

# Orthopaedics for the Physical Therapist Assistant

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*To my Mum, who is no longer around to do those things that Mums do best.*





# Brief Contents

<b>SECTION</b>	<b>I</b>	<b>Fundamentals</b>	<b>1</b>
<b>CHAPTER</b>	<b>1</b>	<b>Orthopaedic Management for the Physical Therapist Assistant . . . . .</b>	<b>3</b>
<b>CHAPTER</b>	<b>2</b>	<b>The Musculoskeletal System . . . . .</b>	<b>39</b>
<b>CHAPTER</b>	<b>3</b>	<b>The Nervous System . . . . .</b>	<b>73</b>
<b>CHAPTER</b>	<b>4</b>	<b>Kinesiology . . . . .</b>	<b>105</b>
<b>CHAPTER</b>	<b>5</b>	<b>Tissue Injury and Repair . . . . .</b>	<b>127</b>
<b>CHAPTER</b>	<b>6</b>	<b>Manual Modalities . . . . .</b>	<b>155</b>
<b>CHAPTER</b>	<b>7</b>	<b>Physical Agents and Mechanical Modalities . . . . .</b>	<b>173</b>
<b>SECTION</b>	<b>II</b>	<b>Therapeutic Exercise</b>	<b>205</b>
<b>CHAPTER</b>	<b>8</b>	<b>Therapeutic Activities . . . . .</b>	<b>207</b>
<b>CHAPTER</b>	<b>9</b>	<b>Improving Range of Motion, Flexibility, and Joint Mobility . . . . .</b>	<b>219</b>
<b>CHAPTER</b>	<b>10</b>	<b>Improving Muscle Performance . . . . .</b>	<b>229</b>
<b>CHAPTER</b>	<b>11</b>	<b>Improving Balance . . . . .</b>	<b>249</b>
<b>SECTION</b>	<b>III</b>	<b>The Joints</b>	<b>257</b>
<b>CHAPTER</b>	<b>12</b>	<b>The Vertebral Column . . . . .</b>	<b>259</b>
<b>CHAPTER</b>	<b>13</b>	<b>Cervical Spine and Temporomandibular Joint . . . . .</b>	<b>267</b>
<b>CHAPTER</b>	<b>14</b>	<b>Thoracic Spine and Rib Cage . . . . .</b>	<b>297</b>
<b>CHAPTER</b>	<b>15</b>	<b>Lumbar Spine and Sacroiliac Joint . . . . .</b>	<b>313</b>
<b>CHAPTER</b>	<b>16</b>	<b>Shoulder Complex . . . . .</b>	<b>353</b>
<b>CHAPTER</b>	<b>17</b>	<b>Elbow and Forearm Complex . . . . .</b>	<b>407</b>

<b>CHAPTER 18</b>	<b>Wrist and Hand</b> .....	<b>437</b>
<b>CHAPTER 19</b>	<b>Hip</b> .....	<b>477</b>
<b>CHAPTER 20</b>	<b>Knee Joint Complex</b> .....	<b>513</b>
<b>CHAPTER 21</b>	<b>Ankle and Foot</b> .....	<b>557</b>
<b>SECTION IV</b>	<b>Special Considerations</b>	<b>603</b>
<b>CHAPTER 22</b>	<b>The Pediatric Orthopaedic Population</b> .....	<b>605</b>
<b>CHAPTER 23</b>	<b>The Geriatric Orthopaedic Population</b> .....	<b>627</b>
<b>CHAPTER 24</b>	<b>Women’s Health</b> .....	<b>643</b>
<b>CHAPTER 25</b>	<b>Gait and Posture</b> .....	<b>657</b>
<b>APPENDIX A</b>	<b>Guide for Conduct of the Physical Therapist Assistant</b> .....	<b>689</b>
<b>APPENDIX B</b>	<b>American Physical Therapy Association’s Documentation Guidelines</b> .....	<b>693</b>
<b>APPENDIX C</b>	<b>Commonly Used Abbreviations in Orthopaedics</b> .....	<b>695</b>
<b>APPENDIX D</b>	<b>Common Laboratory Values</b> .....	<b>697</b>
<b>APPENDIX E</b>	<b>PNF Terms and Techniques</b> .....	<b>701</b>



