

| Tissue Healing & Interventions | | | | Tissue Healing & Interventions (cont) | | Tissue Healing & Interventions (cont) | | |
|---|---|-------------------|---|---------------------------------------|--|--|--|--|
| | Signs | Interventions | | | | | | |
| Inflam- matory (Injury -> 2-4 days) | Pain (dolor), heat (calor), redness (rubor), swelling (tumor), and loss of function (functio laesa) | Rest | Immobilize and protect the affected area; exercise the unaffected areas; NWB or PWB; PROM if applicable; continuous passive motion (CPM) postopera- tively | Patient education: | Educate about avoidance of activities and how to protect the area | Increase ROM and function: | use scar mobilization techni- ques; PROM, AAROM, AROM; isometric exercises; stretching exercises (start with light stretching because tissue is delicate in the beginning); CKC if pain and swelling subsided; ADLs | |
| | | Cryoth- erapy | (ice or cold) | Fibrob- lastic (3 weeks) | Protect: | Bracing or orthotics; progre- ssive WB such as PWB or WBAT | Patient education: | how to protect the affected area; avoid excessive motion for tissue irritation/ destru- ction |
| | | Compre- ssion | taping, bracing, or orthotics | | Decrease Pain: | Physical agents and modalities for pain management and swelling | | |
| | | Elevation | | | | | | |
| | | Decrease pain: | Physical agents and modalities for pain management and swelling | | | | | |



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Tissue Healing & Interventions (cont)

Remodeling Phase (3 weeks -> 3 months)

Increase strength and function to normal:

restore stability, mobility, joint arthrokinematics, gradual return to work/school/-hobbies

Patient education: how to avoid future injury

Evaluating Special Tests

Statistically significant would mean the result is likely NOT due to chance.

Sensitive

Correctly identifies the number of true positive

Specificity

Correctly rules out negatives

If a Lachman's test correctly identifies 95% of patients as positive for anterior cruciate ligament tears, then the MRI is:

Sensitive, as it rules in

Vertebral Artery Test

Instru-
ctions:

Patient rotates head opposite to tested side maximally and holds position for 10 seconds. Patient returns to neutral for 10 seconds.

Patient extends head for 10 seconds. Patient returns to neutral for 10 seconds.

Patient extends and rotates head (again opposite tested side) maximally for 10 seconds

Positive symptoms:

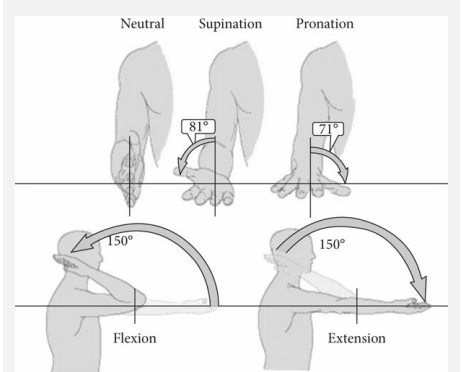
Include (The 5 D's) dizziness, diplopia, dysarthria, dysphagia, drop attacks

And (The 3D's) nausea, numbness, and nystagmus

Upper Limb Range of Motion

| | | |
|------------|------------|-----|
| Shoulder | Flexion | 180 |
| | Extension | 60 |
| | Abduction | 70 |
| | IR | 70 |
| | ER | 80 |
| | Adduction | 135 |
| Elbow | Flexion | 150 |
| | Extension | 60 |
| Radioulnar | Pronation | 80 |
| | Supination | 80 |
| Wrist | Flexion | 80 |
| | Extension | 70 |
| | Radioulnar | 20 |
| | Ulnar | 30 |

Elbow Range of Motion



Lower Limb Range of Motion

| | | |
|-------|-------------------|-----|
| Hip | Flexion | 120 |
| | Extension | 0 |
| Knee | Flexion | 135 |
| | Extension | 0 |
| | Internal Rotation | 25 |
| | External Rotation | 35 |
| Ankle | PlantarFlexion | 50 |
| | Dorsiflexion | 20 |

Upper Limb Nerve Routes

| Dermatomes | | Myotomes | |
|------------|------------------|---------------------------|----|
| C4 | Collar | | |
| C5 | Lateral Shoulder | Shoulder Abduction | C5 |
| | | | |
| C6 | Thumb | Elbow Flexion | C6 |
| C7 | No Heaven! | Elbow Extension (triceps) | C7 |
| | | | |
| C8 | Little Finger | Wrist Flexion (FDS) | C8 |
| | | | |



