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A Practical Guide on
Physiotherapy Assessment
for Physiotherapy Students



Gopal Nambi S

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CHAPTER

Prosthesis Prescription Assessment

SUBJECTIVE ASSESSMENT

Demographic Data

Name: _____ Date: _____

Age: _____ Sex: _____

Occupation: _____

Address:

Present: _____ Permanent: _____

_____ _____

_____ _____

_____ _____

Contact No.: Res _____ Off: _____

Referring Doctor: _____ Date of Next Visit: _____

Primary Diagnosis: _____

Case History

Chief Complaints: _____

_____

_____

_____

Past Medical History

Date of Onset: _____

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Medical History: _____

_____

_____

_____

i. Previous Medications:

	Medicine	Dosage	Frequency
(i)	_____	_____	_____
(ii)	_____	_____	_____
(iii)	_____	_____	_____

ii. Previous Surgeries:

	Surgery Name	Date	Complication
(i)	_____	_____	_____
(ii)	_____	_____	_____
(iii)	_____	_____	_____

iii. Previous Diagnostic Test Reports:

*General Medical History (Attached **Annexure-1):***

Personal History

Family History:

Family Background:

Hereditary complaint:

Occupational History

Related to present illness:

Occupational hazards for illness:

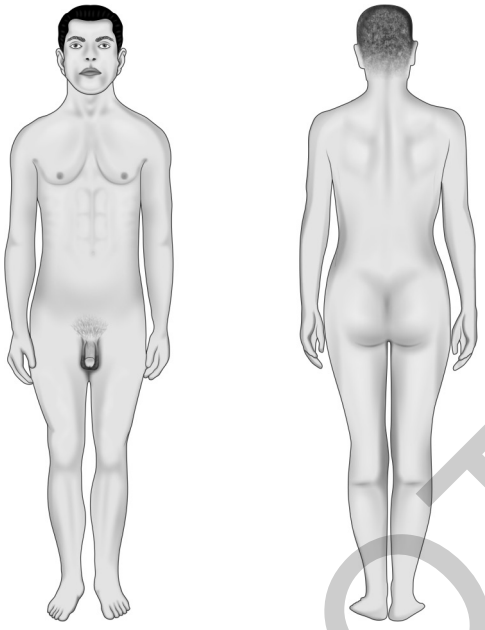
Social History

i. Do you live alone and what type of work do you do in and outside of the home?
ii. How has this problem affected your ability to perform your job?
iii. Do you have to climb stairs to get into your house? Reach the bedroom?

Economic History

1. Onset of Pain:
   a. Sudden: Yes/No, If yes, how? _____
   b. Gradual: Yes/No, If yes, how? _____
   c. Congenital onset: Yes/No, If yes, how? _____
2. Location of Pain: (Through body chart)
   Has the pain change in location: Yes/No, if yes, where _____
   Spread to other areas: Yes/No, if yes, where _____
   Become more focused: Yes/No, if yes, where _____

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3. Intensity of Pain (Ask the patient to rate his or her pain in this scale):
   Visual Analog Scale:



OBJECTIVE ASSESSMENT

Mental Status

1. Level of Consciousness :
2. Orientation to
   i. Person :
   ii. Place :
   iii. Time :
3. Vital Signs:

Blood pressure	:	120/80 mmHg
Respiratory rate	:	16–20 /min
Pulse rate	:	72–75
Temperature	:	98.6°F

Observation

General posture: _____
Ability to perform status: _____
Changing the position: _____
Transfer from sitting to standing: _____
Ambulate to the examining room: _____
Built of the Patient: Ectomorphic/Mesomorphic/Endomorphic

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Inspection

i. Postural Alignment:

a. Anterior view:

Both eyes: _____ Acromian process: _____
Iliac crests: _____ ASIS: _____
Greater trochanter: _____ Patellae: _____
Ankle malleoli: _____ Waist angle: _____

b. Posterior view:

