

Ref. No.: Dpcop/Int. cir/A.Y 2023-24/MSK DEPT/37

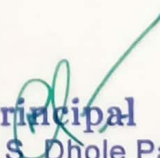
Date : 24/01/2024

DEPARTMENT OF MUSCULOSKELETAL PHYSIOTHERAPY

List of Charts

Sr. No	List of Charts
1	Muscle Contraction Model
2	Mobilization Grades
3	Upper Back Muscles
4	Bone
5	Hand
6	Postural deviations
7	Gait Abnormalities
8	Deformities of Spine
9	Walking Aids
10	Osteoporosis
11	McKenzie Syndrome
12	Classification of Fractures
13	Deformities of VC and VL
14	Osteoarthritis
15	PIVD




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MOBILIZATION GRADE

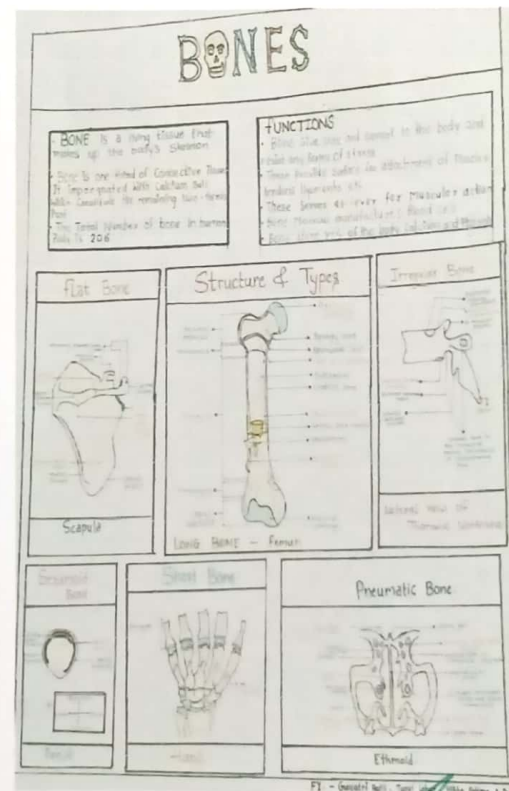
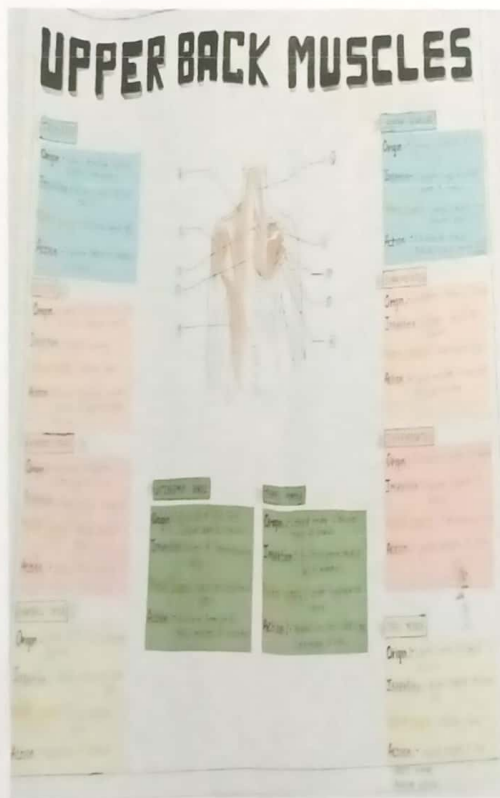
WHAT IS JOINT MOBILIZATION?

