



Orthopedic Assessment

Musculoskeletal examination, assessment, special tests & diagnosis



ARTHROKINEMATICS & JOINT MOBILITY

HIP	Femur on acetabulum	Anterior glide: Extension, external rotation Posterior glide: Flexion, internal rotation Inferior glide: Abduction & flexion
	Tibia on femur	Anterior glide: Extension Posterior glide: Flexion External rotation: Extension Internal rotation: Flexion Inferior glide: Flexion
KNEE	Patella on femur	Superior glide: Extension Medial glide: Early knee flexion Lateral glide: Terminal knee extension
	Talus on tibia	Posterior glide: Dorsiflexion Anterior glide: Plantarflexion
ANKLE	Distal tibia on tibia	Superior & posterior glide: Dorsiflexion Inferior & anterior glide: Plantarflexion
	Proximal tibia on tibia	Superior & anterior glide: Dorsiflexion Inferior & posterior glide: Plantarflexion
FOOT	Proximal phalanx on metatarsal	Anterior/dorsal glide: Toe extension Posterior/plantar glide: Toe flexion
	Middle phalanx on proximal phalanx	Anterior/dorsal glide: Toe extension Posterior/plantar glide: Toe flexion
	Distal phalanx on middle phalanx	Anterior/dorsal glide: Toe extension Posterior/plantar glide: Toe flexion
	Posterior calcaneus on talus	Lateral glide: Inversion & supination Medial glide: Eversion & pronation
SHOULDER	Humerus on glenoid	Anterior glide: External rotation, extension, horizontal abduction Posterior glide: Flexion, internal rotation, horizontal adduction Inferior glide: Abduction, flexion, retraction
	Medial clavicle on manubrium	Posterior glide: Scapular retraction & humerus horizontal abduction Anterior glide: Scapular protraction & humerus horizontal adduction Inferior glide: Scapular elevation & upward rotation, humerus elevation Superior glide: Scapular depression & downward rotation
ELBOW	Proximal radius on humerus	Anterior glide: Flexion Posterior glide: Extension
	Proximal radius on ulna	Anterior glide: Supination Posterior glide: Pronation
WRIST	Proximal carpal on distal radius	Anterior glide: Extension Posterior glide: Flexion
	Distal ulna on radius	Anterior glide: Supination Posterior glide: Pronation
HAND	Base 1st metacarpal on trapezium	Anterior/palmar glide: Thumb adduction Posterior/dorsal glide: Thumb abduction Lateral/medial glide: Thumb extension Medial/ulnar glide: Thumb flexion
	Proximal phalanx on metacarpal head	Anterior/palmar glide: Finger flexion
	Middle phalanx on proximal phalanx	Anterior/palmar glide: Finger flexion Posterior/dorsal glide: Finger extension
	Distal phalanx on middle phalanx	Anterior/palmar glide: Finger flexion Posterior/dorsal glide: Finger extension

DECISION RULES FOR ORDERING RADIOGRAPHS

DECISION RULE: Criteria
• Interpretation

PITTSBURGH KNEE RULES: Blunt trauma or fall plus either of the following:
1. Age > 50 or < 12
2. Inability to walk 4 weight-bearing steps (2 per leg)
• Requires radiograph

OTTAWA KNEE RULES: Acute knee injury plus one of the following:
1. Age 55 or older
2. Isolated bony tenderness at patella
3. Isolated bony tenderness at the fibular head
4. Inability to flex knee to 90°
• Requires radiograph

OTTAWA ANKLE RULES: Trauma & pain distal malleolar zone (dorsal or distal) plus either of the following:
1. Inability to walk 4 weight-bearing steps (2 per leg)
2. Tenderness at malleolar zone
• Requires radiograph

BUFFALO ANKLE RULES: Same as Ottawa rules with exception of additional zone for pain & tenderness (distal 6cm mid-malleolar/crest region)
• Requires radiograph

