ORTHOPEDIC PHYSICAL THERAPY EVALUATIONS: CLINICAL REASONING EXPLAINED

Goals of Evaluation:	**Evaluation Keys:**	**Sources of Information:**
1. **Reproduce pain/sxs** 2. **Establish PT Dx** 3. **ID Impairments/Activity Limitations/Participation Restrictions** 4. **Establish a Baseline of Measurement & Tx Goals** 5. **ID Contraindications to Tx** (Tx vs. Referral Decisions)	1. **ID the Problem:** **-Type of Tissue Involved?** (Musculoskeletal vs. Non-musculoskeletal) (Contractile vs. Non-contractile) **-Phase of Healing?** (Acute vs. Proliferative vs. Maturation) 2. **ID Stresses that Cause Pain/Sxs:** (Large vs. Small Stress) (Direction of Stress?) (Active vs. Passive vs. Overpressure) 3. **ID Appropriate Txs and Tx Goals:** (Strength, ROM, Need for referral?)	• **Hx Questions** • **AROM** • **PROM** (with overpressure) • **MMTs** • **Joint Play** (translation) • **Special Tests** • **Palpation*** (*do last, unless suspect fx!)

Evaluation Component	**What it Tells You**	**How to Proceed**
SUBJECTIVE/Hx QUESTIONS		**(1-Tx vs. 2-Refer vs. 3-Tx AND Refer)**
MOI/Onset	Type of Tissue Involved (MOI-position/speed) Phase of Healing (when was injury?)	**Suspect fx**- palpate 1st/Refer??
Pain		
• **Location**	Regional Anatomy- likely structures involved	Musculoskeletal? Non-musculoskeletal? Referred?
• **Description**	Type of Tissue Involved- mm, nerve, organ Phase of Healing /Acuity (sharp- acute, dull- proliferation/maturation)	Aggressiveness of exam Target tissue for exam
• **Intensity (__/10)**	Type of Tissue Involved Phase of Healing /Acuity Injury Severity-Reasons for Exam Caution?	Red Flag: 10/10 pain- to ER (0-3 proceed, 4-7 caution, 8-10 careful)
• **Frequency/Duration**	Type of Tissue Involved, Phase of Healing Pain at rest? Pain with or after movement? (Constant vs. Periodic vs. Occasional)	Red Flag: constant pain! 24-hour pain pattern? (DJD)
• **Agg/Ease**	Pattern of stresses that cause Sxs	Stresses/movements to test in exam
• **N/T or Radiating**	Nerve Involvement- N. root path vs. regional?	Dermatomal? Peripheral N.?
• **PMH/ROS/Red Flags Meds/Doctor/Imaging**	Comorbidities, red flags, coordination of care needs, Med- side effects? Other Dx info	Red Flags?: Refer or Tx and Refer? "pt 's overall picture of health"
• **Activity/Participation/Goals**	PLOF of pt/pt's Goals	Pt Goals, Prior Level of Function (PLOF)
OBJECTIVE		ID Impairments to Tx/Baseline Function
AROM	Type of Tissue Involved, Phase of Healing, Stresses that cause pain/sxs	Contractile vs. Non-contractile
PROM	Type of Tissue Involved, Phase of Healing, Stresses that cause pain/sxs	Contractile vs. Non-contractile
MMT/Resisted Movements	Type of Tissue Involved, Phase of Healing, Stresses that cause pain/sxs	Pain vs. No pain Strong vs. Weak
Joint Play	Type of Tissue Involved, Phase of Healing	Hypo vs. Hyper vs. Normal (Painful?)
Special Tests	Type of Tissue Involved, Phase of Healing, Stresses that cause pain/sxs	Confirm vs. Disprove Prior Findings
Palpation	Type of Tissue Involved, Phase of Healing, Stresses that cause pain/sxs	Confirm vs. Disprove Prior Findings

***contractile tissue injury** = pain with *active contraction* (AND opposite direction *passive stretch*)
***non-contractile tissue injury** = *pain with stress of that tissue* (passive/active stress: same direction at end ROM)

Resources Used: Cyriax, 1982; Kaltenborn, 2014