

Hx Taking

Focused: **Site** - Where the pain is? Different site or local? Note their gestures

Onset - Spontaneous/gradual/sudden/traumatic?

Aggravating/relieving factors - Rest? Movement? posture? Have patient demonstrate movements/posture

Quality of pain - Character of pain in patient's own words as much as possible, if they can't, give them a list - Burning, deep, dull, aching, sharp, throbbing, stabbing

Radiation - Where the pain goes and what character it is? Different from local pain?

Severity - 1-10 scale, functional disability (outcome measure)

Time - length of time pain has been present - constant? intermittent? variable? 24 hr period?

Associated symptoms - Stiffness, Swelling, crepitus, locking, instability, weakness and neurological signs - did you notice any other symptoms come on at the time of your pain?

General Hx **Systems review** - Is the pain coming from a certain system? Check organs

Previous Health - previous trauma, operations, medical illnesses, investigations + treatment - similar past episodes/previous MSK disorders " Have you seen any other professionals about this? What did they do? Did it help?"

Other Potential precipitating factors - infections, illnesses, surgery + stress

Hx Taking (cont)

Family Hx - Any joint/systemic diseases - ask about grandparents/parents + siblings

Social Hx - Work + Home life - how does this pain/symptom affect them at work/home? Hobbies affected? - Outcome measure/goals for the patient

Functional assessment - Loss of function?

Red Flags Clinical features - serious, uncommon conditions/diseases - **requires URGENT evaluation** - Tumours, infection, f#, neurological damage

Yellow Flags Psychosocial + Occupational factors that could increased the risk of chronicity - Bournemouth Questionnaire (BQ)

Attitudes + Beliefs about pain

Behaviours

Compensation issues

Diagnostic + Treatment Issues

Emotions

Family life

Work Life

Physical Exam

Processes: LOOK, FEEL, MOVE, SPECIAL TESTS

Palpation: Bony + Soft Tissue - Look for - Deformity, Warmth, Crepitus, Muscle Tone, shape + Size, Swellings, Tenderness

ROM AROM, PROM, RROM - End Feel, stiffness, Pain, Crepitus, locking.
AROM + RROM - Muscular/contractile Tissue.
PROM = Non-contractile tissue



Mechanical Sensitivity

- Neuromuscular Condition can be aggravated by various provoking factors
- Effective Management Plan
- Classed as Low/Moderate/High

- Questions:**
- What Activity brings on the pain?
 - How long can the pt perform the activity before the onset of pain?
 - After onset - can they keep working, if so, how long for?
 - After stopping - How long does the pain take to settle?

- Assessment Factors**
- Nature of activity that provokes symptoms
 - Intensity of the pain provoked
 - Time Span between onset + Offset

High Sensitivity (Strong Reactor)

- Severe Pain - Provoked Easily
- Patient Ceases activity and pain occurs hours afterwards
- Rapid Onset of Pain during activity
- Radiation of Pain is Common

Rx: NOT RECOMMENDED FOR: Manipulation, Mobilisation, deep myofascial therapy

Recommended: Drug Therapy, PIR + Gentle Massage

Moderate Sensitivity (Mild Reactor)

- Definite Pain free period
- Patient ceases Activity
- Pain unusually Gradual Onset - Slow then builds up during activity
- Pain stops after 1 or 2 hours after stopping activity

Rx: Mobilisation + Moderate Myofascial therapy + less intense forms of manual therapy

Low Sensitivity (Weak Reactor)

- Long delay in onset of pain
- Pain level rises slowly, patient can continue with the activity
- Strenuous activity provokes it
- When the patient stops activity - pain settles rapidly - within 15-30 minutes

Rx: Any form of manual therapy - low chance of reaction

