MEASURING EFFUSION

Instructions:

Milk out swelling distal to proximal several times.
Sweep proximal to distal on the lateral side.
View the medial sulcus for return of swelling.

Gradings:

0        None

Trace Milk medially sweep laterally, small amount back

1+       You can milk out the swelling and it does not return on its own but returns with the lateral sweep.

2+       You milk out the swelling and it returns immediately to fill the pouch.

3+       You cannot milk it out

RULES:

1. Patients should not be progressed in their exercise program when the effusion is more than a 1+.

2. When patients are holding anything above a 2+, contact MD.

3. Any drastic change of 2 grades or appearance of effusion when it was absent, decrease activity. Gradually reintroduce activity when possible.