

**DEPARTMENT OF PHYSIOTHERAPY – RVH GLEN SITE
STUDENT CLINICAL PROGRAM
REVIEW MATERIAL**

ROTATION: OPD

To prepare for your placement, please review the following:

Conditions/Topics:

1. Anatomy/Functional anatomy
2. Orthopaedic conditions (Ex: fractures, strains, back pain)
3. Pathology: soft tissue and fracture healing
4. Rheumatological conditions (Ex: RA, OA)
5. Central vs peripheral nerve injury
6. Orthopedic OR procedures (Ex: spinal fusion, discectomy, ORIF)

Medications: be aware of their indications, as well as side effects and precautions in physiotherapy.

1. Anti-inflammatories (NSAIDS, steroids)
2. Analgesics
3. Metabolic meds (Metformin, synthroid)

Assessment/Treatment:

1. Bony landmarks
2. Dermatomes/Myotomes/reflex patterns
3. Cervical and Lumbar Scan
4. Goniometry and MMT
5. Exercise therapy
6. Modalities (indications/contraindications)
7. Manual therapy, McKenzie method
8. Red flags/contraindications to therapy