	<b>Preface</b>	<b>xxi</b>
	<b>Acknowledgments</b>	<b>xxiii</b>
	<b>Reviewers</b>	<b>xxv</b>
<b>SECTION</b>	<b>Fundamentals</b>	<b>1</b>
<b>CHAPTER</b>	<b>1 Orthopaedic Management for the Physical Therapist Assistant . . . . .</b>	<b>3</b>
	Chapter Objectives . . . . .	3
	Overview . . . . .	3
	The Role of the Physical Therapist Assistant . . . . .	4
	The Rehabilitation Team . . . . .	6
	Models of Disablement . . . . .	7
	The Five Elements of Patient/Client Management . . . . .	9
	Examination . . . . .	9
	Evaluation . . . . .	10
	Diagnosis . . . . .	10
	Prognosis and Plan of Care . . . . .	10
	Intervention . . . . .	10
	Patient Communication . . . . .	12
	Patient Assessment, Progression, and Compliance . . . . .	13
	Motivation and Compliance . . . . .	13
	Motivation . . . . .	13
	Compliance . . . . .	13
	Patient Education . . . . .	13
	Documentation . . . . .	16
	Abbreviations . . . . .	17
	Patient Confidentiality . . . . .	17
	General Medical Assessment . . . . .	17
	Temperature . . . . .	17
	Heart Rate . . . . .	18
	Respiratory Rate . . . . .	18
	Blood Pressure . . . . .	18
	Pain . . . . .	19
	Recognizing a Medical Emergency . . . . .	21
	Medical Emergency Diagnoses . . . . .	22
	Evidence-Based Practice . . . . .	26
	Laboratory Values . . . . .	27
	Musculoskeletal Pharmacology . . . . .	27
	Antibacterial Drugs . . . . .	28
	Opioid Analgesics . . . . .	29
	Nonopioid Analgesics . . . . .	29
	Corticosteroids . . . . .	30
	Muscle Relaxants . . . . .	31

Imaging Studies . . . . .	33
Conventional (Plain Film) Radiography . . . . .	33
Arthrography . . . . .	33
Myelography . . . . .	33
Diskography . . . . .	33
Angiography . . . . .	33
Computed Tomography . . . . .	33
CT Myelogram (CTM) . . . . .	34
Magnetic Resonance Imaging (MRI) . . . . .	34
Radionuclide Scanning . . . . .	34
Summary . . . . .	34
Review Questions . . . . .	34
References . . . . .	36
<b>CHAPTER 2 The Musculoskeletal System . . . . .</b>	<b>39</b>
Chapter Objectives . . . . .	39
Overview . . . . .	39
Connective Tissue . . . . .	40
Fascia . . . . .	40
Tendons . . . . .	41
Ligaments . . . . .	42
Bone . . . . .	43
Articular Cartilage . . . . .	46
Fibrocartilage . . . . .	46
Skeletal Muscle Tissue . . . . .	50
Machinery of Movement . . . . .	51
Muscle Fiber Types . . . . .	53
Muscle Function . . . . .	55
Assessment of Musculoskeletal Tissues . . . . .	56
Range of Motion . . . . .	56
Flexibility . . . . .	63
Capsular and Noncapsular Patterns of Restriction . . . . .	63
Joint Integrity and Mobility . . . . .	65
Muscle Strength . . . . .	66
Summary . . . . .	69
Review Questions . . . . .	69
References . . . . .	71
<b>CHAPTER 3 The Nervous System . . . . .</b>	<b>73</b>
Chapter Objectives . . . . .	73
Overview . . . . .	73
Central Nervous System . . . . .	74
Peripheral Nervous System . . . . .	78
The Cranial Nerves . . . . .	78
The Spinal Nerves . . . . .	78
Autonomic Nerves . . . . .	87
Transmission of Pain . . . . .	87
Clinical Implications of the Neuromuscular System . . . . .	88
Lesions of the Nervous System . . . . .	89
Neurovascular Healing . . . . .	91
Nerve Injury Classification . . . . .	94
Medical Interventions for Nerve Injury . . . . .	95