• MANUAL THERAPY TECHNIQUE

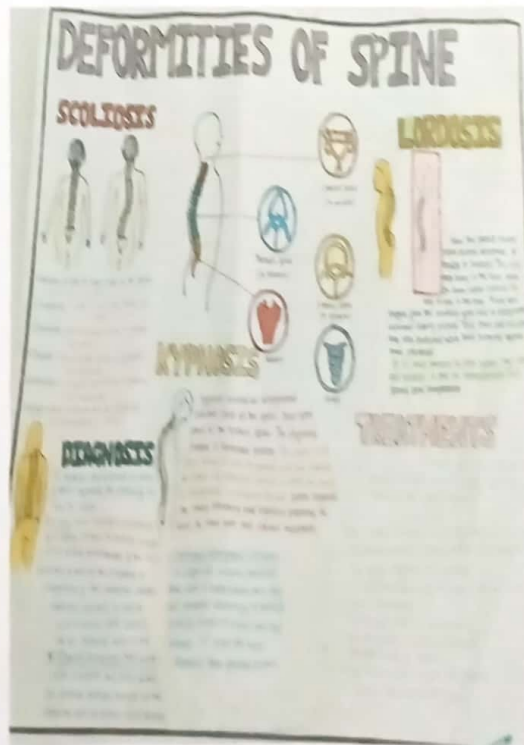
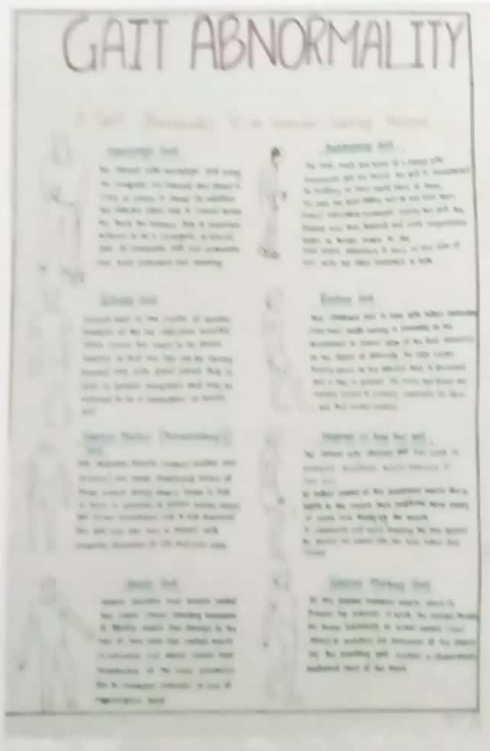
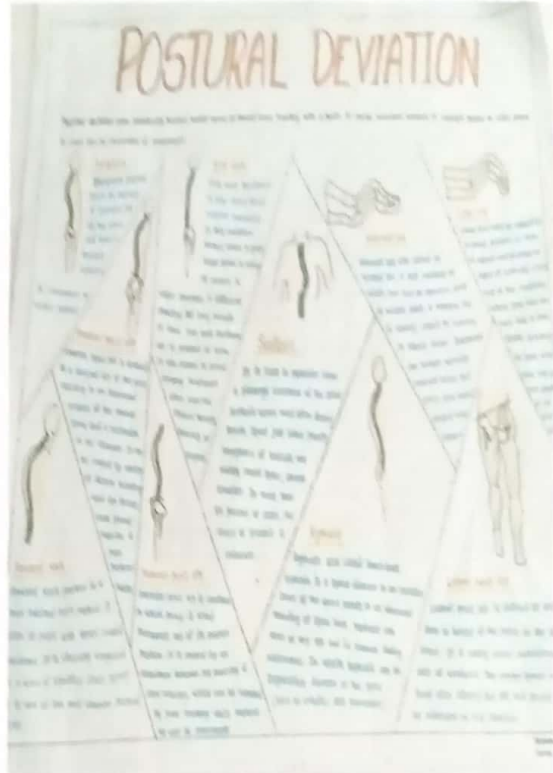
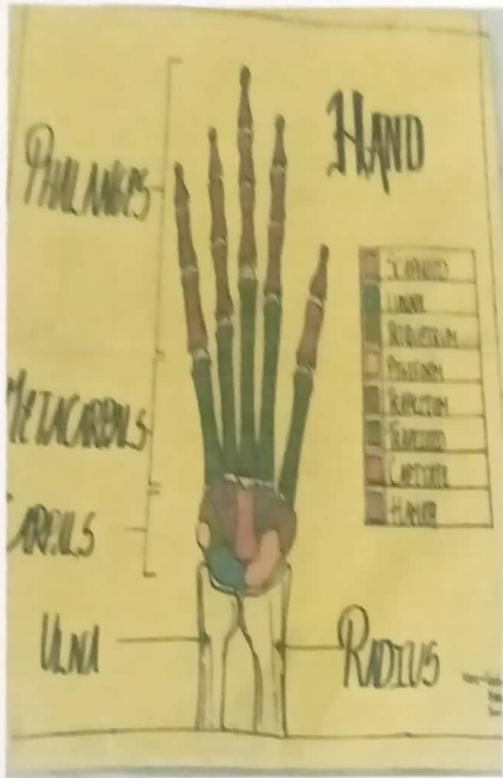
— USED TO MOBILIZE AND, THEREBY IMPROVE, JOINT MOTION