AMERICAN COLLEGE OF RADIOLOGY APPROPRIATENESS CRITERIA: ANKLE OR FOOT: Chronic ankle or foot pain
• Requires radiograph

OTTAWA FOOT RULES: Trauma & pain midfoot zone (5th metatarsal base or navicular) plus either of the following:
1. Inability to walk 4 weight-bearing steps (2 per leg)
2. Tenderness at midfoot zone
• Requires radiograph

CANADIAN C-SPINE RULES: Acute cervical spine/head injury plus either a high-risk factor or inability to rotate head 45° bilaterally. Cervical rotation should not be assessed & radiograph should be ordered if midline tenderness or inability to sit up independently. High-risk factors include age > 65, abnormal mechanism of injury, extremity paresthesias
• Requires radiograph

NEXUS RULES: Following trauma to cervical spine or head a radiograph is indicated unless the patient meets the following criteria:
1. No midline cervical spine tenderness
2. No focal neurological deficits
3. Normal alertness
4. No intoxication
5. No painful distracting injury
• Requires radiograph if patient does not satisfy all criteria

AMSTERDAM DISTAL RADIUS RULES: Male gender, snuffbox swelling, wrist swelling, visible deformation, tenderness at distal radius, pain with wrist flexion, supination & pain with radioulnar ballottement
• Need for radiograph determined by software app

AMSTERDAM SCAPHOID RULE: Male gender, snuffbox swelling, snuffbox tenderness, painful ulnar deviation, painful long axis thumb compression
• Need for radiograph determined by software app

OSTEOGENIC VERTEBRAL FRACTURE: Age > 50, no leg pain, BMI < 22, no recent trauma
• 3/5 increase likelihood of a fracture & need for imaging

AMERICAN COLLEGE OF RADIOLOGY APPROPRIATENESS CRITERIA: HAND OR WRIST: Acute blunt or penetrating trauma to the hand or wrist
• Requires radiograph

AMERICAN COLLEGE OF RADIOLOGY APPROPRIATENESS CRITERIA: HIP OR PELVIS: Acute hip pain following a fall or minor trauma. Chronic hip or pelvis pain
• Requires radiograph

AMERICAN COLLEGE OF RADIOLOGY APPROPRIATENESS CRITERIA: LOW BACK PAIN: Patients with uncomplicated low back pain who have had 6 weeks of treatment with no improvement or who present with red flags raising suspicion for cauda equina syndrome, fracture, infection, or malignancy
• Requires radiograph. Higher ticket imaging indicated for red flags

ELBOW TRAUMA STUDY: Acute loss of elbow extension following trauma
• Requires radiograph

PATIENT SELF-REPORT INSTRUMENTS FOR THE MUSCULOSKELETAL SYSTEM

INSTRUMENT Region
• Items Purpose

OSWESTRY DISABILITY INDEX: Lower back
• 10-item self-report questionnaire: Perceived disability resulting from low back pain

NECK DISABILITY INDEX: Neck
• 10-item self-report questionnaire: Perceived disability resulting from neck pain

BRIGHAM & WOMEN'S HOSPITAL HAND SYMPTOM SEVERITY SCALE: Wrist/hand
• 11-item self-report questionnaire: Measures domains associated with carpal tunnel syndrome: pain, paresthesia, numbness, weakness, nocturnal symptoms & general functional status

DISABILITIES OF THE ARM, SHOULDER & HAND (DASH): Upper extremity
• 30-item self-report questionnaire with optional work & sports-performing arts module: Measures physical function in people with musculoskeletal disorders of the upper limb

QUICK-DASH: Upper extremity
• Modified 11-item version of DASH: Measures physical function in people with musculoskeletal disorders of the upper limb

SHOULDER PAIN & DISABILITY INDEX (SPADI): Shoulder
• 13-item self-report questionnaire: Measures disability & pain in people with musculoskeletal disorders of the shoulder

LOWER EXTREMITY FUNCTIONAL SCALE: Lower extremity
• 20-item self-report questionnaire: Identifies functional limitations attributed to the lower extremities

