

**“History & Examination of the Wrist and Elbow” Online Seminar 4 Hours**  
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**Back To Chiropractic CE Seminars**

**Course Objectives:**

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. A thorough discussion on the mindset of the patient that includes fear, pain and expectations will be instructed.

**Hour 2:**

Instruction on the logical thought process utilized during the consultation that includes the specific questions regarding past and present injuries, conditions, and circumstances as well as mechanism of injury that relate to the wrist and elbow.

**Hour 3:**

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 4:**

Discussion of putting together the clinical examination findings with the results from the history to formulate differential diagnoses of the wrist and elbow will be presented. A thorough discussion of the appropriateness for medical and imaging referral versus chiropractic treatment will also be discussed. A concise method of proper documentation will be explained as well as to have an accurate diagnosis to establish a treatment plan.

**Course Outline:**

- 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
  - a. Inspection
  - b. Palpation
  - c. Range of motion
  - d. Muscle tests
  - e. Neurologic examination
  - f. Stability tests
  - g. Special tests
- VII. Examination of the Elbow
  - a. Inspection
  - b. Palpation
  - c. Range of motion
  - d. Muscle tests
  - e. Neurologic examination
  - f. Stability tests
  - g. Special tests
- VIII. Conclusions from history and exam
  - a. Formulating a diagnosis/differential diagnosis based on the history and examination
- IX. Referral
  - a. X-ray
  - b. MRI
  - c. Orthopedic
  - d. Chiropractic
- X. Documentation
  - a. Recording concise information
  - b. Documenting Informed Consent
  - c. Recording rationale for diagnosis
  - d. Diagnosis to treatment plan
  - e. Case example