

Introduction to Clinical Assessment – Overview



What is the module about?

Giving you a sound understanding of the core anatomical and kinesiological characteristics you will require as a Graduate Sports Therapist

Gain knowledge of how clinical assessment testing can be used to form part of a holistic management plan

Format

2 hour practical/ lecture

Readings - Moodle

Worksheet

Why is this Important?

- Accurate diagnosis and treatment
- Prescribing exercise
- Rehabilitation
- Health, exercise, lifestyle promotion
- Understand the nature of health and illness / disease

Assessment

- Multiple Choice Exam (50 Questions)
 - 50% Final Mark (Exam Period May 2022)
- Practical Assessment (30 minutes)
 - 50% Final Mark (Exam Period May 2022)

Aims of the session

- Introduction to practical sessions
 - Structure
 - Content
- Anatomical terminology
- Principles of assessment

Terminology

- Very important for Sports Therapists
- And health professionals
- Aids communication
- Pinpoints diagnosis

Terminology

- He has decreased flexion of the tibiofemoral joint
 - He can't bend his knee
- She has a superficial contusion inferior to the right side sacroiliac joint
 - She has bruised her bum
- He has severe pain during both abduction and flexion of the glenohumeral joint
 - It hurts when he lies on his arm

Terminology

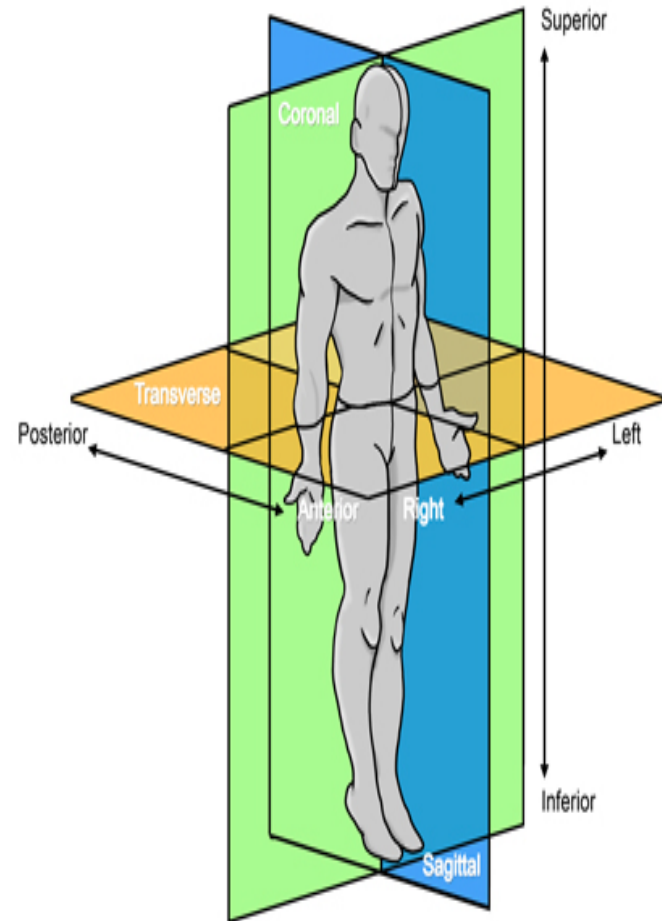
- Position has to be considered in relation to the anatomical position



Terminology

Sagittal (Blue)

- Splits body in to left and right
- Movement is front to back
- Flexion and extension
 - Transverse (Yellow)
- Splits body in to top and bottom
- Rotational movement
 - Coronal/Frontal (Green)
- Splits body in to front and back
- Movement is abduction and adduction



