

ORTHO-IN

DEPARTMENT OF PHYSIOTHERAPY – ADULT SITES

STUDENT CLINICAL PROGRAM REVIEW MATERIAL

PROGRAM/LOCATION: ORTHOPAEDICS IN PATIENT- MGH 12E/W(18E/W)

To prepare for your placement, please review the following:

Conditions/Topics:

1. Joint replacements (total shoulders, TKA, THA posterior vs. lateral approach)
2. Acetabular fractures (anterior vs posterior wall) and acetabular ORIF (anterior vs posterior approach)
3. High tibial osteotomies and knee ligamentous repairs
4. Sarcomas: Soft tissue, osteosarcomas
5. Intramedullary rodding vs ORIF
6. Discectomies vs Spinal fusions

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

1. Oxycontin vs. oxycodone
2. Morphine
3. Ativan
4. Lyrica
5. PCA and CPNB infusion pumps

Assessment/Treatment:

1. Goniometer principles
2. Manual Muscle Testing and grading
3. Dermatomes and myotome groups
4. ROM exercises for various joints
5. Strengthening exercises for various muscles and muscle groups
6. Gait patterns and the use of walking aids (i.e walker, crutches, cane) with various weight bearing status (WBAT, PWB, NWB)
7. How to teach going up and down stairs with walking aids