**MRI KNEE PATELLAR INSTABILITY TEMPLATE**

**Bones:** Normal

**Lateral trochlear inclination angle:**

**Trochlear depth:** \_\_mm

**Trochlear facet asymmetry (medial facet length : lateral facet length):**

**Ventral trochlear prominence:**

**Tibial tuberosity to trochlear groove (TT-TG) distance:** \_\_\_mm

**Articular cartilage:** Normal / chondropathy

**Joint:** Effusion / loose bodies

**Extensor mechanism:**

* **Patella alta / Patella baja:** Present / Absent
* **Medial patellar retinaculum including medial patello-femoral ligament:** Normal / partial tear / complete tear
* **Lateral patellar retinaculum including lateral patello-femoral ligament:** Normal / partial tear / complete tear
* **Patellar tendon:** Normal / tendinosis / tear
* **Quadriceps tendon:** Normal / tendinosis / tear

**Ligaments:**

* **Anterior cruciate ligament:** Normal / sprain / partial tear / complete tear
* **Posterior cruciate ligament:** Normal / sprain / partial tear / complete tear
* **Medial collateral ligament superficial fibres:** Normal / sprain / partial tear / complete tear
* **Medial collateral ligament deep fibres (menisco-femoral, menisco-tibial):** Normal / sprain / partial tear / complete tear
* **Lateral collateral ligament:** Normal / sprain / partial tear / complete tear
* **Anterolateral ligament:** Normal / sprain / partial tear / complete tear

**Menisci and adjacent structures:**

1. **Medial:**

* **Medial Meniscus:** Normal / Degeneration / Tear
* **Posterior menisco-capsular junction including menisco-capsular ligament and menisco-tibial ligament (for ramp lesion):** Normal / Tear

1. **Lateral:**

* **Lateral Meniscus:** Normal / Degeneration / Tear
* **Popliteo-meniscal fascicles:** Normal / low grade injury / high grade injury
* **Menisco-femoral ligaments:** Normal / low grade injury / high grade injury

**Posterolateral corner:**

* **Lateral collateral ligament:** Normal / sprain / partial tear / complete tear
* **Biceps femoris tendon and conjoint tendon:** Normal / sprain / partial tear / complete tear
* **Posterolateral joint capsule / arcuate ligament:** Normal / low grade injury / high grade injury
* **Popliteo-fibular ligament:** Normal / low grade injury / high grade injury
* **Popliteus tendon and bursa:** Normal

**Posteromedial corner:**

* **Semimembranosus tendon:** Normal / tendinosis / tear
* **Posteromedial joint capsule / posterior oblique ligament:** Normal / low grade injury / high grade injury
* **Oblique popliteal ligament:** Normal / low grade injury / high grade injury

**Popliteal fossa:**

* **Baker’s cyst:** Present / Absent, measuring \_\_ x \_\_ x \_\_ mm. Ruptured / not ruptured.
* **Nerves and vessels:** Normal
* **Gastrocnemius muscles:** Normal / edema / tear

**Other findings:**

* **Ilio-tibial band:** Normal / tendinopathy / adjacent edema
* **Pes anserinus tendons:** Normal / tendinosis / tear
* **Pes anserinus bursa:** Normal / fluid
* **Proximal tibio-fibular joint ligaments:** Normal / low grade injury / high grade injury
* **Other skeletal muscles:** Normal / edema / tear

**IMPRESSION:**