



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
KNEE	Patella on femur	Inferior glide: Flexion Superior glide: Extension Medial glide: Early knee flexion Lateral glide: Terminal knee extension
	Talus on tibia	Posterior glide: Dorsiflexion Anterior glide: Plantarflexion
ANKLE	Distal fibula on tibia	Superior & posterior glide: Dorsiflexion Inferior & anterior glide: Plantarflexion
	Proximal fibula 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, scapion
		Posterior glide: Scapular retraction & humerus horizontal abduction Anterior glide: Scapular protraction & humerus horizontal adduction
	Medial clavicle on manubrium	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 Posterior/dorsal glide: Finger extension
	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 bone tenderness at patella
3. Isolated bone tenderness at the fibular head
4. Inability to flex knee to 90°
5. Inability to walk 4 weight-bearing steps (2 per leg)

• Requires radiograph

OTTAWA ANKLE RULES: Trauma & pain distal malleolar zone (post 5cm or distal 1st) 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 5cm midmalleolar/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, dangerous 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, advancing age, wrist swelling, visible deformation, tenderness at distal radius, pain with wrist flexion, supination & pain with radioulnar ballottment

• 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

OSTEOGRAPHIC VERTEBRAL FRACTURE: Age > 52, no leg pain, BMD < -2.5, no vertebrae fracture

• 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

- 30-item self-report questionnaire: Perceived disability resulting from low-back pain

NECK DISABILITY INDEX: Neck

- 30-item self-report questionnaire: Perceived disability resulting from neck pain

BRIGHTON & WOMEN'S HOSPITAL HAND SYMPTOM SEVERITY SCALE: Wrist/hand

- 25-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 limbs

QUICK-DASH: Upper extremity

- Modified 10-item version of DASH: Measures physical function in people with musculoskeletal disorders of the upper limbs

SHOULDER PAIN & DISABILITY INDEX (SPADI): Shoulder

- 12-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

- 3-item self-report questionnaire with option for more of 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

- 5-item self-report questionnaire: Identifies patient-perceived change in response to treatment

FEAR AVOIDANCE BELIEFS SCALE: Spine

- 16-item self-report questionnaire: Only if 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 NEURON: 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, Hypoesthesia or anesthesia

Modified from Orthopedic Physical Assessment, Elsevier, 4th ed. Moore DE, Chapter 6, Table 6-14, Signs & Symptoms of Upper Motor Neuron Lesions, p. 33, copyright 2006, with permission from Elsevier

Orthopedic Study Guide

Joacim Rocklöv



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