



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.