Neurological Testing in Orthopaedics . . . . .	95
Deep Tendon Reflex . . . . .	95
Sensory Testing . . . . .	96
Neuromeningeal Mobility Testing . . . . .	97
Balance Testing . . . . .	97
Coordination Testing . . . . .	98
Upper and Lower Quarter Scanning Examination. . . . .	98
Summary . . . . .	102
Review Questions . . . . .	102
References . . . . .	104
<b>CHAPTER 4 Kinesiology . . . . .</b>	<b>105</b>
Chapter Objectives . . . . .	105
Overview . . . . .	105
Anatomic Position . . . . .	107
Directional Terms . . . . .	107
Planes of the Body . . . . .	108
Axes of the Body . . . . .	108
Degrees of Freedom . . . . .	109
Movements of the Body Segments . . . . .	109
Force . . . . .	109
Load Deformation Curve. . . . .	111
Levers. . . . .	112
Mechanical Advantage . . . . .	114
Equilibrium . . . . .	114
Newton's Laws of Motion . . . . .	114
Active Length–Tension Relationship . . . . .	114
Passive Length–Tension Relationship . . . . .	116
Force–Velocity Relationship . . . . .	116
Shortening Contractions . . . . .	116
Lengthening Contractions. . . . .	116
Joint Kinematics . . . . .	116
Osteokinematic Motion. . . . .	116
Close-Packed and Open-Packed Positions of the Joint . . . . .	119
Range of Motion, Flexibility, and Joint Mobility. . . . .	120
Kinematic Chains. . . . .	122
Summary . . . . .	123
Review Questions . . . . .	124
References . . . . .	124
<b>CHAPTER 5 Tissue Injury and Repair . . . . .</b>	<b>127</b>
Chapter Objectives . . . . .	127
Overview . . . . .	127
Musculotendinous Injuries . . . . .	128
Muscle Injuries. . . . .	128
Tendon Injuries . . . . .	129
Ligament Injury . . . . .	129
Musculotendinous Tissue Healing . . . . .	129
Stages of Soft Tissue Healing . . . . .	130
Chronic Recurring Pain . . . . .	135
Articular Cartilage Injury and Disease . . . . .	135
Osteoarthritis. . . . .	136
Rheumatoid Arthritis. . . . .	138
Juvenile Rheumatoid Arthritis. . . . .	140

	Fibrocartilage Healing . . . . .	141
	Bone Injury and Disease . . . . .	141
	Osteoporosis . . . . .	141
	Fractures . . . . .	142
	Bone Healing . . . . .	144
	Implications for the PTA . . . . .	146
	Detrimental Effects of Immobilization . . . . .	146
	Surgical Interventions . . . . .	147
	Surgical Repair of Tendons . . . . .	147
	Surgical Repair of Ligaments . . . . .	148
	Surgical Repair of Cartilage, Bones, and Joints . . . . .	148
	Summary . . . . .	150
	Review Questions . . . . .	150
	References . . . . .	150
<b>CHAPTER 6</b>	<b>Manual Modalities . . . . .</b>	<b>155</b>
	Chapter Objectives . . . . .	155
	Overview . . . . .	155
	Correct Application of Manual Techniques . . . . .	156
	Indications for Manual Therapy . . . . .	158
	Contraindications to Manual Therapy . . . . .	158
	Massage . . . . .	158
	Specific Massage Techniques . . . . .	159
	Joint Mobilizations . . . . .	160
	Joint Mobilization Approaches . . . . .	160
	Australian Techniques . . . . .	161
	Clinical Application . . . . .	162
	Soft Tissue Techniques . . . . .	162
	Transverse Friction Massage . . . . .	162
	Augmented Soft Tissue Mobilization . . . . .	163
	Myofascial Release . . . . .	163
	Proprioceptive Neuromuscular Facilitation . . . . .	165
	Myofascial Trigger Point Therapy . . . . .	168
	Stretch and Spray or Stretch and Ice . . . . .	168
	Stretching . . . . .	169
	Effects of Manual Stretching . . . . .	169
	Application of a Stretch . . . . .	169
	Summary . . . . .	170
	Review Questions . . . . .	170
	References . . . . .	170
<b>CHAPTER 7</b>	<b>Physical Agents and Mechanical Modalities . . . . .</b>	<b>173</b>
	Chapter Objectives . . . . .	173
	Overview . . . . .	173
	Physical Agents . . . . .	175
	Cryotherapy . . . . .	175
	Thermotherapy . . . . .	177
	Hydrotherapy . . . . .	183
	Electrotherapeutic Modalities . . . . .	188
	Terminology . . . . .	189
	Physiologic Effects . . . . .	192
	Electrodes and Their Placement . . . . .	193

