**Orthopedic Injury- Intervention**

**1.Acute injury- start with PROM( therapist performs the ROM)**

* **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 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/)
* **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/)

**2. Acute Injury- no active movements**

**-** perform isometric contractions – contract the muscle and hold for 6 seconds

**3. Strengthening**

 **-** [HEP2go - Online Home Exercise Program - Rehab - Physical Therapy, Occupational Therapy, Physical therapist, Occupational Therapist, Therapeutic Exercises, HEP](https://www.hep2go.com/)

4**. Use of assistive devices with weight bearing**

 WBAT- as much as weight as possible without pain

 NWB- no weight

 TTWB- only on toes

 PWB- only 50% weight

**References:**

**HEP2go.com**

**PhysioU.com**