WESTERN ONTARIO & MCMASTER UNIVERSITIES ARTHRITIS INDEX (WOMAC): Hip or knee
• 24-item self-report questionnaire: Measures the influence of hip or knee osteoarthritis on pain, stiffness & physical function

PATIENT-SPECIFIC FUNCTIONAL SCALE: Involved region(s) of interest
• 7-item self-report questionnaire with option for more or less items: Identifies & quantifies activities that patient is unable to do or considers difficult as a result of condition

GLOBAL RATING OF CHANGE: Involved region of interest
• 1-item self-report questionnaire: Identifies patient-perceived change in response to treatment

FEAR AVOIDANCE BELIEFS SCALE: Spine
• 16-item self-report questionnaire: Only 8 items are scored: Identifies the presence & influence of fear avoidance beliefs on both work & activity

CHRONIC PAIN GRADE SCALE: Involved region(s) of interest
• 7-item self-report questionnaire: Characterizes pain intensity & pain-related disability to classify chronic pain severity

KEY MOTOR NEURONS: SIGNS & SYMPTOMS

UPPER
Spasticity, Hypertonicity, Hyperreflexia (deep tendon reflexes), Positive pathological reflexes, Absent or reduced superficial reflexes

LOWER
Flaccidity of muscles innervated by involved peripheral nerve, Loss of reflexes, Muscle atrophy, Hypoaesthesia or anaesthesia

Modified from Dr. Joseph J. Pincus, *Physical Assessment: Evidence-Based Approach*, 1st Edition, Elsevier, 2008, pp. 1-14, *Neuro & Systems of Upper Motor Neurons*, p. 11, copyright 2008, with permission from Elsevier

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Orthopedics Physical Exam Cheat Sheet

Edward G. McFarland



Orthopedics Physical Exam Cheat Sheet:

Orthopedic Physical Assessment - E-Book David J. Magee, Robert C. Manske, 2020-12-11 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Sports Medicine Build your skills in the assessment of musculoskeletal pathology Orthopedic Physical Assessment 7th Edition covers the principles of assessment for all of the body's structures and joints including topics such as gait posture the head and face amputees primary care and sports emergencies The 7th edition offers additional functional assessment forms e tools updated evidence based reliability and validity tables and hundreds of video clips included with print purchase demonstrating special tests on how to perform musculoskeletal assessment Written by noted PT educators David J Magee and Robert C Manske this reference uses a systematic evidence based approach to prepare you for success in clinicals board exams and in rehabilitation practice Over 2 500 full color illustrations and photographs depict key concepts along with assessment techniques and special tests At a glance icons show the clinical utility of special tests supplemented by updated evidence based reliability and validity tables for tests and techniques Quick reference data includes hundreds of summary boxes red flag and yellow flag boxes differential diagnosis tables muscle and nerve tables and classification normal values and grading tables A Summary Process of Assessment in each chapter serves as a review of assessment steps Combined with other books in the Musculoskeletal Rehabilitation series Scientific Foundations and Principles of Practice Pathology and Intervention and Athletic and Sports Issues this book provides you with the knowledge and background necessary to assess and treat musculoskeletal conditions NEW Updated information in all chapters includes new special tests as well as photos line drawings boxes tables and references NEW Head and Face chapter features updated information on concussion management NEW Enhanced Diagnostic Ultrasound Imaging section added to applicable chapters along with new photos and diagnostic images NEW Updated psychometric tables for special tests list reliability sensitivity specificity and and likelihood ratios when available NEW More case studies present real life scenarios to help you develop assessment and diagnostic skills using information from the chapter NEW Additional functional assessment forms e tools have been incorporated NEW Video clips included with print purchase demonstrate special tests to give you a clearer understanding of how to perform musculoskeletal assessment NEW Enhanced ebook version included with print purchase provides access to all of the text figures and references from the book on a variety of devices [BATES' Guide to Physical Examination and History Taking](#) Uzma Firdaus, 2020-04-01 Bates Guide to Physical Examination and History Taking is designed for undergraduate and postgraduate students in medicine and allied specialties **Orthopedic Physical Assessment, 7e, South Asia Edition-E-Book** David J. Magee, 2021-04-26 Build your skills in the assessment of musculoskeletal pathology Orthopedic Physical Assessment 7th Edition covers the principles of assessment for all of the body's structures and joints including topics such as gait posture the head and face amputees primary care and sports emergencies The 7th edition offers updated evidence based reliability and validity tables Written by noted PT educators