	Electrical Equipment Care and Maintenance . . . . .	194
	Transdermal Iontophoresis . . . . .	194
	Transcutaneous Electrical Nerve Stimulation . . . . .	195
	Russian Current or Medium-Frequency Alternating Current . . . . .	196
	Interferential Current . . . . .	196
	Biofeedback . . . . .	196
	Mechanical Modalities . . . . .	197
	Mechanical Spinal Traction . . . . .	197
	Intermittent Mechanical Compression . . . . .	199
	Summary . . . . .	200
	Review Questions . . . . .	200
	References . . . . .	201
<b>SECTION</b>	<b>II Therapeutic Exercise</b>	<b>205</b>
<b>CHAPTER</b>	<b>8 Therapeutic Activities . . . . .</b>	<b>207</b>
	Chapter Objectives . . . . .	207
	Overview . . . . .	207
	Exercise Physiology . . . . .	208
	Measures of Energy Expenditure . . . . .	209
	Basal Metabolic Rate (BMR) . . . . .	209
	Body Mass Index (BMI) . . . . .	209
	Bioelectrical Impedance Analysis . . . . .	210
	Motor Learning . . . . .	210
	Open Versus Closed Skills . . . . .	211
	Gentile's Taxonomy of Motor Tasks . . . . .	211
	Stages of Motor Learning . . . . .	211
	Practice and Feedback . . . . .	212
	Therapeutic Exercise . . . . .	213
	Flexibility and Joint Mobility . . . . .	213
	Muscle Performance . . . . .	214
	Exercise Progression . . . . .	215
	Balance . . . . .	215
	Coordination . . . . .	215
	Neuromuscular Control . . . . .	216
	Joint Stability . . . . .	216
	Patient Safety . . . . .	216
	Summary . . . . .	216
	Review Questions . . . . .	216
	References . . . . .	216
<b>CHAPTER</b>	<b>9 Improving Range of Motion, Flexibility, and Joint Mobility . . . . .</b>	<b>219</b>
	Chapter Objectives . . . . .	219
	Overview . . . . .	219
	Improving Range of Motion . . . . .	220
	Continuous Passive Motion (CPM) . . . . .	220
	Improving Flexibility . . . . .	222
	Methods of Stretching . . . . .	222
	Improving Joint Mobility . . . . .	225
	Summary . . . . .	225
	Review Questions . . . . .	225
	References . . . . .	225

<b>CHAPTER 10</b>	<b>Improving Muscle Performance</b> .....	<b>229</b>
	Chapter Objectives .....	229
	Overview .....	229
	Improving Strength .....	230
	Methods of Strengthening Muscles .....	230
	Neuromuscular Electrical Stimulation .....	230
	Isometric Exercises .....	230
	Concentric/Isotonic Exercises .....	231
	Eccentric Exercises .....	231
	Delayed Onset Muscle Soreness .....	232
	Isokinetic Exercise .....	232
	Proprioceptive Neuromuscular Facilitation .....	233
	Stabilization Exercises .....	233
	Periodization .....	234
	Types of Resistance .....	235
	Considerations for Strength Training .....	236
	Strengthening Exercise Programs .....	237
	Contraindications to Strength Training .....	237
	Progressive Resistive Exercise .....	237
	Circuit Training .....	239
	Interval Training .....	239
	Tabata Protocol .....	239
	Maintaining Strength .....	239
	Improving Muscular and Cardiorespiratory Endurance .....	239
	Precautions with Aerobic Conditioning .....	241
	Techniques for Improving, Maintaining, and Monitoring Cardiorespiratory Endurance .....	241
	Aerobic Conditioning Programs .....	242
	Improving Muscle Power .....	242
	Plyometrics .....	242
	Summary .....	244
	Review Questions .....	244
	References .....	245
<b>CHAPTER 11</b>	<b>Improving Balance</b> .....	<b>249</b>
	Chapter Objectives .....	249
	Overview .....	249
	Impaired Balance .....	250
	Somatosensory System .....	250
	Visual and Vestibular Input .....	250
	Sensory Motor Integration .....	250
	Motor Output Generation .....	250
	Improving Balance .....	251
	Summary .....	256
	Review Questions .....	256
	References .....	256
<b>SECTION III</b>	<b>The Joints</b>	<b>257</b>
<b>CHAPTER 12</b>	<b>The Vertebral Column</b> .....	<b>259</b>
	Chapter Objectives .....	259
	Overview .....	259
	Design .....	260

