Orthopedic Physical Assessment with Special Tests | Thoracic and Lumbar Spine

COURSE DESCRIPTION

Detailed video demonstrations of tests and procedures common in musculoskeletal assessment are supplemented by high-quality full-color clinical photographs and illustrations of each test and assessment for the Thoracic and Lumbar Spine.

LEARNING OBJECTIVES

Module 1 | Selected Movements- Thoracic Spine

At the end of this module the learner will be able to:

- Correctly instruct patients in performing active movements of the thoracic spine which include extension, rotation, and side flexion while being mindful of clinical notes.
- Accurately measure chest expansion in order to determine costovertebral expansion.
- Correctly perform a rib motion test via rib movement during respiration and rib movement relative to the thoracic spine.
- Correctly perform and identify positive indications of passive movements of the thoracic spine including the upper thoracic spine, middle and lower thoracic spine, passive side flexion of the thoracic spine, and passive rotation of the thoracic spine.

Module 2 | Special Test for Neurological Dysfunction

At the end of this module the learner will be able to:

- Define and describe neurological testing of the thoracic spine including suspected injury, epidemiology and demographics, relevant history, relevant signs and symptoms, and mechanism of injury.
- Correctly perform and identify positive indications of a slump test (sitting dural stretch test).

Module 3 | Selected Movements- Lumbar Spine

At the end of this module the learner will be able to:

- Correctly instruct patients in performing active movements of the lumbar spine which include forward flexion, extension, side flexion, and rotation while being mindful of clinical notes.
- Correctly perform and identify positive indications of Trendelenburg’s test (modified).
- Correctly perform, grade, and identify positive indications of an isometric abdominal test.
• Correctly perform and identify positive indications of a dynamic abdominal endurance test.
• Correctly perform, grade, and identify positive indications of an isometric extensor test.
• Correctly perform, grade, and identify positive indications of an internal/external abdominal oblique test.
• Correctly perform, grade, and identify positive indications of a double straight leg lowering test.
• Correctly perform, grade, and identify positive indications of a dynamic horizontal side support (sidebridge or side plank) test.

Module 4 | Peripheral Joint Scanning Examination

At the end of this module the learner will be able to:

• Correctly perform and identify positive indications of a peripheral joint scan of the sacroiliac joints.
• Correctly perform and identify positive indications of a peripheral joint scan of the hip joints.
• Correctly perform and identify positive indications of a peripheral joint scan of the knee joints.
• Correctly perform and identify positive indications of a peripheral joint scan of the foot and ankle joints.
• Correctly perform and identify positive indications of a quick test of the lower peripheral joints.
• Correctly perform and identify positive indications of myotome testing on the L2, L3, L4, L5, S1, and S2 myotomes.

Module 5 | Special Tests for Neurological Dysfunction

At the end of this module the learner will be able to:

• Define and describe lumbar radiculopathy including suspected injury, epidemiology and demographics, relevant history, relevant signs and symptoms, and mechanism of injury.
• Correctly perform and identify positive indications of a slump test which includes modified versions of the slump test, the side lying slump test, and the long sitting slump test.
• Correctly perform and identify positive indications of a straight leg raise test (Lasegue’s test) including any necessary modifications.
• Correctly perform and identify positive indications of a prone knee bending test including any necessary modifications.
• Correctly perform and identify positive indications of a femoral nerve traction test.
• Correctly perform and identify positive indications of a bowstring test (cram test or popliteal pressure sign).
Module 6 | Special Tests for Lumbar Instability/Special Tests for Joint Dysfunction

At the end of this module the learner will be able to:

- Define and describe lumbar instability including suspected injury, epidemiology and demographics, relevant history, relevant signs and symptoms, and mechanism of injury.
- Correctly perform and identify positive indications of H and I stability tests.
- Correctly perform and identify positive indications of the test of anterior lumbar spine instability.
- Correctly perform and identify positive indications of the test of posterior lumbar spine instability.
- Correctly perform and identify positive indications of a specific lumbar spine torsion test.
- Define and describe lumbar spine joint dysfunction including suspected injury, epidemiology and demographics, relevant history, relevant signs and symptoms, and mechanism of injury.
- Correctly perform and identify positive indications of a quadrant test.
- Correctly perform and identify positive indications of a one-leg standing (stork standing) lumbar extension test.

Module 7 | Joint Play Movements- Lumbar Spine

At the end of this module the learner will be able to:

- Correctly perform and identify positive indications of segmental flexion.
- Correctly perform and identify positive indications of segmental extension.
- Correctly perform and identify positive indications of segmental side flexion.
- Correctly perform and identify positive indications of a posterior-anterior central vertebral pressure (PACVP) test.
- Correctly perform and identify positive indications of a posterior-anterior unilateral vertebral pressure (PAUVP) test.
- Correctly perform and identify positive indications of a transverse vertebral pressure (TVP) test.