David J Magee and Robert C Manske this reference uses a systematic evidence based approach to prepare you for success in clinicals board exams and in rehabilitation practice Over 2 500 full color illustrations and photographs depict key concepts along with assessment techniques and special tests At a glance icons show the clinical utility of special tests supplemented by updated evidence based reliability and validity tables for tests and techniques Quick reference data includes hundreds of summary boxes red flag and yellow flag boxes differential diagnosis tables muscle and nerve tables and classification normal values and grading tables A Summary Pr cis of Assessment in each chapter serves as a review of assessment steps Combined with other books in the Musculoskeletal Rehabilitation series Scientific Foundations and Principles of Practice Pathology and Intervention and Athletic and Sports Issues this book provides you with the knowledge and background necessary to assess and treat musculoskeletal conditions NEW Updated information in all chapters includes new special tests as well as photos line drawings boxes tables and references NEW Head and Face chapter features updated information on concussion management NEW Enhanced Diagnostic Ultrasound Imaging section added to applicable chapters along with new photos and diagnostic images NEW Updated psychometric tables for special tests list reliability sensitivity specificity and and likelihood ratios when available NEW More case studies present real life scenarios to help you develop assessment and diagnostic skills using information from the chapter

Quick Reference Dictionary for Orthopedics Antonia Chen,2024-06-01 The Quick Reference Dictionary for Orthopedics by Dr Antonia Chen is a portable all in one orthopedic resource for anyone who works with orthopedic patients This pocket size book focuses on commonly used orthopedic terms and definitions with over 2 200 defined words including anatomic terms and medical root terminology Quick Reference Dictionary for Orthopedics also includes 25 in depth appendices on a variety of orthopedic related topics such as imaging modalities medication references for analgesia antibiotics and anticoagulation Additionally orthopedic eponyms acronyms and abbreviations are defined and described in detail The anatomy of muscles bones and nerves and vessels are described in detail as well as the aspiration and injection of common joints Quick Reference Dictionary for Orthopedics also covers common fracture classifications along with the appropriate splinting bracing or casting technique Quick Reference Dictionary for Orthopedics provides an important at your fingertips guide for anyone who works with orthopedic patients including orthopedic surgeons residents fellows medical students physical therapists athletic trainers occupational therapists and nurse practitioners

Patient Assessment Practice Scenarios American Academy of Orthopaedic Surgeons (AAOS),,Les Hawthorne,2010-03-26 Patient assessment may be the most challenging subject for EMS students to grasp and there never seems to be enough time in the classroom for practice Patient Assessment Practice Scenarios allows students to fine tune their understanding of the patient assessment process This BLS and ALS level text includes 150 EMS practice scenarios 75 trauma and 75 medical that focus on the assessment process as dictated by the National Registry medical assessment and trauma assessment skill sheets Each case is a script of an emergency call The student and proctor who may or may not be an instructor may read through the

case for rote practice of the assessment process or the student may verbally work through the assessment process with cues from the book read by the proctor Cases may also be used as homework in the classroom or for self study This book is for BLS or ALS students who want to successfully learn patient assessment inside and out before actually working in the field and any EMS provider who wants to refresh his or her assessment skills Allows students to talk through situations that they will face in the field and gain confidence in assessment Student and proctor responses are clearly indicated for easy use ALS information is clearly identified Follows the National Registry skill sheets for patient assessment and management Cases are based on real emergency calls representing the types of calls EMS providers will most commonly handle in real life 2011 610 pages

