

Musculoskeletal Assessment

Vocabulary pgs 597 - 608

- . Adduction – Abduction
- . Flexion – Extension
- . Inner rotation – Outer rotation
- . Supination – Pronation
- . Eversion – Inversion
- . Elevation - Depression

History

- . Joint problems
 - Lateralization
 - Multiple or single
 - Acute or Chronic
 - Better with rest?
 - Get worse or better as day goes on?
 - Tenderness to touch
 - Red, swollen

History

- . Muscles
 - Cramps
 - Spasm
 - Myalgia
 - Weakness
 - Atrophy

History

- . Bones
 - Tenderness
 - Pain
 - Deformity
 - Trauma

History

- . Functional
 - Bathing
 - Toileting
 - Dressing
 - Grooming
 - Eating
 - Mobility
 - Communicating

History

- . Self-care behaviors
 - Exercise
 - Work
 - Massages, hot tub, etc.
- . Medications

Basic Approach

- . Inspect
- . Palpate
- . ROM
- . Strength testing

Sequence

- . TMJ, masseter, temporalis
- . Cervical Spine
- . Upper Extremities
 - Shoulder, Elbow, Wrist, Hand joints
- . Lower Extremities
 - Hip, Knee, Ankle, Toes
- . Thoracic & Lumbosacral Spine

A&P

- . Muscle fiber (cell) > Fascicle > Muscle
- . Tendon
- . Ligament
- . Synovial fluid
- . Bursa

Musculoskeletal Function

- . Support
- . Movement
- . Protection
- . Hematopoiesis
- . Reservoir for Calcium and Phosphorus

Abnormalities

- . Scoliosis, kyphosis
- . Bunion
- . Gout
- . Rheumatoid arthritis