

OPD

DEPARTMENT OF PHYSIOTHERAPY – ADULT SITES

**STUDENT CLINICAL PROGRAM
REVIEW MATERIAL**

PROGRAM/LOCATION: OUT PATIENT ORTHO – MGH CLINIC A/B

To prepare for your placement, please review the following:

Conditions/Topics:

1. Degenerative Disc disease, Spinal stenosis central + foramina, post-operative spinal fusion & decompression
2. Adhesive capsulitis, banc kart repairs
3. Rotator cuff tears – Surgical and non surgical intervention
4. Osteoarthritis, joint replacement, ACL repair, arthroscopic knee surgery
5. Fractures – Healing and exercise progression, ORIF/IM Nail(mainly shoulder/ankle)
6. Sarcoma/ resection
7. BPPV

This list is non comprehensive

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

1. Opioids
2. Anti-inflammatories
3. Cardiac medications – Beta blockers, anticoagulants
4. Neurontin, Lyrica

Assessment/Treatment:

1. Manual Therapy (contraindications/precautions)
2. Biomechanical evaluation
3. Modalities (contraindications/precautions)
4. Stabilization/ Strengthening exercises
5. Manual muscle testing and grades
6. Goniometry
7. Neurological exam UE/LE(myotomes etc.) and UMN testing