Orthopedic Physical Assessment David J. Magee,1997 Updated and expanded the 3rd edition of this classic resource provides a systematic approach to orthopedic assessment and the rationale behind each procedure Assessment guidelines detail each step of an evaluation including history taking observation physical examination differential diagnosis and more Features clinical case studies as well as MRI and CT images to illustrate various conditions This edition includes numerous new and revised photographs and line drawings increased information on functional testing and assessment new tables on differential diagnosis in each chapter and current references A new chapter on preparticipation evaluation examines whether or not an individual can participate in a particular activity

Orthopedic Trauma Call for the Attending Surgeon David Hak,Kyros Ipaktchi,Steven Morgan,2024-06-01 Orthopedic Trauma Call for the Attending Surgeon is a clinically focused book that will help guide the orthopedic surgeon through the most commonly encountered injuries when on call Drs David J Hak Kyros R Ipaktchi and Steven Morgan are joined by over 50 leading experts to provide a succinct and quick review of the key points that will allow you to provide patients with expert and immediate care Inside Orthopedic Trauma Call for the Attending Surgeon each chapter is written in an easy to read bulleted format that will allow for a quick review of the key facts you need to know while taking call Chapters also cover emergent and definitive management and provide guidelines for when to consider referral to a higher level of care The authors also share their tips and tricks for successful outcomes while highlighting potential pitfalls and how to avoid them Since it can be difficult to find time to read a traditional textbook or review article Orthopedic Trauma Call for the Attending Surgeon is perfect for orthopedic surgeons physician assistants extenders who cover ER call and orthopedic trainees

Illustrated Essentials in Orthopedic Physical Assessment Ronald C. Evans,1994 This is a practical illustrated guide to techniques for making conservative core diagnoses of disorders of the musculoskeletal system The book is organized around regions cervical spine shoulder elbow forearm wrist and hand thoracic spine lumbar spine pelvis hip knee leg ankle and foot as well as a final chapter on malingering

Dutton's Orthopaedic Examination Evaluation and Intervention, Third Edition Mark Dutton,2012-04-13 A complete evidence based textbook and reference for physical therapy students and practitioners Dutton s Orthopaedic Examination Evaluation and Intervention provides you with a systematic logical approach to the evaluation and

intervention of the orthopedic patient Comprehensive and up to date Dutton s strikes the perfect balance in its coverage of examination and treatment For any intervention to be successful an accurate diagnosis must be followed by a carefully planned and specific rehabilitation program to both the affected area and its related structure This approach must take into consideration the structure involved and the stage of healing Dutton s Orthopaedic Examination Evaluation and Intervention emphasizes the appropriate use of manual techniques and therapeutic exercise based on these considerations The correct applications of electrotherapeutic and thermal modalities are outlined throughout as adjuncts to the rehabilitative process The content reflects the consistent unified voice of a single author a prominent practicing therapist who delivers step by step guidance on the examination of each joint and region This in depth coverage leads you logically through systems review and differential diagnosis aided by decision making algorithms Features NEW full color illustrations of anatomy and treatment and evaluation procedures Review Q A for each chapter Companion DVD includes 500 illustrative video clips Chapters updated to reflect the latest research and treatment techniques *Evaluation And Management (Speedy Study Guides)* Speedy Publishing,2015-04-29 You may be experiencing several symptoms that may lead to either an inaccurate or incorrect diagnosis A deeper dig into your past could hold the answer to your present problems As such professionals would refer to this handy guide on evaluation and management Here a review of your systems is recommended followed by your history If you re a doctor you need this guide now [Examination of the Shoulder](#) Edward G. McFarland,2011-01-01 With DVD containing narrated footage of examination techniques The complex structure of the shoulder with its variable pathological conditions of rotator cuff disease degenerative joint disease and Type II SLAP lesions makes clinical examination and assessment difficult for both new and experienced practitioners With this text you will gain a full understanding of shoulder anatomy and the principles of physical shoulder examination and the nature and presentation of the pathological processes causing shoulder pain This text discusses range of motion measurements laxity testing shoulder instability and presents critical analysis of the usefulness and accuracy of examination practices Thorough and accessible this text is ideal for all clinicians called upon to perform shoulder exams and interpret findings An accompanying DVD contains narrated footage of the examination techniques described in the text for easy comprehension and review You will also find examples of abnormal findings and biomechanical models demonstrating the complexity of shoulder motion No orthopedic surgeon orthopedic resident physical therapist athletic trainer or specialist treating the shoulder should be without this outstanding text and DVD *Hospital Ward Clerk : a Catalog of Performance Objectives* Florida State University. Career Education Center,1977