Structure .....	260
Motion Segments.....	261
Intervertebral Foramina .....	262
Neutral Zone .....	262
Spinal Motion .....	262
Coupled Motions .....	263
Fryette's Laws of Physiologic Spinal Motion .....	263
Fryette's First Law .....	263
Fryette's Second Law.....	263
Fryette's Third Law .....	264
General Guidelines for Interventions for Spinal Dysfunction.....	264
Acute Phase .....	264
Subacute and Chronic (Functional) Phases.....	264
Summary .....	265
Review Questions .....	265
References .....	265
<b>CHAPTER 13 Cervical Spine and Temporomandibular Joint .....</b>	<b>267</b>
Chapter Objectives .....	267
Overview .....	267
Anatomy and Kinesiology.....	268
Cervical Spine .....	268
Temporomandibular Joint .....	271
Examination .....	271
Intervention Strategies .....	271
Acute Phase .....	272
Subacute Through Chronic Phases.....	279
Common Conditions.....	281
Cervical Strains and Sprains .....	281
Whiplash-Associated Disorders .....	281
Intervention for Cervical Sprains and Strains .....	282
Impaired Posture.....	282
Cervical Spondylosis .....	283
Zygapophyseal Joint Dysfunction.....	283
Thoracic Outlet Syndrome .....	283
Cervical Disk Lesions.....	284
Acute Torticollis (Acute Wry Neck).....	285
Temporomandibular Joint Dysfunction .....	285
Therapeutic Techniques .....	288
Techniques to Increase Soft Tissue Extensibility .....	288
General Soft Tissue Techniques .....	291
Self-Stretches .....	291
Summary .....	292
Review Questions .....	293
References .....	293
<b>CHAPTER 14 Thoracic Spine and Rib Cage .....</b>	<b>297</b>
Chapter Objectives .....	297
Overview .....	297
Anatomy and Kinesiology.....	298
Respiration.....	299
Examination.....	299

Intervention Strategies . . . . .	299
Acute Phase . . . . .	300
Functional/Chronic Phase . . . . .	303
Postural Dysfunction . . . . .	304
Abnormal Pelvic Tilting . . . . .	305
Structural Dysfunctions . . . . .	305
Kyphosis . . . . .	305
Sternal Deformities . . . . .	306
Intervention . . . . .	307
Muscle Strains . . . . .	307
Intercostal Muscles . . . . .	307
Intervention . . . . .	307
Rotoscoliosis . . . . .	307
Intervention . . . . .	308
Compression Fractures of the Spine . . . . .	308
Intervention . . . . .	308
Techniques to Increase Soft Tissue Extensibility . . . . .	308
Manual Stretch into Extension . . . . .	308
Bucket Handle Stretch . . . . .	308
Summary . . . . .	309
Review Questions . . . . .	309
References . . . . .	309

## **CHAPTER 15 Lumbar Spine and Sacroiliac Joint . . . . . 313**

Chapter Objectives . . . . .	313
Overview . . . . .	313
Anatomy of the Lumbar Spine . . . . .	314
Ligaments . . . . .	314
Vertebrae . . . . .	315
Intervertebral Disk . . . . .	315
Kinesiology of the Lumbar Spine . . . . .	315
Flexion . . . . .	315
Extension . . . . .	316
Side Bending . . . . .	316
Axial Rotation . . . . .	316
Axial Loading (Compression) . . . . .	317
Anatomy of the Sacroiliac Joint . . . . .	317
Posterior Muscle System . . . . .	317
Anterior Muscle System . . . . .	318
Kinesiology of the Sacroiliac Joint . . . . .	319
Sacral Motion . . . . .	319
Innominate Motion . . . . .	320
Pelvic Tilt . . . . .	321
Pelvic Stabilization . . . . .	321
Examination of the Lumbopelvic Complex . . . . .	323
General Intervention Strategies . . . . .	327
Acute Phase . . . . .	327
Functional/Chronic Phase . . . . .	331
Common Conditions . . . . .	338
Strains and Sprains of the Lumbar Spine . . . . .	338
Disk Herniation . . . . .	338
Degenerative Spinal Stenosis . . . . .	343
Zygapophyseal Joint Dysfunction . . . . .	345
Spondylolysis . . . . .	345

