Aims

- General history taking structure
- Specific symptoms to think about in Orthopaedics
- General principles of orthopaedic examination to prepare you for specific joints tomorrow
- Lumps
History

- Needs to be systematic and concise in its recording
- Presenting complaint
- History of presenting complaint
- Previous medical history
- Drug history (Allergies)
- Social history
- Family History
- Slightly different in trauma (AMPLE)
Presenting Complaint

- Trauma, mechanism of injury
- Pain
- Stiffness
- Locking
- Swelling
- Deformity
- Weakness
- Instability
- Sensation
- Function
History of Presenting Complaint

- Time scale
- Sudden/gradual onset
- Constant/fluctuant
- Spontaneous or related to activity/injury
- Change/progression
- Alleviating/exacerbating factors
- Previous episodes
- Treatment tried so far
Pain

- Site
- Radiation
- Referred
- Response to analgesia
- Alleviating/exacerbating factors
- Time of day
Previous Medical History

Looking for clues

- Illnesses
- Accidents
- Operations
- Reasons not to use the gold standard treatments
- Medications/Allergies
Social History

- Age
- Handedness
- Career
- Responsibilities
- Home situation and support
- Hobbies
- Smoking and Alcohol
Family History

- Bone and joint diseases
- Risk factors for surgery
Examination

Classic orthopaedic teaching

- Look
- Feel
- Move
Observe

As they enter the room

- General appearance
- Posture
- Gait
- Walking aids
- Distinctive features
Look

Suitably undressed

- Skin
- Shape
- Position
Feel

From outside in, always ask about pain
- Skin
- Soft tissues
- Bones and joints
Move

Always ask about pain!

- Active
- Passive
- Abnormal
- Special tests
When you’ve finished

Neurology
● Tone
● Power
● Coordination
● Reflexes
● Sensation

Vascular supply
● Warmth
● Capillary refill
● Pulses
● Venous drainage
Lumps

- **Site**
- **Size**
- **Shape**
- **Consistency**
- Underlying **Structures**
- **Sore**
Summary

- History
- Look
- Feel
- Move