

ORTHOPAEDICS ASSESSMENT

Date:

Name:

Age:

Gender:

Occupation:

Address:

Chief Complaint:

History:

**** Present History**

- ✓ Allowed to narrate history
- ✓ Date of onset of symptoms
- ✓ Mechanism of injury
- ✓ Mode of onset
- ✓ Condition – *Improved, Stationary, Deteriorated*
- ✓ Muscular weakness

**** Pain History**

- ✓ Duration of symptoms
- ✓ Type of pain
- ✓ Aggravating and Relieving factors

**** Past History**

- ✓ Any history of Tuberculosis
- ✓ Bronchial Asthma
- ✓ Blood Pressure
- ✓ Diabetes
- ✓ Cardiac Problems
- ✓ Enquiry made for any accidental injury

**** Family History**

- ✓ Hereditary?
- ✓ Consanguinity?

** *Personal History*

- ✓ Cigarettes – Number/day
How long?
- ✓ Alcoholic – Amount/day
Duration

** *Socio-economic History*

** *Medical History*

- ✓ Present medication patient is on

On Observation:

** *General Condition of patient – Poor, Good, Fair built*

** *Wasting*

** *Oedema*

** *Any bandages, Scars – Area*

Extent

** *Attitude of the Limbs – Supine, Sitting, Standing*

Type of gait

Bony contours

Deformities

On Palpation:

** *Tenderness*

Grading

- 1 : Patient complains of pain
- 2 : Patient complains of pain & winces
- 3 : Patient winces & withdraws
- 4 : Patient will not allow palpation of the joint

** *D/F tissue tension and texture*

** *Temperature variation of skin*

** *Spasm*

** *Type of skin – Dry or Excessive moisture*

** *Scar – Adherent / Non Adherent*

** *Swelling*

- ✓ Comes on soon after injury – **Blood**
- ✓ Comes on after 8 to 24 hours – **Synovial**
- ✓ Boggy, spongy feeling – **Synovial**
- ✓ Harder, tense feeling with warmth – **Blood**
- ✓ Tough, dry – **Callus**

- ✓ Leathery thickening – **Chronic**
- ✓ Soft fluctuating – **Acute**
- ✓ Hard – **Bone**
- ✓ Thick, slow-moving – **Pitting oedema**
- ** *Crepitus, Abnormal sounds*

On Examination:

** *Vital Signs*

** *Motor Assessment*

Range of Motion (ROM)

Active - When and where pain starts

- Whether movement increases pain
- Pattern of movement
- Trick movements

Passive - When and where pain starts

- Whether movement increases pain
- Pattern of movement
- D/F between range of motion available
- End feel

End Feel

Normal - Bone to Bone

- Soft Tissue Approximation
- Tissue Stretch

Abnormal - Early Muscle Spasm

- Late Muscle Spasm
- Hard Capsular
- Soft Capsular
- Bone to Bone
- Empty
- Springy Block

Capsular Patterns

Manual Muscle Testing

MRC Grading

Resisted Isometrics

- On contraction causes pain and, if it does, pain's intensity & quality
- Strength of contraction
- Type of contraction causing problem (*concentric, isometric, eccentric*)

Joint movements

- Loose packed position
- Close packed position

** *Sensory Assessment*

Superficial Sensations

- Pain, Temperature, Light touch, Pressure

Deep Sensations

- Movement sense, Position sense

Combined Sensations

- Stereognosis, Tactile Localization, Two Point Discrimination, Grapesthesia

MRC Grading

S0 : No sensation

S1 : Deep Proprioception

S2 : Skin touch, pain thermal sensation

S3 : S2 with accurate localization but deficient stereognosis, cold sensitivity, hypersensitivity often present

S3+ : Object and texture recognition but not normal sensation, good but not normal two point discrimination

S4 : Normal sensations

** *Reflexes*

Superficial Reflexes

- Corneal, Abdominal, Plantar, Cremasteric

Deep Reflexes

- Biceps, Triceps, Babinski Reflex, Knee Jerk, Ankle Jerk

Clonus

Grading

0 : Absent

1 : Diminished

2 : Normal

3 : Brisk

4 : Exaggerated

** *Dermatomes & Myotomes*

** *Limb Length Discrepancies*

✓ Apparent Length

✓ True Length

** *Special Tests*

** *Functional Assessment*

Ambulation - Gait or Wheel Chair

- Independent or Dependent
- Transfers

**** Gait Assessment**

- ✓ Type of gait
- ✓ Stride length
- ✓ Step length

**** VAS / NRS Scale**

**** ADL**

Investigations:

Clinical Impression:

Differential Diagnosis:

Findings to make Final Impression:

Final Diagnosis:

Goals:

- ✓ Short Term
- ✓ Long Term

Treatment Plan:

- ✓ Electric Modalities
- ✓ Manipulation
- ✓ Exercises
- ✓ Splints & Assistive Devices

Home Programme:

SPECIAL ORTHOPAEDIC TESTS

★ **Shoulder:**

- Speed Test (Biceps or Straight Arm Test) - Bicipital Tendinitis
- Yergason's Test - Bicipital Tendinitis
- Lippman's Test - Bicipital Tendinitis
- Supraspinatus Test (Empty Can Test) - Supraspinatus Tear
- Drop Arm Test (Codman's Test) - Rotator Complex
- Neer Impingement Test - Supraspinatus & Biceps Tendon