	Spondylolisthesis . . . . .	345
	Rectus Abdominis Strain . . . . .	347
	Summary . . . . .	347
	Review Questions . . . . .	347
	References . . . . .	347
<b>CHAPTER 16</b>	<b>Shoulder Complex . . . . .</b>	<b>353</b>
	Chapter Objectives . . . . .	353
	Overview . . . . .	353
	Anatomy and Kinesiology . . . . .	354
	Sternoclavicular Joint . . . . .	354
	Scapulothoracic Articulation . . . . .	356
	Acromioclavicular Joint . . . . .	356
	Glenohumeral Joint . . . . .	357
	Coracoacromial Arch . . . . .	362
	Suprhumeral/Subacromial Space . . . . .	363
	The Scapulohumeral Rhythm . . . . .	363
	Muscle Function During Shoulder Motions . . . . .	363
	Examination . . . . .	365
	General Intervention Strategies . . . . .	371
	Acute Phase . . . . .	372
	Chronic/Functional Phase . . . . .	374
	Common Conditions . . . . .	377
	Scapular Dyskinesis . . . . .	377
	Subacromial Impingement Syndrome . . . . .	377
	Rotator Cuff Repair . . . . .	379
	Glenohumeral Instability . . . . .	380
	Frozen Shoulder/Adhesive Capsulitis . . . . .	385
	Sternoclavicular Joint Sprain . . . . .	388
	Acromioclavicular Joint Sprain . . . . .	389
	Clavicle Fractures . . . . .	391
	Proximal Humeral Fractures . . . . .	391
	Total Shoulder Replacement Arthroplasty . . . . .	392
	Therapeutic Techniques . . . . .	396
	Scapular Assist . . . . .	396
	Rhythmic Stabilization . . . . .	396
	Restricted Scapulothoracic Motion . . . . .	396
	Transverse Frictional Massage (TFM) . . . . .	398
	Joint Mobilizations . . . . .	398
	Summary . . . . .	400
	Review Questions . . . . .	400
	References . . . . .	401
<b>CHAPTER 17</b>	<b>Elbow and Forearm Complex . . . . .</b>	<b>407</b>
	Chapter Objectives . . . . .	407
	Overview . . . . .	407
	Anatomy and Kinesiology . . . . .	408
	Ligaments . . . . .	409
	Muscles . . . . .	410
	Forearm Supinators . . . . .	413
	Nerve Supply . . . . .	413
	The Cubital Tunnel . . . . .	413
	The Cubital Fossa . . . . .	413

Examination of the Elbow Complex	414
Intervention Strategies	414
Acute Phase	414
Chronic/Functional Phase	416
Common Conditions	418
Tendon Ruptures	418
Overuse Injuries	419
Medial (Ulnar) Collateral Ligament Sprain (Medial Valgus Stress Overload)	423
Olecranon Bursitis	424
Supracondylar Fractures	424
Intercondylar Fractures	424
Radial Head Fractures and Dislocations	425
Olecranon Fracture	426
Elbow Dislocation	426
Therapeutic Techniques	428
Techniques to Increase Soft Tissue Extensibility	428
Transverse Frictional Massage	429
Selective Joint Mobilizations	430
Summary	431
Review Questions	431
References	432
<b>CHAPTER 18 Wrist and Hand</b>	<b>437</b>
Chapter Objectives	437
Overview	437
Anatomy	438
Distal Radioulnar Joint	438
Radiocarpal (Wrist) Joint	438
Midcarpal Joint	439
Antebrachial Fascia	439
Extensor Retinaculum	439
Flexor Retinaculum	441
Carpal Tunnel	441
Tunnel of Guyon	441
Metacarpophalangeal Joints of the Second to Fifth Digits	441
Carpometacarpal Joints of the Second to Fifth Digits	441
First Carpometacarpal Joint	441
Metacarpophalangeal Joint of the Thumb	441
Interphalangeal Joints	442
Palmar Aponeurosis	442
Anatomic Snuff Box	442
Muscles of the Wrist and Forearm	442
Kinesiology	444
Pronation and Supination	444
Movement of the Hand on the Forearm	444
Functional Use of the Hand	445
Flexion and Extension Movements of the Wrist	445
Frontal Lateral Movements of the Wrist	446
Thumb Movements	446
Examination	447
General Intervention Strategies	449
Acute Phase	449
Functional/Chronic Phase	451



