





Inspection	Palpation
 Mobility Gait and posture Symmetry of structure and function Note alignment, size, and contour of the joint Inspect skin over joint for: Colour Swelling Rash, puncture wounds, scars Masses Deformity 	 Temperature Swelling (may indicate joint infection or effusion) Induration (e.g. tissues feel tense, "boggy") Tenderness Nodules, masses Lymph node enlargement

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- Acromioclavicular syndrome (pg. 7-7)
- Septic arthritis
- Rheumatoid arthritis
- Osteoarthritis (pg. 7-33)
- Gout (pg. 7-18)
- Rotator cuff impingement (pg. 7-40)
- Rotator cuff tear
- Rotator cuff tendinitis
- Bicipital tendinitis
- Biceps tendon rupture
- Subacromial bursitis
- Calcific tendinitis
- Adhesive Capsulitis (Frozen Shoulder) (pg.7-9)
- Trauma
- Extrinsic Disorders (referred pain)

Shoulder conditions

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 Fracture Lateral epicondylitis Medial epicondylitis Dislocation Osteoarthritis Rheumatoid arthritis Gout Olecranon bursitis 	
Elbow conditions ©CHCA	2018





















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Low back pain con't ©CHCA 2018

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- Fluid resuscitation must be monitored for risks of ARDS and cerebral edema
- · Monitor for cardiac arrhythmias
- Endotracheal intubation may become necessary with little notice (cricothyroidotomy or percutaneous trans laryngeal ventilation or Laryngotomy may be needed)

C-Spine - Hanging and Strangulation

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 Physical Findings Tachycardia Tachypnea Hypotension (shock) Hypoxia (low SpO2) (shock) Tenderness on palpation or movement of the spinal column Obvious deformity Loss of sensation Weakness or flaccidity Loss of bladder or bowel control Priapism Loss of autonomic tone (shock) Temperature instability (shock) 	 Management Contact Physical and Medevac ASAP ABCDE Trauma management Immobilize with back board and rigid cervical collar O2 10-12 L/min NRB Initiate IV TKVO NPO Insert Foley catheter (if no contraindications)
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Cervical Spine and Spinal Cord Trauma





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- Achilles tendinitis
- · Achilles tendon rupture
- Retrocalcaneal bursitis
- Sprain
- Strain
- Fracture
- Gout
- Rheumatoid Arthritis
- Osteoarthritis
- Shin splints
- Plantar fasciitis
- Hallux valgus (bunion)

Ankle and foot conditions

Inversion mechanism ATFL commonly injured Anterior talo-fibular · Tenderness is anterior talo-fibula dam onf aamen to malleolus **Grading System** • Mild (localized lateral swelling) Severe (diffuse Calcaneo-tibular ligament. • Calcanous. swelling and tenderness) **Ankle Sprain** ©CHCA 2018

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