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Best Practices in Musculoskeletal Physiotherapy Lab

1. **Proper Patient Assessment** – Conduct thorough history-taking and clinical examination before any intervention. Use validated outcome measures.
2. **Use of Special Tests** – Apply evidence-based special tests to diagnose musculoskeletal conditions accurately. Ensure proper technique and interpretation.
3. **Hands-on Skills Mastery** – Practice manual therapy techniques (e.g., joint mobilization, soft tissue release) with precision and appropriate force application.
4. **Functional Movement Analysis** – Assess movement patterns and biomechanics to identify compensations or dysfunctions.
5. **Evidence-Based Practice** – Stay updated with the latest research and integrate best clinical guidelines into treatment plans.
6. **Patient Safety and Comfort** – Maintain proper ergonomics during assessment and treatment. Use pillows, supports, and positioning techniques for comfort.
7. **Effective Communication** – Explain procedures, risks, and expected outcomes to patients clearly. Gain informed consent before interventions.
8. **Hygiene and Infection Control** – Follow hand hygiene protocols, clean equipment regularly, and use protective measures when needed.
9. **Documentation and Record Keeping** – Maintain accurate and detailed records of assessments, treatments, and progress notes.
10. **Continuous Learning and Reflection** – Engage in peer discussions, case studies, and skill refinement sessions to improve clinical expertise.




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