- Roos Test - Thoracic Outlet Syndrome
- Wright Test - Thoracic Outlet Syndrome
- Adson Test - Thoracic Outlet Syndrome
- Allen's Test - Thoracic Outlet Syndrome
- Upper Limb Tension Test (ULTT)
 - ULTT 1 - Median nerve & anterior interosseous nerve
 - ULTT 2 - C5, 6, 7, Median nerve, Musculocutaneous nerve & axillary nerve
 - ULTT 3 - Radial nerve
 - ULTT 4 - C8, T1, Ulnar nerve
- Apprehension Test - Anterior Shoulder Dislocation
- Rockwood Test - Anterior Shoulder Instability
- Dugas Test - Anterior Shoulder Dislocation
- Posterior Apprehension Test - Posterior Shoulder Dislocation
- Push Pull Test - Posterior Shoulder Dislocation
- Sulcus Test - Inferior Shoulder Instability
- Clunk Test - Labral Tear

★ **Elbow:**

- Ligamentous Instability Tests
 - Lateral & Medial Collateral Ligaments
- Cozen's Test
 - Lateral Epicondylitis
- Mill's Test
 - Lateral Epicondylitis
- Golfer's Elbow Test
 - Medial Epicondylitis
- Wartenberg's Sign
 - Ulnar Neuropathy
- Elbow Flexion Test
 - Cubital Syndrome
- Pronator Teres Test
 - Pronator Teres Syndrome

★ **Forearm, Wrist & Hand:**

- Finketsein's Test
 - Abductor Pollicis Longus & Extensor Pollicis Longus Tenosynovitis
- Sweater Finger Test
 - Ruptured Flexor Digitorum Profundus
- Bunnel-Litter Test
 - Tight Intrinsic
- Phalen's Test
 - Carpal Tunnel Syndrome
- Reverse Phalen's Test
 - Carpal Tunnel Syndrome
- Froment's Sign
 - Paralysis of Adductor Pollicis Longus

★ **Pelvis:**

- Approximation Test
 - Possible SI Lesion or Sprain Posterior SI Ligaments
- Gapping Test
 - Sprain Anterior SI Ligaments
- Sacroiliac Rocking Test (SI Strain)
 - Sacrotuberous Ligaments
- SLR (Lascgucs Test)
 - SI Problems
- Gaenslen's Test
 - I/P SI Lesion or Hip Pathology or Lumbar Pathology
- Prone Knee Bend Test
 - For D/F Diagnosis
- Yeoman's Test

★ **Hip:**

- Patrick's Test (FABER or Figure Four Test)
 - Stinchfield Test
 - Thomas Test
 - Rectus Femoris Contracture Test
 - Ober's Test
 - Piriformis Test
- Hip Joint?
 - Iliopsoas Spasm
 - Hip Joint Pathology
 - Hip Flexion Contracture
 - For Rectus Femoris
 - TFL Contracture
 - Piriformis Syndrome

★ **Knee:**

- Valgus Stress Test
 - Varus Stress Test
 - Lachman Test
 - Anterior Drawer Sign
 - Posterior Drawer Sign
 - McMurray Test
 - Apley's Test
 - Bounce Home Test
 - Mediopatellar Plica Test
 - Fluctuation Test
 - Patellar Tap Test
 - Clarke's Sign
 - McConnell Test
 - Q-Angle or Patellofemoral Angle
 - Fairbank's Apprehension Test
- Medial Collateral Ligament
 - Lateral Collateral Ligament
 - Anterior Cruciate Ligament
 - Anterior Cruciate Ligament
 - Posterior Cruciate Ligament
 - Meniscal Tear
 - Meniscal or Ligamentous?
 - Meniscal Injury
 - Mediopatellar Plica
 - Swelling
 - Swelling
 - Patellofemoral Dysfunction
 - Chondromalacia Patella
 - Patellofemoral Dysfunction
 - Dislocation of Patella

★ **Ankle:**

- Anterior Drawer Test
 - Talar Tilt
 - Thompson's Test
- Anterior Talofibular Ligament Injury
 - Calcaneofibular Ligament
 - Achilles Tendon Rupture

★ **Cervical Spine:**

- ▶ Foraminal Compression (Sparling's Test)
 - ▶ ULTT's
 - ▶ Shoulder Depression Test & Abduction Test
 - ▶ Jackson's Compression Test
 - ▶ Valsalva Tests
 - ▶ Vertebral Artery Test (Cervical Quadrant Test)
- Cervical Radiculitis
 - D/F Diagnosis
 - Compression of nerve roots or Brachial Plexus Lesion
 - Pressure on nerve root
 - Herniated disc / Tumour / Osteophyte
 - Compression of Vertebral Artery

★ **Thoracic Spine:**

- ▶ Slump Test
- Impingement of Dura & Spinal Cord / Nerve Roots

★ **Lumbar Spine:**

- ▶ Slump Test
 - ▶ SLR (Basic), 2, 3, 4, Crossed SLR
 - ▶ Valsalva Maneuver
 - ▶ Schober's Test
 - ▶ Stoop Test
- For Neuromeningeal Tract
 - Sciatic, Tibial, Sural, Common Peroneal, Disc Prolapse
 - Increased Intrathecal Pressure
 - Measure Flexion of Lumbar Spine
 - Neurogenic Intermittent Claudication

★ **Tests for Malingering:**

- ▶ Hoover Test
 - ▶ Burns Test
- Malingering for Back Pain
 - Malingering for Back Pain