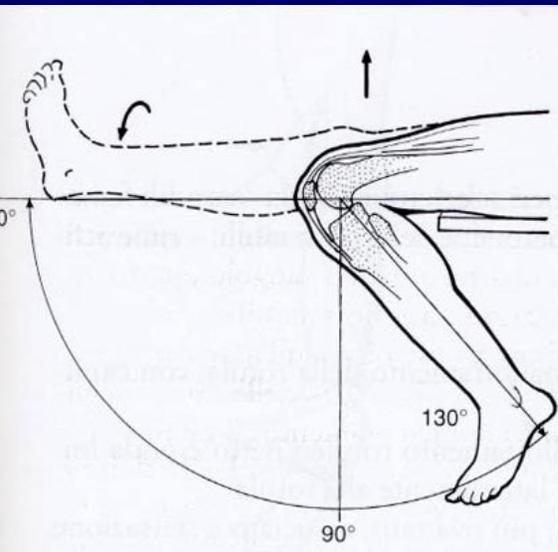




Movimento

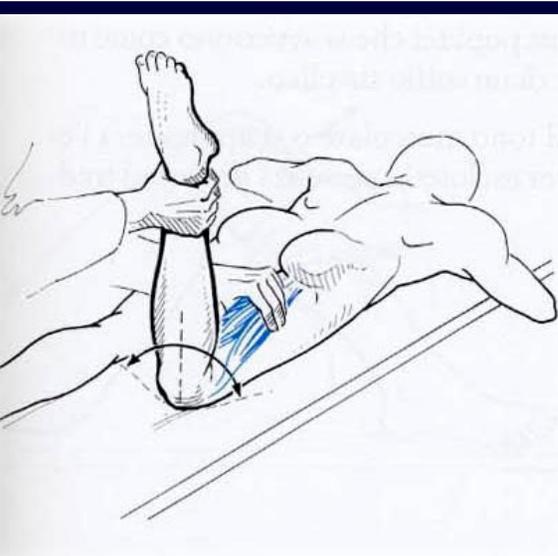


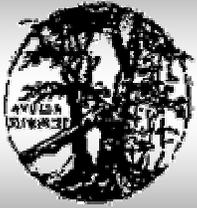
Articolarità



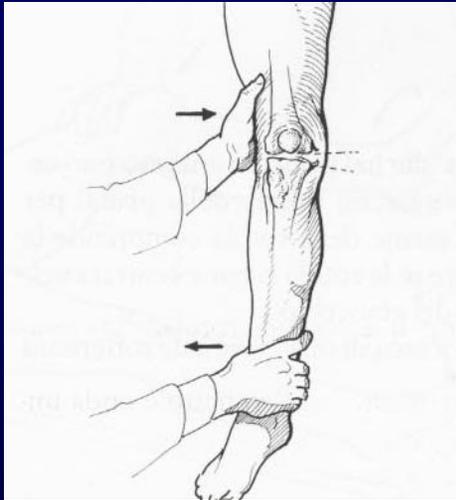
Estensione

Flessione
contrastata

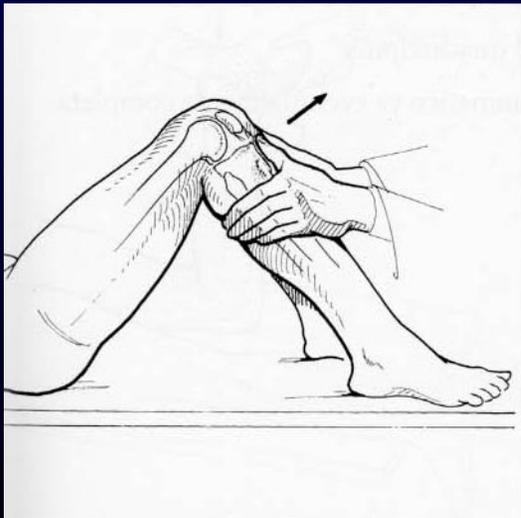
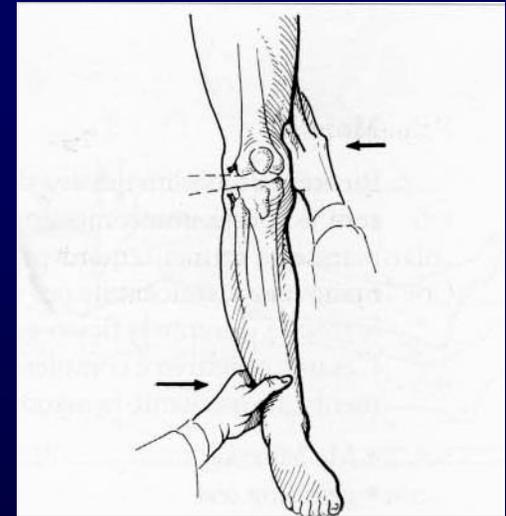




