

History/mechanism
chief complaint
tell me about your problem

history of present problem
when did you first notice the symptoms?
Have you had any history of this problem or other related problem areas?
Anyone in your family had similar symptoms?
What activity were you engaged in at onset of symptoms?
Was there any change in activity recently?(running, diet, sleep)
any specific mechanism (cause) you were aware of?
Did you hear or feel anything at time of onset?

Time sequence
was onset of symptoms sudden or gradual?
How long did symptoms last?
Have symptoms been constant or intermittent?
When do symptoms typically occur?(during activity, after)

Location of symptoms
point with one finger to area where symptoms most severe
is there more than one area of symptoms?

Symptoms Characteristics
Characterize the pain? (Sharp, dull, achy, throbbing, burning, rsdisting?)
Does the pain radiate and wherew?
What relives the pain?
What increases the pain?
How do symptoms effect your activity level?

Participation Characteristics
what sport?
What position or event?
What are the frequency, duration and intensity of your practices?
Could equipment be related to your symptoms? If yes, what type, kind, vintage?
What type playing enviroment?(surface, weather, clothes)
what type warm-up pattern?

Personal management
have you attempted any treatment
have you taken any medication?
Have you seen anyone else for the problem?if so , who and what was their impression?
Do you have any opinions of ou own as to what is the problem?

Observation
Remove clothing, disrobe(use discretion) May need to observe fluidity of body movement while

disrobing

Obivous deformity? Spine and hips; lordosis, scoliosis, kyphosis

scars? Unusual skin markings

Discoloration?/coloration?

Swelling?

Posture; cervical, thoracic, lumber curves

hips, knees, and feet (valgus, varus, recurvatum, arch, pronation, toes)

Palpation

tops of iliac crests and interspace of l4-l5

spinous processes; lumbar and sacrum) and interspinous ligament

visible or palpable absence of any sacral or lumbar processes or abnormal "step off" from one process to another

posterior superior iliac spine

greater trochanter

ischial tuberosities

paraspinal musculature

gluteal muscles from posterior to anterior iliac crest

sacral triangle

Sciatic nerve

Abdominal muscles

inguinal area.

Range of motion

Flexion

extension

Lateral bending (right and left)

Rotation (right and left)

Special Tests

Straight leg raising test; dorsiflex after lowering slightly

postive cross leg straight leg raising test;pain opposite leg

hoover test
valsalva maneuver
pelvic rock test; hands on ASIS push towards the midline
Patrick or fabere test; fg-4 w/leg; push downward
patellar reflex (14)
achilles reflex

motor & sensation testing
neurological level t12, l1, l2, l3,
Muscle Testing
a) iliopsoas

innervated by nerves emanating from T12-L3

sensation testing

L1 dermatome runs in an oblique band on upper anterior portion of thigh

L2 dermatome runs between L1 and L3 on anterior portion of mid-thigh

L3 dermatome runs in an oblique band on anterior portion of thigh just above patella

neurologic level L1, L2, L3, L4

muscle testing

quadriceps

innervated by femoral nerve

hip adductor group

innervated by obturator nerve

neurologic level L4

muscle testing

Tibialis anterior

innervated deep peroneal nerve

sensation testing

L4 dermatome covers medial side of lower leg

Neurological level L5

muscle testing

extensor hallucis longus

innervated by deep peroneal nerve

gluteus medius

innervated by superior gluteal nerve

extensor digitorum longus and brevis

innervated by deep peroneal nerve

sensation testing

L5 dermatome covers lateral lower leg and dorsum of the foot

neurologic level S1

muscle testing

peroneal longus and brevis

innervated by superficial peroneal nerve

gastrocnemius (S1, S2)

innervated by tibial nerve

gluteus maximus

innervated by inferior gluteal nerve

sensation testing

S1 dermatome covers the lateral malleolus and the lateral side and plantar surface of the foot

functional tests

full range of motion

adequate strength in low back and abdominal muscles

walk on toes

walk on heels

hop on both feet

hop on one foot

movement specific to the sport

all movements must be pain free