# ORTHOPAEDIC ASSESSMENT PROFORMA

Use this structured proforma to ensure comprehensive and standardized documentation of the orthopaedic examination.

## 1. Patient Demographics & Examination Details

|  |  |
| --- | --- |
| Parameter | Details |
| Date of Assessment |  |
| Examiner |  |
| Patient Name |  |
| Age / Date of Birth |  |
| Gender |  |
| Occupation |  |
| Hand Dominance | Right / Left |
| Height (cm) |  |
| Weight (kg) |  |
| Contact Information / Address |  |

## 2. History & Background

|  |  |
| --- | --- |
| Item | Findings |
| Date of Symptom Onset |  |
| Duration of Symptoms |  |
| Pain Severity (VAS 0–10) |  |
| Chief Complaints | 1. Pain at \_\_\_\_\_\_\_\_\_\_\_ 2. Functional limitation: \_\_\_\_\_\_\_\_\_\_ |
| History of Presenting Complaint | Mechanism (e.g., fall, overuse), onset, course, aggravating/relieving factors, self-treatment |
| Past Orthopaedic History | Previous injuries, surgeries, treatments, outcomes |
| General Medical History | Comorbidities, medications, allergies |
| Family & Social History | Hereditary factors, occupation, activity level, support system |
| Lifestyle / Activity Level | Sports, exercise frequency, ergonomics, smoking/alcohol use |

## 3. Systems Review & Vital Signs

|  |  |
| --- | --- |
| Parameter | Value |
| Temperature (°C) |  |
| Pulse Rate (bpm) |  |
| Blood Pressure (mm Hg) | Systolic / Diastolic |
| Respiratory Rate (/min) |  |
| SpO₂ (%) |  |

## 4. Observation & Posture

|  |  |
| --- | --- |
| Observation Parameter | Findings |
| Body Habitus | Eumorphic / Athletic / Obese |
| Head/Neck/Spine Alignment | Cervical lordosis, thoracic kyphosis, lumbar lordosis |
| Shoulder Level | Symmetrical / Droop / Elevated |
| Pelvic Tilt & Level | Neutral / Anterior tilt / Posterior tilt |
| Limb Alignment | Genu valgum/varum, foot pronation/supination |
| Edema (Pitting Grade 1–4) |  |
| Gait Pattern | Antalgic, Trendelenburg, steppage, circumduction |

## 5. Palpation & Soft‑Tissue Assessment

|  |  |
| --- | --- |
| Structure | Assessment (Tenderness Grade 1–4) |
| Bones (e.g., spinous processes, joint margins) | Tenderness: Grade 1 – Grade 4; location and severity |
| Muscles | Spasm: Yes/No; trigger points; tone (soft, tender) |
| Ligaments | Swelling: Yes/No; laxity; tender on palpation |
| Tendons | Crepitus: Yes/No; nodules; tenderness grade |
| Neurovascular Status | Pulses (0–3+), capillary refill; sensation intact/impaired |

## 6. Range of Motion (ROM)

|  |  |  |  |
| --- | --- | --- | --- |
| Joint | Active ROM (°) | Passive ROM (°) | Normal End‑Feel (e.g., firm, hard, soft) |
| Cervical Flexion/Extension |  |  | Firm |
| Cervical Rotation L/R |  |  | Firm |
| Shoulder Flexion/Abduction/IR/ER |  |  | Firm |
| Elbow Flexion/Extension |  |  | Soft/Humeroulnar |
| Wrist Flexion/Extension |  |  | Firm |
| Hip Flexion/Extension/Abduction/Adduction |  |  | Firm |
| Knee Flexion/Extension |  |  | Soft/Firm |
| Ankle Dorsiflexion/Plantarflexion |  |  | Firm |

## 7. Muscle Strength (Manual Muscle Testing Grades)

|  |  |  |
| --- | --- | --- |
| Muscle Group | Right (0–5) | Left (0–5) |
| Neck flexors/extensors |  |  |
| Shoulder abductors |  |  |
| Elbow flexors/extensors |  |  |
| Wrist flexors/extensors |  |  |
| Hip flexors/extensors |  |  |
| Knee flexors/extensors |  |  |
| Ankle plantar/dorsi flexors |  |  |

\*(0 = no contraction; 1 = flicker; 2 = movement w/ gravity eliminated; 3 = movement against gravity; 4 = movement against some resistance; 5 = normal)\*

## 8. Special Orthopaedic Tests

|  |  |  |  |
| --- | --- | --- | --- |
| Region | Test Name | Purpose | Result (+/−) |
| Cervical | Spurling’s Test | Cervical nerve root compression |  |
| Cervical | Valsalva’s Maneuver | Spinal canal/nerve root compression |  |
| Shoulder | Neer Impingement Sign | Subacromial impingement |  |
| Shoulder | Hawkins–Kennedy Test | Supraspinatus tendon impingement |  |
| Shoulder | Apprehension/Relocation Test | Glenohumeral instability |  |
| Elbow | Cozen’s Test | Lateral epicondylalgia |  |
| Elbow | Mill’s Test | Lateral epicondylalgia |  |
| Wrist/Hand | Finkelstein’s Test | De Quervain’s tenosynovitis |  |
| Hip | FABER (Patrick’s) Test | Hip/SI joint pathology |  |
| Hip | Thomas Test | Hip flexor tightness |  |
| Knee | Lachman’s Test | ACL integrity |  |
| Knee | Anterior/Posterior Drawer | ACL/PCL stability |  |
| Knee | McMurray’s Test | Meniscal tear |  |
| Ankle | Anterior Drawer Test | ATFL integrity |  |
| Ankle | Talar Tilt Test | CFL integrity |  |

## 9. Neurovascular & Functional Screening

|  |  |
| --- | --- |
| Assessment | Findings/Grade |
| Dermatomal Sensation | Intact / Impaired; specify dermatomes |
| Deep Tendon Reflexes (0–4+) | Biceps, Triceps, Patellar, Achilles |
| Peripheral Pulses (0–3+) | Dorsalis pedis, Posterior tibial |
| Timed Up & Go (TUG) | Time (sec) |
| Sit-to-Stand Test | Reps in 30 sec |

## 10. Imaging & Investigations

|  |  |  |
| --- | --- | --- |
| Investigation | Date | Findings/Impression |
| X‑ray (region) |  |  |
| MRI / CT |  |  |
| Bone Density (DEXA) |  |  |
| Laboratory Tests |  |  |

## 11. Clinical Impression & Management Plan

|  |  |
| --- | --- |
| Component | Details |
| Primary Diagnosis |  |
| Differential Diagnoses | 1.  2. |
| Short‑Term Goals | –  – |
| Long‑Term Goals | –  – |
| Treatment Plan | – Manual therapy, therapeutic exercises – Modalities (US, TENS, ICE) – Functional rehabilitation – Patient education & home program – Referral / follow‑up schedule |