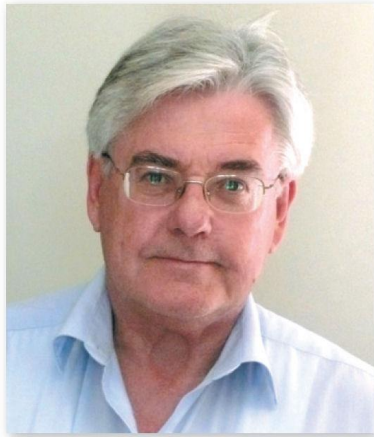




Professor Nik Bogduk

Professor

Pain Medicine

University of Newcastle

Friday, June 9, 2017

(Room 11)

14:00 - 14:55 WS #46: Physical Examination for Back Pain - How Much, How Relevant?

15:05 - 16:00 WS #58: Physical Examination for Back Pain - How Much, How Relevant? (Repeated)

PHYSICAL EXAMINATION

GENERAL APPEARANCE

HEENT

HEENT

HEENT

HEENT

HEENT

HEENT

HEENT

HEENT

HEENT

HEENT

PHYSICAL EXAMINATION = a TEST

TESTS

RELIABILITY

VALIDITY

TESTS

RELIABILITY

The extent to which
two (or more) observers,
using the same test,
on the same sample of subjects,
agree on the result of the test.

VALIDITY

TESTS

RELIABILITY

The extent to which two (or more) observers, using the same test, on the same sample of subjects, **agree on the result** of the test.

VALIDITY

The extent to which the test **simultaneously and correctly** distinguishes between the presence and absence of the condition being detected.

PHYSICAL EXAMINATION

INSPECTION not reliable

lordosis
list
asymmetries

PHYSICAL EXAMINATION

INSPECTION not reliable

lordosis
list
asymmetries

PALPATION reliable

variably reliable

not reliable

tenderness spinous processes
tenderness iliac crest
tenderness intersegmental
tenderness muscles
trigger points
spasm

PHYSICAL EXAMINATION

INSPECTION	not reliable	lordosis
		list
		asymmetries
PALPATION	reliable	tenderness spinous processes
		tenderness iliac crest
	variably reliable	tenderness intersegmental
		tenderness muscles
MOTION	not reliable	trigger points
		spasm
	reliable	pain on movement
	variably reliable	gross ROM
		segmental motion
	not reliable	PIVM

PHYSICAL EXAMINATION

VALIDITY

some

McKenzie Testing

none

**sacroiliac joint signs
other tests**

PHYSICAL EXAMINATION

1. Avoid embarrassment (for **missing** something obvious)
2. Patient's expect it; therefore, **engage**.
3. Ignore what's bad.
4. **Celebrate** – and harness – what's good.
5. Tender points.

PHYSICAL EXAMINATION

INSPECTION deformity,
 cutaneous lesions
 punctures

PALPATION tender points
 magic point

MOTION gross ROM without causing pain!
 PIVM magic