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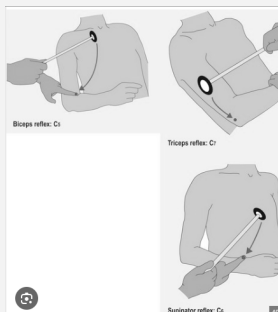
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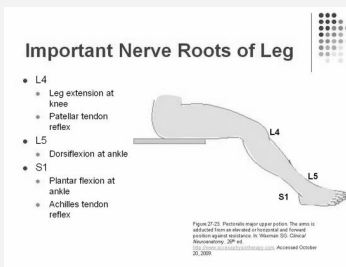
Upper Limb Reflexes



Lower Limb Nerve Routes

| Myotomes | Dermatomes | Reflexes |
|----------------------|------------|--|
| Hip Flexion | L2 | Middle and lateral aspect of the anterior thigh. |
| Knee Extension | L3 | Medial epicondyle of the femur. |
| Ankle Dorsiflexion | L4 | Medial malleolus. |
| Great Toe Extension | L5 | Dorsum of the foot at the third metatarsophalangeal joint. |
| Ankle Plantarflexion | S1 | Lateral aspect of the calcaneus. |

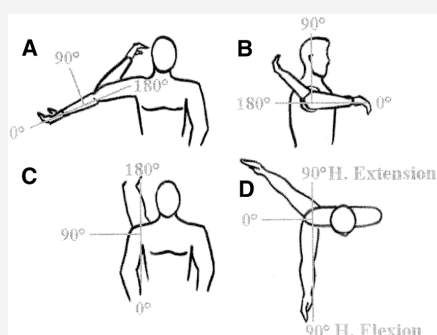
Lower Limb reflexes



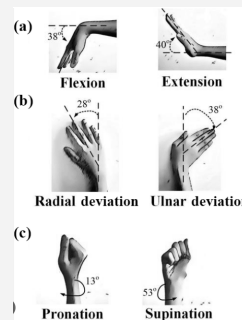
Full Thickness Rotator Cuff Cluster

| | | |
|-------------|--|---------|
| Painful Arc | GHJ | 45-120 |
| | ACJ | 170-180 |
| Drop Arm | Passively or actively elevate into abduction | |
| | Patient lowers arm | |
| | Tests for loss of eccentric control | |
| | Resist ER | |

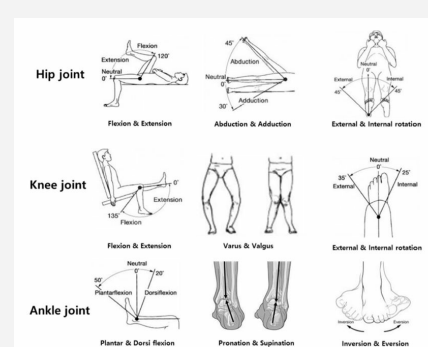
Shoulder Range



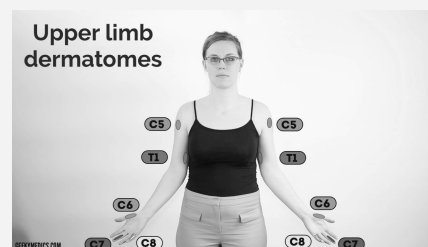
Wrist Range



Lower Limb Range



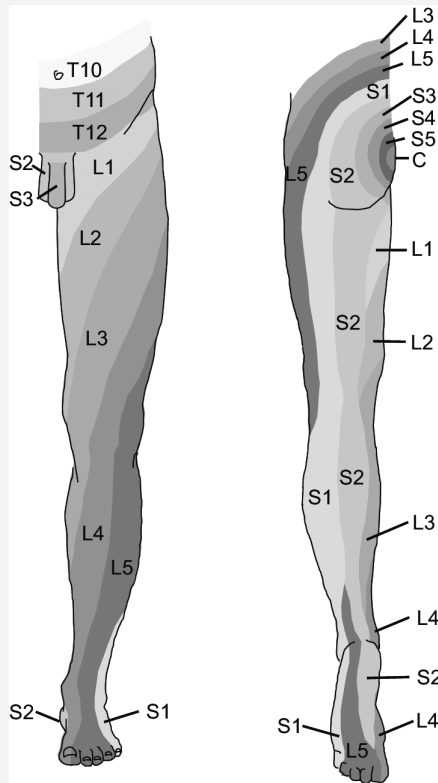
UL Dermatomes



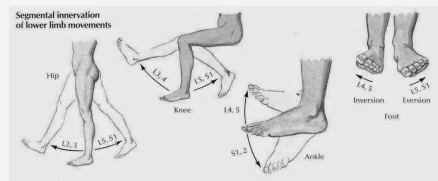
Upper Myotomes



Lower Limb Dermatomes



Lower Limb Myotomes



Meniscal Injury Cluster

Joint Locking

Joint line Tenderness

McMurray Test

Flexion & Extension OP

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