



## PHYSICAL THERAPY CLINIC

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## MEASURING EFFUSION

- 0** None  
Milk out swelling distal to proximal several times.  
Sweep proximal to distal on the lateral side.  
View the medial sulcus for return of swelling.
- 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**.
- 3+** You **cannot** milk it out (but it looks like you might)
- 4+** Balloon like and there is too much to milk 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.