Common Conditions . . . . .	454
Peripheral Nerve Entrapment . . . . .	455
Tendonitis/Tenosynovitis . . . . .	457
Dupuytren Contracture (Palmar Fasciitis) . . . . .	459
Tendon Ruptures . . . . .	460
Wrist Sprains . . . . .	462
Distal Radius Fractures . . . . .	462
Fractured Scaphoid . . . . .	465
Ulnar Collateral Ligament Sprain of the Thumb . . . . .	466
Metacarpal Fractures . . . . .	467
Finger Fractures . . . . .	467
Complex Regional Pain Syndrome . . . . .	468
Therapeutic Techniques . . . . .	469
To Improve Hand Dexterity . . . . .	469
To Improve Hand Strength . . . . .	469
Joint Mobilizations . . . . .	469
Summary . . . . .	471
Review Questions . . . . .	471
References . . . . .	472
<b>CHAPTER 19 Hip . . . . .</b>	<b>477</b>
Chapter Objectives . . . . .	477
Overview . . . . .	477
Anatomy . . . . .	478
Bones . . . . .	478
Muscles . . . . .	478
Ligaments . . . . .	482
Kinesiology . . . . .	483
Lumbopelvic Rhythm . . . . .	484
Collum/Inclination Angle . . . . .	484
Anteversion/Retroversion . . . . .	485
Examination . . . . .	485
General Intervention Strategies . . . . .	487
Acute Phase . . . . .	487
Functional Phase . . . . .	487
Common Conditions . . . . .	493
Hip Flexion Contracture . . . . .	493
Osteoarthritis . . . . .	493
Muscle Strains . . . . .	495
Iliotibial Band Friction Syndrome . . . . .	497
Bursitis . . . . .	498
Fractures of the Pelvis . . . . .	499
Fractures of the Acetabulum . . . . .	500
Hip Fractures . . . . .	500
Legg-Calvé-Perthes Disease . . . . .	502
Slipped Capital Femoral Epiphysis . . . . .	502
Total Hip Arthroplasty . . . . .	502
Intervention . . . . .	504
Hemiarthroplasty . . . . .	505
Therapeutic Techniques . . . . .	506
Self-Stretching . . . . .	506
Selective Joint Mobilizations . . . . .	507

Summary	508
Review Questions	509
References	509
<b>CHAPTER 20 Knee Joint Complex</b>	<b>513</b>
Chapter Objectives	513
Overview	513
Anatomy	514
Osteokinematics of the Tibiofemoral Joint	514
Arthrokinematics of the Tibiofemoral Joint	514
The Patellofemoral Joint	517
Muscles of the Knee Joint Complex	517
Patellar Tracking	520
Examination	521
General Intervention Strategies	521
Acute Phase	522
Functional Phase	525
Common Conditions	527
Anterior Cruciate Ligament Tear	528
Posterior Cruciate Ligament Tear	532
Medial Collateral Ligament Injuries	533
Meniscus Injuries	534
Articular Cartilage Defects	536
Tibiofemoral Osteoarthritis	536
Patellofemoral Pain Syndrome	541
Tendonitis	544
Patellar Fractures	545
Supracondylar Femur Fractures	546
Tibial Plateau Fractures	546
Osgood Schlatter Disease	546
Therapeutic Techniques	546
Self-Stretching	546
Techniques to Increase Soft Tissue Extensibility	547
Selective Joint Mobilizations	547
Summary	549
Review Questions	549
References	550
<b>CHAPTER 21 Ankle and Foot</b>	<b>557</b>
Chapter Objectives	557
Overview	557
Anatomy and Kinesiology	558
Terminology	558
Joints of the Ankle and Foot	563
Examination	567
General Intervention Strategies	567
Acute Phase	568
Functional/Chronic Phase	571
Common Conditions	575
Deformities of the Arch	575
Sprains	576
Hallux Valgus	579
Turf Toe	580
Lesser Toe Deformities	580

	Tendon Injuries .....	581
	Plantar Heel Pain .....	585
	Metatarsalgia .....	586
	Tarsal Tunnel Syndrome .....	586
	Interdigital Neuroma .....	587
	Acute Compartment Syndrome .....	587
	Medial Tibial Stress Syndrome .....	588
	Stress Fractures .....	588
	Therapeutic Techniques .....	591
	Techniques to Increase Soft Tissue Extensibility .....	591
	Techniques to Increase Strength .....	592
	Selective Joint Mobilizations .....	592
	Summary .....	593
	Review Questions .....	593
	References .....	594
<b>SECTION</b>	<b>IV Special Considerations</b>	<b>603</b>
<b>CHAPTER</b>	<b>22 The Pediatric Orthopaedic Population .....</b>	<b>605</b>
	Chapter Objectives .....	605
	Overview .....	605
	Pediatric Orthopaedic Conditions .....	611
	Acquired Conditions .....	611
	Congenital .....	622
	Summary .....	624
	Review Questions .....	624
	References .....	625
<b>CHAPTER</b>	<b>23 The Geriatric Orthopaedic Population .....</b>	<b>627</b>
	Chapter Objectives .....	627
	Overview .....	627
	The Aging Process .....	628
	Theories of Aging .....	628
	Pathological Conditions Associated with the Elderly .....	630
	Musculoskeletal Disorders and Diseases .....	630
	Osteoporosis .....	630
	Fractures .....	630
	Neurologic Disorders and Diseases .....	631
	Cardiovascular Disorders and Diseases .....	632
	Multi-System Dysfunction .....	633
	Ethical and Legal Issues .....	638
	The Living Will (Advanced Care and Medical Directive) .....	638
	Refusal of Treatment .....	638
	“Do Not Resuscitate” (DNR) Orders .....	638
	Healthcare Proxy .....	638
	Informed Consent .....	638
	Summary .....	639
	Review Questions .....	639
	References .....	640
<b>CHAPTER</b>	<b>24 Women’s Health .....</b>	<b>643</b>
	Chapter Objectives .....	643
	Overview .....	643