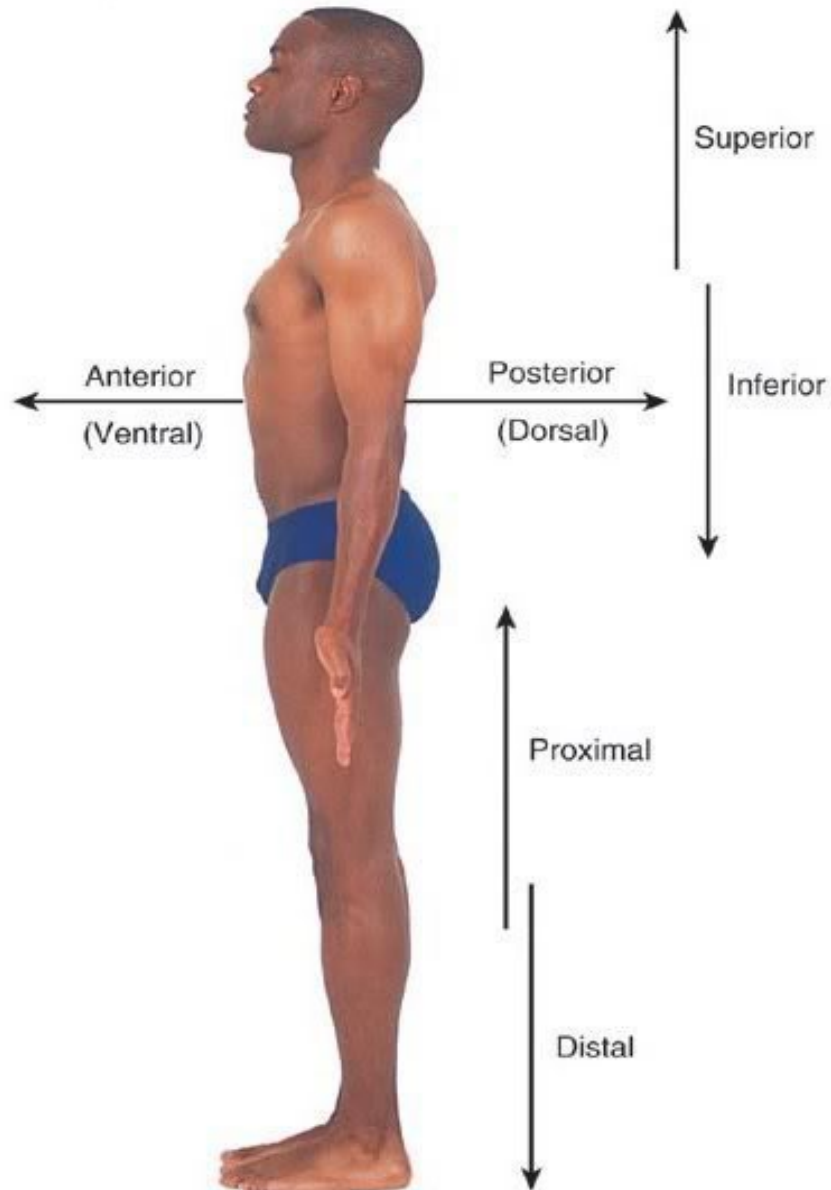
Terminology

- Anterior (ventral)
 - To the front or in front
- Posterior (dorsal)
 - To the rear or behind
- Superior (cephalic)
 - Above
- Inferior (caudal)
 - Below
- Cephalic and caudal are normally used in relation to the trunk

Terminology

- Lateral
 - Away from the sagittal plane or midline
- Medial
 - Towards the sagittal plane or midline
- Distal
 - Further away from the trunk or root of the limb
- Proximal
 - Closer to the trunk or root of the limb
- Superficial
 - Closer to the surface of the body
- Deep
 - Further away from the body surface

Terminology



Terminology

- What is more proximal to the hip, the Ankle or knee?
- Which finger and which toe are on the medial side of each extremity?

Terminology

- When walking like Charlie Chaplin, have the feet been laterally or medially rotated?
- How are rotations of the head and trunk referred to?
- Your quadriceps are where in relation to the thigh?
- Your Achilles tendon is where in relation to the lower leg?

How to assess?

- We ask
- We look
- We move
- Sports Therapist E&A protocol:
 - Subjective
 - Objective

How to assess?

- Palpate
- Active ROM
- Passive ROM (Passive Overpressure)
- Resisted ROM
- Muscle Tests
- Ligament Tests
- Special Tests

- Flexion
- Extension
- Hyperextension
- Circumduction
- Adduction
- Abduction
- External rotation
- Internal rotation
- Inversion
- Eversion
- Dorsiflexion
- Plantarflexion
- Radial deviation
- Ulnar deviation
- Supination
- Pronation
- Elevation
- Depression
- Frontal Plane
- Sagittal Plane
- Transverse Plane
- Frontal Axis
- Sagittal Axis
- Transverse Axis

- Agonist
- Antagonist
- Synergist
- Fixator
- Isotonic Contraction
 - Concentric
 - Eccentric
- Isokinetic Contraction
- Isometric Contraction
- Origin
- Insertion

Task

- On moodle create a wiki around these terms.
- Define each one in turn