

History & Examination of the Extremities – 2 Hours

Part 1 (Elbow and Wrist)

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Back To Chiropractic CE Seminars

Course Objectives - Part 1 (Elbow and Wrist):

The course will instruct the chiropractor to perform a thorough consultation and examination of the wrist and elbow to properly diagnose common related conditions. The course will focus on the logical thought process of history taking, physical examination procedures and accurate documentation. The chiropractor will gain an understanding of how to ask pertinent questions to determine a diagnosis as well as performing a detailed examination of the wrist and elbow. The chiropractor will also gain improved knowledge of recognizing when and where to refer the patient or to commence chiropractic treatment. A discussion of the doctor-patient relationship and informed consent will also be covered.

Hour 1:

Discussion involving the establishment of the doctor-patient relationship and the legal significance of obtaining informed consent will be covered. Instruction on the logical thought process utilized during the consultation that relate to the wrist and elbow. A brief overview of the anatomy of the wrist and elbow will be demonstrated. Examination procedures that include inspection, palpation, range of motion, muscle tests, neurologic examination, stability tests and special tests of the wrist and elbow will be taught.

Hour 2:

Correlation of the clinical examination findings and the results from the history will be discussed as well as formulation of differential diagnoses of the wrist and elbow. The appropriateness for medical and imaging referral versus chiropractic treatment will also be discussed as well as devising an accurate diagnosis to establish a treatment plan.

Course Outline - Part 1 (Elbow and Wrist):

- I. Doctor-Patient relationship
 - a. Greeting, establish relaxed atmosphere
 - b. Explain what is going to take place during the initial office visit
 - c. Informed consent
 - i. §319.1. Informed Consent rules for California
- II. Patient mind-set
 - a. Having pain, scared, nervous, agitated, meeting expectations
 - b. Demanding, self-diagnosing, just wants treatment
 - c. Quiet, unsure of how to describe symptoms/onset
 - d. Syphon thru too much information/medical history
 - e. Direct patient to stay on topic
- III. Consultation
 - a. S.O.C.R.A.T.E.S.
 - b. Previous wrist and elbow injuries / conditions / surgeries
 - c. Mechanism of injury – sudden onset / gradual onset
- IV. Anatomy of the Wrist
 - a. Structures of the wrist
 - b. Function of the wrist
- V. Anatomy of the Elbow
 - a. Structures of the elbow
 - b. Function of the elbow

- VI. Examination of the Wrist & Elbow
 - a. Inspection
 - b. Palpation
 - c. Range of motion
 - d. Muscle tests
 - e. Neurologic examination
 - f. Stability tests
 - g. Special tests

- VII. Conclusions from history and exam
 - a. Formulating a diagnosis/differential diagnosis based on the history and examination

- VIII. Referral
 - a. X-ray
 - b. MRI
 - c. Orthopedic
 - d. Chiropractic

- IX. Documentation
 - a. Recording concise information
 - b. Documenting Informed Consent
 - c. Recording rationale for diagnosis
 - d. Diagnosis to treatment plan
 - e. Case example