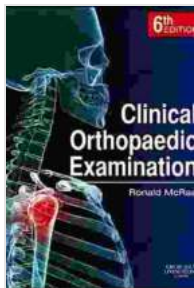


# A Comprehensive Guide to the Clinical Orthopedic Examination of Children

The clinical orthopedic examination of children is an essential part of the evaluation and management of musculoskeletal disorders. A thorough examination can help to identify the underlying cause of a child's symptoms, develop an appropriate treatment plan, and monitor progress over time.



## Clinical Orthopedic Examination of a Child by Jon Knokey

★★★★★ 5 out of 5

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This article provides a comprehensive guide to the clinical orthopedic examination of children. We will cover everything from patient history to physical examination to imaging studies. By the end of this article, you will have a solid understanding of how to perform a thorough orthopedic examination on a child.

## Patient History

The first step in any orthopedic examination is to take a thorough patient history. This will help you to identify the child's chief complaint, review their past medical history, and gather information about their family history.

When taking a patient history, it is important to be as specific as possible. Ask the child about the location, onset, and duration of their symptoms. Be sure to also ask about any associated symptoms, such as pain, swelling, or difficulty with movement.

In addition to the child's symptoms, it is also important to review their past medical history. This will help you to identify any potential risk factors for musculoskeletal disorders, such as a history of trauma or a family history of arthritis.

Finally, be sure to ask about the child's family history. This can help you to identify any genetic disorders that may be contributing to their symptoms.

## **Physical Examination**

The physical examination is the next step in the orthopedic evaluation of a child. The physical examination should be thorough and systematic, and it should include the following components:

\* Inspection: Observe the child's posture, gait, and range of motion. Look for any obvious deformities or abnormalities. \* Palpation: Feel the child's muscles, bones, and joints. Look for any areas of tenderness, swelling, or crepitus. \* Percussion: Tap on the child's bones and joints. Listen for any areas of tenderness or pain. \* Range of motion testing: Test the child's range of motion in all major joints. Look for any limitations in range of motion or pain with movement. \* Neurological examination: Test the child's

reflexes, sensation, and motor function. Look for any abnormalities that may suggest a neurological problem.

The physical examination should be tailored to the individual child's symptoms and history. For example, if a child is complaining of pain in their knee, the examiner should pay special attention to the examination of the knee joint.

## **Imaging Studies**

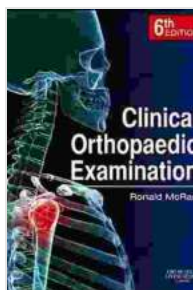
Imaging studies may be necessary to confirm the diagnosis of a musculoskeletal disorder in a child. The most common imaging studies used in orthopedic evaluations include:

\* X-rays: X-rays are a type of radiation imaging that can be used to visualize bones and joints. X-rays can help to identify fractures, dislocations, and other bone abnormalities. \* Computed tomography (CT) scans: CT scans are a type of imaging study that uses X-rays to create cross-sectional images of the body. CT scans can help to identify abnormalities in bones, soft tissues, and blood vessels. \* Magnetic resonance imaging (MRI) scans: MRI scans are a type of imaging study that uses magnets and radio waves to create detailed images of the body. MRI scans can help to identify abnormalities in bones, soft tissues, and nerves.

The type of imaging study that is ordered will depend on the child's symptoms and history. For example, an X-ray may be sufficient to diagnose a fracture, while an MRI scan may be necessary to identify a ligament tear.

The clinical orthopedic examination of children is an essential part of the evaluation and management of musculoskeletal disorders. A thorough examination can help to identify the underlying cause of a child's symptoms, develop an appropriate treatment plan, and monitor progress over time.

By following the steps outlined in this article, you can perform a comprehensive orthopedic examination on a child. With practice, you will become more efficient and proficient in your examinations.

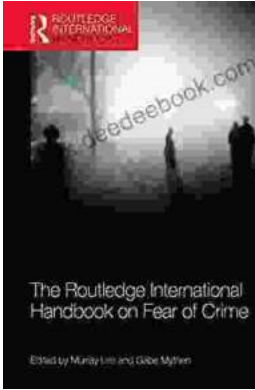


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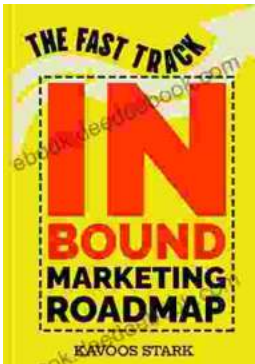
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