INDICATION FOR MOBILIZATION	CONTRA-INDICATION
<ul style="list-style-type: none"> Stiffness and Pain Muscle Guarding and Spasm Instability of Joints Loss of Segmental Joints 	<ul style="list-style-type: none"> Polyps Osteoporosis Ligamentous Rupture Bone Disease - Bone Fracture

GRADES	RESPONSE
0	NO MOVEMENT
1	FLICKER OF CONTRACTION
2	ACTIVE MOVEMENT WITH GRAVITY ELIMINATED
3	ACTIVE MOVEMENT AGAINST GRAVITY
4	ACTIVE MOVEMENT AGAINST RESISTANCE BUT NOT TO FULL STRENGTH
5	NORMAL IN POWER



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WALKING AIDS

Axillary Crutch **Elbow Crutch** **Cutter Crutches**

Sticks **Tripod or Quadropod** **Frames**

OSTEOPOROSIS

DEFINITION

CAUSES

RISK FACTORS

SYMPTOMS

DIAGNOSIS

TREATMENT

Mckenzie Syndrome

Distraction Syndrome **Postural Syndrome**

Distraction Syndrome

Postural Syndrome

CLASSIFICATION OF FRACTURES

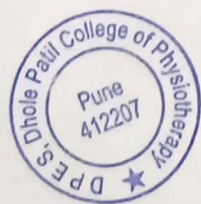
Types of Fractures

Transverse

Comminuted

Open

Compound



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OSTEOARTHRITIS [OA]

A chronic degeneration of the cartilage that cushions the joints

- SYMPTOMS**
- Pain
 - Stiffness
 - Tenderness
 - Loss of flexibility
 - Creaking sensation
 - Bone spurs
 - Swelling

RISK FACTORS

- Aged over 50 years
- Obesity
- Joint injuries
- Bone deformities
- Genetics

Hello arthritis my old friend!

Get ready for some bone on bone action! This joint space about to get NARROW!

I hope we don't become collateral damage!
I CAN'T FEEL MY LEGS!

I just wanted to distract him from the reality of age!

Rain is here!

Actually that's just the osteoarthritis! This joint is for the cartilaginous SWELL!

The knee makes me ache for a couple time...

We're finally free of this cartilaginous joint!

It's getting pretty rough down there... WE NEED CORTISONE STAT!

We may be amigh around the edges but we sure know how to party!

HAVE YOU BEEN TELLING THE FEMUR FIBS AGAIN?

TREATMENT



PROLAPSED INTERVERTEBRAL DISC

What is Disc Prolapse?

- Disc prolapse is also called as herniation
- The nucleus pulposus gets pushed out of its normal position
- This leads to compression of the spinal cord or nerve roots
- The protruded part of the disc may irritate the spinal cord or nerve roots
- This may cause pain, numbness, weakness, or paralysis in the affected area

Symptoms

- Pain in the neck, back or leg
- Numbness or tingling in the hand or foot
- Weakness in the hand or foot
- Loss of bladder or bowel control
- Difficulty walking
- Difficulty standing up
- Difficulty sitting down
- Difficulty bending over
- Difficulty lifting heavy objects
- Difficulty carrying heavy bags
- Difficulty climbing stairs
- Difficulty driving a car
- Difficulty performing daily activities



Complications

- Chronic Pain Syndrome
- Spinal Cord Injury
- Nerve Root Injury
- Spinal Stenosis
- Disc Degeneration
- Herniated Disc
- Spinal Cord Compression
- Spinal Cord Damage
- Spinal Cord Death
- Spinal Cord Lesion
- Spinal Cord Tumor
- Spinal Cord Infection
- Spinal Cord Trauma
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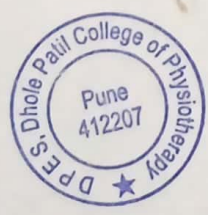
Causes

- Aging
- Injury
- Overexertion
- Poor posture
- Obesity
- Smoking
- Genetics
- Trauma
- Infection
- Degeneration
- Herniation
- Compression
- Damage
- Lesion
- Tumor
- Infection
- Trauma



Treatment

- Pain medications
- Rest
- Physical therapy
- Chiropractic
- Acupuncture
- Surgery
- Injections
- Spinal Cord Stimulation
- Transcutaneous Electrical Stimulation (TENS)
- Heat and Cold Therapy
- Massage
- Yoga
- Tai Chi
- Pilates
- Swimming
- Walking
- Stretching
- Core Strengthening
- Posture Correction
- Weight Management
- Smoking Cessation
- Alcohol Moderation
- Stress Management
- Sleep Hygiene
- Ergonomics
- Assistive Devices
- Bracing
- Surgery



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