Tests

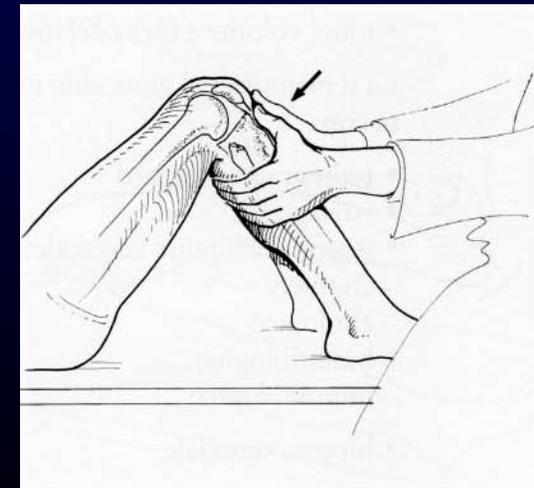


Stress in varo-valgo



Cassetto posteriore

Cassetto anteriore

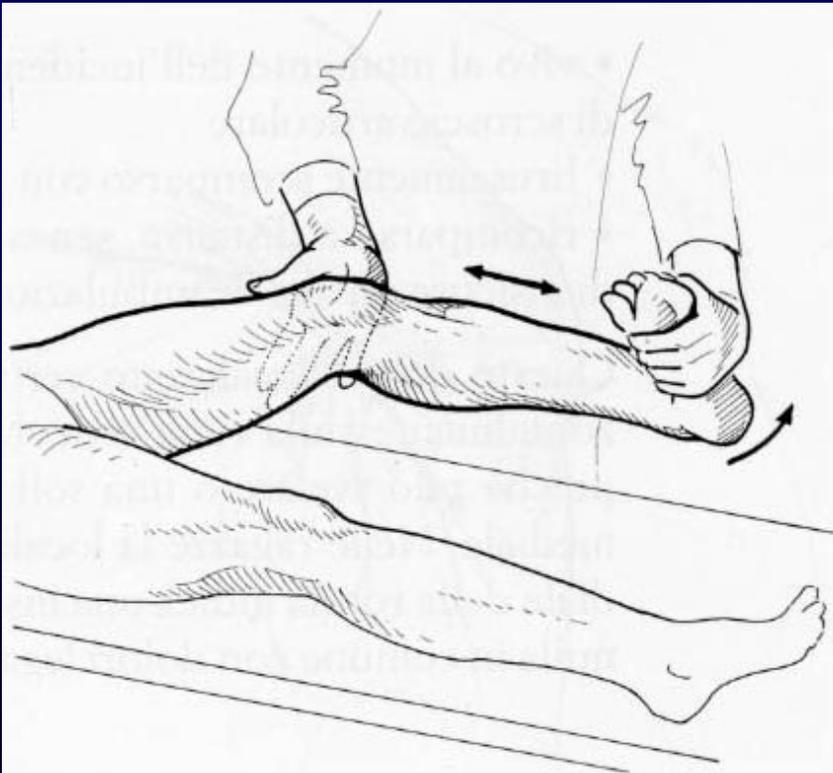




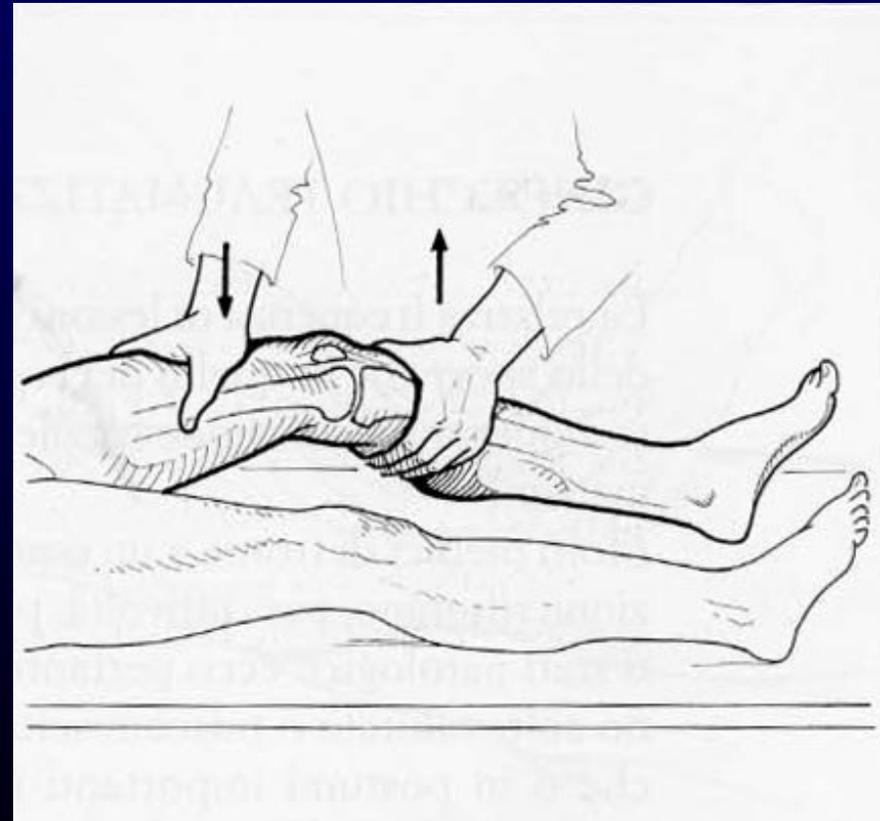
Tests

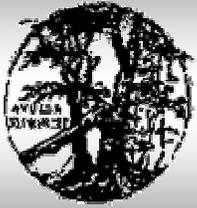


Jerk

