

Evaluation of Orthopedic Injury

History/Subjective:

- What happened to involved body part and when?
- Where does it hurt specifically? On a scale of 0-10, how much pain are you in?
- Do you experience any numbness or tingling?
- Do you experience any radiating symptoms?
- What type of functional movements or activities of daily living are you unable to perform due to your injury? (for example: walking, standing, going up and down stairs, sitting, squatting, using the restroom, showering, eating....)
- What are your goals from physical therapy? What would you like to achieve through your rehab?

Objective Measures: (this depends on what body part is injured)

- Evaluate walking mechanics (if the injured area is back, hips, knees or ankles)
 - Are they able to walk?
 - Do they use an assistive device to walk?
 - Do they have a limp?
 - Are they avoiding putting weight through a leg?
 - Are their knees bent while they walk?
 - Do they lean to one side while walking?
- Test for functional movements
 - Back, hips, knees, ankles
 - Squatting
 - Sit to stand
 - Bed transfers
 - Supine to sit
 - Sit to supine
 - Supine to side lying
 - Supine to prone
- Test Range of motion
 - Back
 - Standing reach for your toes as you can
 - Lean to the right and then to the left as you can
 - Turn to the right and turn to the left as far as you can
 - Hips
 - Hip flexion with knee bent
 - Hip flexion with knee straight (normal =70degs)
 - Hip internal rotation (normal= 45degs)
 - Hip external rotation. (normal=45degs)
 - Hip extension (normal= 10degs)
 - Knees:
 - Knee flexion (normal=135-145)
 - Knee extension (normal=0degs)
 - Ankles
 - Ankle plantar flexion (normal= 50degs)
 - Ankle DF (normal=20, only need 10 to walk, but need 20 to run)

***with all these movements, you need to ask if its painful and where the pain is. Asses how they move. Do they move easily or is it difficult for them to perform that specific movement.

- Test for strength
 - Check to see the strength of each muscle group. These tests are specific based on what each muscle does. You can find these tests on youtube.
- Test for numbness and tingling
 - If the patient complains that they experience numbness and tingling, you must ask them where!
 - Here is a chart of common referral patterns from nerve injuries coming from the spine

