

# BASIC CLINICAL PROTOCOL



## 1 OBSERVE

Look at patient's appearance, posture, mobility and gait. Are they happy, sad, nervous? Are they comfortable? Are they guarding a painful area? Watch as they enter the treatment room.



## 2 HISTORY

When did their chief complaint start? Is there anything that makes it better or worse? Has it changed? What is the tissue quality? What is the severity and was it gradual or sudden? What does the patient wish to accomplish from the treatment?

## 3 INSPECTION

Ask questions: Do a thorough investigation of their posture, gait, bone formation, disturbances with daily activities. Are they showing obvious discomfort in certain positions? Are their tissues showing abnormality? What do you notice about their footwear, any orthotics?



## 4 PALPATION

Ask for permission before palpating - explain that it will be a hands on assessment. Note the 4 T's: tone, texture, temperature and tenderness. Know your anatomy to do this well. Is there swelling, spasm, pain, inflammation, scars?



## 5 MOTION

Perform functional tests based on their daily activities. Also test active, passive and resisted range of motion. When patient does AROM, watch for compensation. Remember to feel for elastic barriers when testing joints passively. Be clear with your instructions that you give to your patient.

## 6 NEUROVASCULAR

Often the chief complaint is more complex than what the patient tells you. To narrow down the symptoms, test dermatome, reflexes, muscle strength, proprioception, coordination



## 7 REFERRED PAIN

Put your neurology knowledge to the test! The feeling of pain sometimes moves around and shows up somewhere other than the patient's chief area of complaint. It can be nerve impingement, have origins from organs of caused by daily life stressors.



## 8 SPECIAL TESTS

In addition to hands on assessments, you can also gain more understanding of your patient by looking into lab test such as blood and biopsy analysis, imaging like x-rays, CT scans, MRI as well as orthopaedic and specific tissue tests.