**Evaluation of Orthopedic Injuries for Lower Extremity Injuries**

**1.Hip injuries**

* **Assess the ROM of the hip**
	+ [Hip flexion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_rom/t1/)
	+ [Hip extension - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_rom/t2/)
	+ [Hip abduction - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_rom/t4/)
	+ [Hip adduction - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_rom/t5/)
	+ [Hip internal rotation seated - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_rom/t6/)
	+ [Hip external rotation seated - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_rom/t8/)
* **Assess the MMT of the hip**
	+ [Hip flexion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_mmt/g1/)
	+ [Hip extension - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_mmt/g2/)
	+ [Hip abduction - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_mmt/g3/)
	+ [Hip adduction - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_mmt/g4/)
	+ [Hip internal rotation - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_mmt/g5/)
	+ [Hip external rotation - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j7/j7_mmt/g6/)

**2.Knee**

* **Assess the MMT of the knee**
	+ [Knee flexion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j8/j8_mmt/g7/)
	+ [Knee extension - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j8/j8_mmt/g8/)
* **Assess the ROM of the knee**
	+ [Knee flexion supine - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j8/j8_rom/t30/)
	+ [Knee extension - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j8/j8_rom/t32/)

**3.Ankle**

* **Assess the MMT of the ankle**
	+ [Ankle plantarflexion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_mmt/g9/)
	+ [Ankle dorsiflexion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_mmt/g10/)
	+ [Ankle subtalar inversion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_mmt/g11/)
	+ [Ankle subtalar eversion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_mmt/g12/)
	+ [Metatarsalphalangeal flexion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_mmt/g54/)
	+ [Metatarsophalangeal extension - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_mmt/g55/)
	+ [Interphalangeal flexion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_mmt/g56/)
* **Assess the ROM of the ankle**
	+ [Ankle dorsiflexion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_rom/t38/)
	+ [Ankle plantarflexion - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_rom/t41/)
	+ [Ankle inversion tarsal joints - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_rom/t42/)
	+ [Ankle eversion tarsal joints - ROM, MMT, and Palpation - PhysioU](https://app.physiou.health/app/rom_mmt/j9/j9_rom/t43/)

**Weight bearing Status:**

1. NWB- non weight bearing- do not place weight on the extremity
2. WBAT- place as much weight as possible without discomfort
3. TTWB- Place weight only on the toes
4. PWB- Place only 50% weight on the lower extremity

**References:**

PHysioU

Pierson, F. *Principles and Techniques of Patient Care* (2011). St. Louis, MO: Saunders Elsevier Publishers, 2011