

Back and Lower Extremity Exam

Review basic anatomy of back, hips and knees

Bony landmarks

Joint anatomy

Intrinsic and extrinsic joint structures

Myotomes and dermatomes

DTRs

Perform diagnostic exam of hips, knees and low back that includes specialized maneuvers

Inspection, palpation, percussion

Range of motion for back, hips, and knees

Specialized exam techniques: straight leg raise, gait abnormalities, apley, lachmans, anterior drawer

Review basic interpretation of x-rays of back and hip

Hip, lumbosacral, knee radiograph review

Practice evidence based therapeutic exercises

Minimize symptoms of back and lower extremities conditions

Back and abdominal strengthening exercises, quadriceps strengthening exercises