



4 key points in developing an order to your evaluations!

- 1) Don't ask open ended questions unless you have lots of time to burn.
- 2) Use each question to "tease out" certain diagnoses.
For example:
 - a. "Do you have tingling in your legs"? This would help r/o a nerve related issue and even a vascular issue.
 - b. "Was the injury traumatic or non-traumatic?"
 - c. "Was there or is there any popping and if so, does it hurt when it happens"? I am more concerned with a "pop" and a pain associated with it. Joints are generally noisy and patients seem to notice it more when they focus on the joint or area of pain.

- d. Ask the patient to “put a finger on where it hurts”.
This is so simple and sometimes gives you the answer you are looking for.
- e. “Does it give out”?
- f. “Any morning stiffness”? Could lead you to arthritis.
- g. Etc....

3) Develop an order of evaluating that works for YOU!

For example, I like to do the following:

Ask the age, date of injury, mechanism of injury, list any medical conditions of concern, etc...

My objective exam may go in this order:

- Reflex testing
- Sensation
- AROM
- PROM
- Manual muscle testing
- Special tests
- Functional movements
- etc...

4) Always be in charge of your patient. Be direct with your questions and try not to stray from your order. You

can still be compassionate while doing this. Patients like providers who have a plan.

Your Ortho Eval Pal,

Paul