

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 15

Topic no. : Prac. - 1

Lecture Title : Examination of Body Joints, type of Movements and Deformities

FAQ

Q1. How examination of muscles bones and joints are performed ?

Ans : To perform an examination of the muscles, bones, and joints, use the classic techniques of inspection, palpation, and manipulation. Start by dividing the musculoskeletal system into functional parts. With practice the examiner will establish an order of approach, but for the beginner it is perhaps better to begin distally with the upper extremity, working proximally through the shoulder. Then, beginning with the temporomandibular joint, pass on to the cervical spine, the thoracic spine, the lumbar and sacral spine, and the sacroiliac joints. Finally, in the lower extremity, again begin distally with the foot and proceed proximally through the hip.

Q2. What is Arthritis ?

Ans : Arthritis' is a term that is frequently used to describe any joint disorder (and not infrequently any musculoskeletal problem). It could be argued that the term 'arthritis' should be used to describe inflammatory disorders of the joint whilst 'arthropathy' should be used to describe non-inflammatory disorders. Other musculoskeletal problems should similarly be described according to their anatomical site (e.g. muscle or tendon) and whether they are of inflammatory or non-inflammatory etiology. However, the term 'arthritis' is in such widespread general use to describe any disorder of the joint that, for the purpose of this guide, it will be used in that sense.

Q3. How joints are manipulated ?

Ans : Manipulate the joint through a passive range of motion only if the patient is unable actively to perform a full range of motion or if there is obvious pain on active motion. In passively manipulating a joint, note whether there is a reduction in the range of motion, whether there is a pain on motion, and whether crepitus is produced when the joint is moved. Note also whether the joint is stable or whether abnormal movements may be produced.

Q4. What is to be examined for patient who has musculoskeletal complaints ?

Ans : On a screening examination of a patient who has no musculoskeletal complaints and in whom no gross abnormalities have been noted in the interview and general physical examination, it is adequate to inspect the extremities and trunk for observable abnormalities and to ask the patient to perform a complete active range of motion with each joint or set of joints.

Q5. How examination of musculoskeletal system is performed ?

Ans : In examining the musculoskeletal system it is important to keep the concept of function in mind. Note any gross abnormalities of mechanical function beginning with the initial introduction to the patient. Continue to observe for such problems throughout the interview and the examination.