CURRENT Diagnosis & Treatment Orthopedics, Sixth Edition Patrick J. McMahon,Harry Skinner,2021-03-22 Fully updated and enhanced this popular Lange book provides the most current high yield information available on orthopedic disorders and diseases Packed with 500 images and meticulously organized for high impact learning CURRENT Diagnosis musculoskeletal trauma adult reconstructive hand foot ankle and pediatric surgery sports medicine spinal disorders diseases

and injuries musculoskeletal oncology amputations and rehabilitation and geriatric medicine Perfect for surgical and emergency medicine residents orthopedic surgery fellows internal medicine and family practitioners medical students PAs and nurse practitioner students CURRENT Diagnosis Treatment Orthopedics Sixth Edition provides the knowledge and insights you need to deliver safe effective treatment to every patient Featuring a NEW chapter on imaging in orthopedics

Clinical Judgment USMLE Step 3 Review George Lee,2014-05-22 Your critical next step in preparing for the USMLE Step 3 To excel on the USMLE Step 3 you need to demonstrate that you can understand and apply foundational and clinical science to patient care and that you have the capacity to make sound clinical judgments Clinical Judgment USMLE Step 3 Review helps you develop and refine your clinical judgment skills in order to pass the exam This complete review also prepares you to answer questions about clinically relevant basic science concepts on the multiple choice portion of the USMLE Step 3 Clinical Judgment USMLE Step 3 Review offers you In depth details of diseases and clinical manifestations presented in an organized head to toe format Foundational science correlations for disease processes to prepare you for this new element of the USMLE Step 3 DSM 5 alerts you need to know for psychiatry questions A section on next steps and options based management to help you prioritize patient management Tips and correlations for the Computer based Case Simulations CCS portion of the exam integrated into the coverage of each topic A section on Pattern Recognition that will aid in developing your gut instinct about a disease giving you more time to answer questions on long narrative blocks Integrated Clinical Judgment questions reinforce learning and provide practice Pearls and Keyword Reviews strengthen your knowledge base With help from this book you will be able to face the USMLE Step 3 with the confidence and know how to get your best exam results

CURRENT Diagnosis & Treatment in Orthopedics, Fourth Edition Harry Skinner,2006 A source of up to date information on disorders and diseases treated by orthopedic surgeons and related physicians Includes only those references since 2000 except in cases where classic articles are necessary to refer back to major advances in understanding or treatment or in situations where there has been little change in the sub specialization in orthopedics such as rehabilitation

Current Diagnosis & Treatment in Orthopedics ,2003 *Orthopedic Rehabilitation* Vernon L. Nickel,1982 *Principles and Techniques of Patient Care* Frank M. Pierson,1999 Updated and expanded the 2nd Edition of this text clearly presents modern concepts equipment techniques and practical details for the skills required to help patients with the use of assistive devices Presents information on how to properly evaluate a person s vital signs treat a person who requires special equipment and care and much more The author includes clear cut how to instructions helpful rationales and physiologic principles that explain why techniques are used **Reverse Acronyms, Initialisms, & Abbreviations Dictionary** ,1983

Australian Family Physician ,1987

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