Pregnancy	644
Physiologic Changes That Occur During Pregnancy	644
Complications Associated with Pregnancy	646
Exercise Prescription	649
Urinary Incontinence	651
Intervention	651
Breast Cancer–Related Lymphedema	653
Intervention	653
Summary	654
Review Questions	654
References	654
<b>CHAPTER 25 Gait and Posture</b>	<b>657</b>
Chapter Objectives	657
Overview	657
Gait	658
Terminology	658
Gait Cycle	660
Characteristics of Normal Gait	662
The Kinematics of Gait	664
Influences on Normal Gait	668
Abnormal Gait Syndromes	668
Gait Training with Assistive Devices	672
Posture	676
Postural Examination	678
Common Faulty Postures	681
Intervention	683
Summary	684
Review Questions	684
References	685
<b>APPENDIX A Guide for Conduct of the Physical Therapist Assistant</b>	<b>689</b>
<b>APPENDIX B American Physical Therapy Association’s Documentation Guidelines</b>	<b>693</b>
<b>APPENDIX C Commonly Used Abbreviations in Orthopaedics</b>	<b>695</b>
<b>APPENDIX D Common Laboratory Values</b>	<b>697</b>
<b>APPENDIX E PNF Terms and Techniques</b>	<b>701</b>
<b>Answer Key</b>	<b>705</b>
<b>Index</b>	<b>711</b>
<b>Photo Credits</b>	<b>733</b>



The aim of *Orthopaedics for the Physical Therapist Assistant* is to fill a void in the present literature and to be of value to the physical therapist assistant (PTA) student studying orthopaedics. The management of the patient/client is a complex process involving an intricate blend of experience, knowledge, and interpersonal skills. There is a vast amount of information available related to orthopaedics, and, with an ever-increasing demand for instant results and the continuing advances in technology, the PTA is tasked to provide an efficient level of care with other members of the healthcare team.

Although the medical profession is moving toward an increased reliance on the findings from imaging studies such as computed axial tomography (CAT) and magnetic resonance imaging (MRI), physical therapy continues to rely on the subjective and objective findings from the physical examination. For any patient interaction to be successful, an accurate diagnosis is essential, and through the move toward evidence-based testing, the accuracy of the physical therapy diagnosis continues to be enhanced.

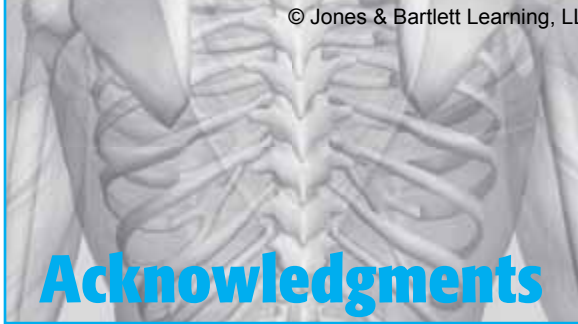
Once established, the diagnosis must be followed by a carefully planned and specific rehabil-

itation program for both the affected area and its related structures. This approach must take into consideration the anatomy and biomechanics of the structure involved and the stage of healing. Each intervention must be individualized to the patient, requiring an eclectic approach, because no single approach works all of the time.

This text attempts to provide the student with the essential information regarding the anatomy and biomechanics of each major area of the body together with evidence-based guidelines for the assessment and rehabilitation of the orthopaedic patient. Therapeutic exercise is a major component of the intervention plan for orthopaedic impairments, and the exercises for each of the areas are covered in detail.

Although it would be nice to be able to give myself credit for the contents of this book, that would be a gross misrepresentation. I owe a huge debt to all those practitioners who continue to publish their findings for our benefit. I merely serve as a conduit for that information and present those techniques and principles that have worked for me as practicing clinician. I hope this book will be seen as the best available textbook, guide, review, and reference for orthopaedic students.





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