

Preparation:

- W** Wash Hands
- I** Introduce Yourself + Check Patient's Identity
- P** Permission
- P** Patient Position + Pain
- E** Explanation

Initially patient should be standing for *functional tests*, followed by lying flat

Lower limbs must always be exposed

Equipment:

Tendon Hammer

General (Standing) Inspection:

Remove socks, and (if possible) top

Check spine for **scoliosis**, kyphosis, lordosis, etc.

Check **foot** arches

Check **quads** for **wasting**: Ask them to pull shorts up as far as possible

Check **gluteal bulk**: Ask them to pull shorts up as far as possible

Functional (Standing) Tests:

Gait: Look from front and back

Squatting

Trendelenburg: Place thumbs on hips, look from the front, stand on 1 foot for 10 sec

Testing the **abductors** on the leg that the patient is standing on

Position Change:

Ask patient to **lie flat** on the bed with 1 pillow underneath their head

Inspection (On bed):

Ideally should be exposed

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