Earlobes: _____ Spine of the scapula: _____
Shoulder: _____ Inferior angle of scapula: _____
Iliac crests: _____ PSIS: _____
Greater trochanter: _____ Buttocks: _____
Knee creases: _____ Ankle malleoli: _____
Spine: _____

c. Lateral view (see through the line of gravity – Impression): _____
_____
_____

ii. Contour and Alignment of Bone and Joints:

Impression: _____
_____

iii. Size and Contour of Soft Tissue Structure:

Soft tissue edema: _____ Joint effusion: _____
Muscle hypertrophy: _____ Muscle atrophy: _____
Muscle rupture: _____ Cysts, Rheumatoid nodules: _____
Ganglion: _____ Gouty tophi: _____
Impression: _____
_____

iv. Colour and Texture of Skin:

Cyanosis: _____ Pallor: _____
Erythema (localized, generalized): _____ Yellow skin: _____
Highly pigmented hairy areas: _____ Open wounds: _____
Scars: New scar: _____ Old scar: _____
Thickening, thinning, and hair loss: _____

Palpation

i. Bony Prominence (Pain, Abnormal Alignment):

Antr Surface: _____
Postr Surface: _____
Lat Surface: (Rt) _____ (Lt) _____

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ii. Soft tissue structures:

Pain: _____ Tenderness (Grade):_____

Swelling: _____ Spasm:_____

Nodules: _____ Trigger points:_____

Fascia tightness: _____ Mobility of soft tissue:_____

Density and extensibility of soft tissues: _____

Impression: _____

_____

iii. Skin:

Warmth: _____ Density: _____

Extensibility of skin: _____ Peripheral pulses: _____

Edema (pitting or non-pitting edema): _____ Grade: _____

Anthropometric Measurements

1. Limb length: (i) True length: (Rt) _____ (Lt) _____
   (ii) Apparent length: (Rt) _____ (Lt) _____
2. Circumference Measurement:

Upper arm: Rt _____ Lt _____

Upper :

Middle:

Lower :

Forearm : Rt _____ Lt _____

Midthigh : Rt _____ Lt _____

Upper :

Middle:

Lower :

Calf : Rt _____ Lt _____

Chest :

Upper :

Middle:

Lower :

Examination

1. **Assessment of Range of Motion** (Attached **Annexure-3):**
   (Find the Amount, Quality, Pattern, Pain and Crepitus) AROM, PROM
   Impression: _____
   _____
2. **Assessment of Muscle Strength** (Attached **Annexure-6):**
   Impression: _____
   _____
3. **Assessment of Muscle Length** (Attached **Annexure-7):**
   Impression: _____
   _____

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4. **Assessment of Sensation** (Attached **Annexure-8):**
   Superficial: _____
   _____
   Deep: _____
   _____
5. **Assessment of Posture** (Attached **Annexure-14):**
   Impression: _____
   _____
6. **Assessment of Gait** (Attached **Annexure-15):**
   Impression: _____
   _____
7. **Assessment of Functional Activity** (Attached **Annexure-16):**
   Impression: _____
   _____
8. **Assessment of Environment** (Attached **Annexure-17):**
   Impression: _____
   _____
9. **External Devices Used:**
   Impression: _____
   _____
10. **Other Systems Examination:**
    Nervous system:
    CVS: DVT/Postural Dysfunction/Edema:
    Respiratory system: Type/Pattern of breathing/Chest expansion/Chest deformities:
    Skin: Pressure sore:
    Bladder/Bowel: Retention/Constipation/Autonomous/Automatic bladder:
    Sexual Function :
    Physical Diagnosis :
    Functional Diagnosis :

Professional Diagnosis:

Problem list: _____
_____
_____

Management

Aims : 1.
2.
3.

Means : 1.
2.
3.

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A Practical Guide on

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Salient Features

- Provides precise and concise explanation of all the content which is necessary for a strong foundation for practical and clinical assessment.
- Encompasses the assessment of all specialities taught under the headings of physiotherapy in a very simplified manner and making it easy to understand.
- While maintaining its simplicity, covers assessment in different specialities, thereby undergraduate and postgraduate students do not require referring many books.
- The content is formulated with consideration to the course syllabus prescribed by the academic council of various universities in India.
- First of its kind as it combines all specialities assessment under one heading.



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