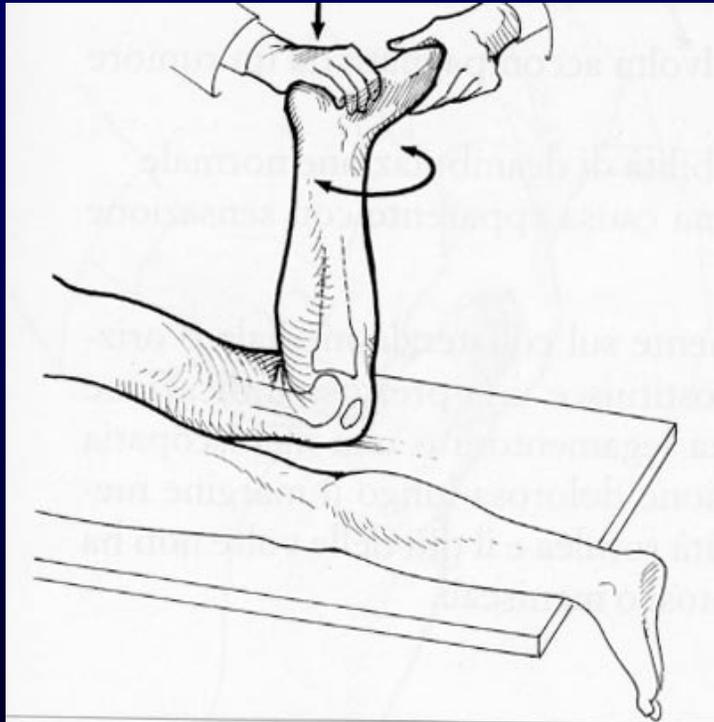


Lachman

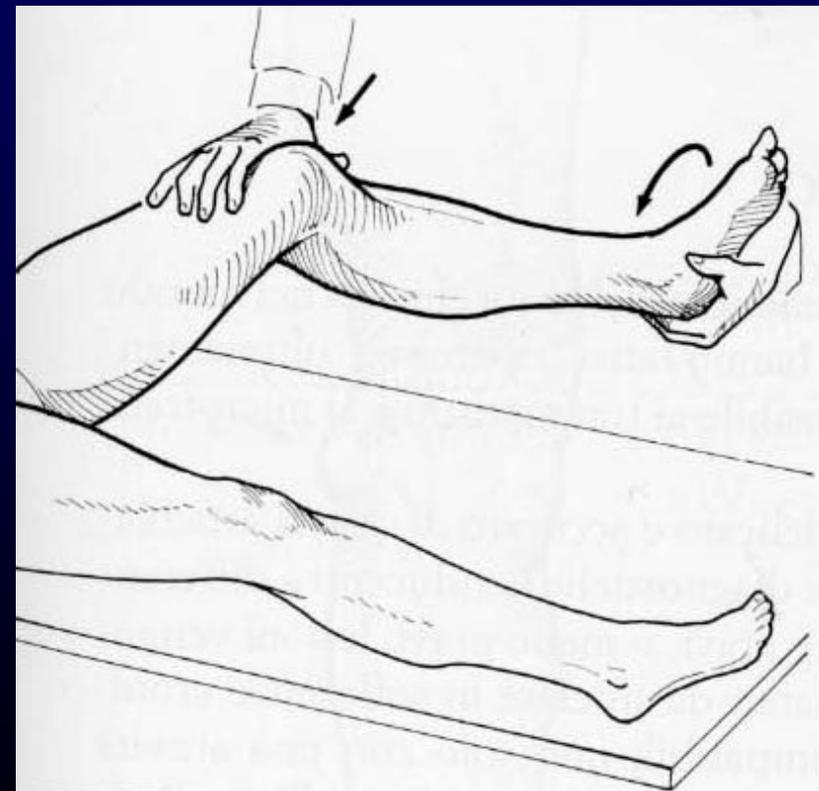




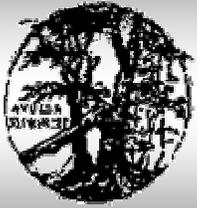
Tests



Apley meniscale



Mc Murray



Tests



Piella



Palpazione delle faccette rotulee



GRAZIE



<http://www.gpini.it/divisioni/divisione1/>