Musculoskeletal Student Checklist

Assessment	Temporomandibular Joint
Inspect & palpate • Bilateral comparison	• Notes, symmetry, alignment, movement, • Note any deformities, swelling, redness, tenderness, clicking
Assess ROM	States as assessing • Opening & closing • Protrusion & retraction • Lateral motion
Assessment	**Neck**
Inspect & palpate	• Notes posture, symmetry, alignment, movement Names as palpating • Sternomastoid muscles • Cervical spine • Trapezius muscles • Muscles between scapulae • Notes any deformities, swelling, tenderness
Assess ROM	• Flexion • Extension • Rotation • Lateral bending
Assessment	**Shoulder**
Inspect & palpate • Bilateral comparison	• Notes symmetry, alignment, movement • Notes any deformities, swelling, redness, or tenderness Be able to name as palpate • Sternoclavicular joint • Acromioclavicular joint • Subacromial area • Subacromial and subdeltoid bursae
Assess ROM • Bilateral comparison	States as assessing for fluidity • Flexion • Extension • Abduction • Adduction • External rotation • Internal rotation.
Assessment	**Elbow**
Inspect & palpate • Bilateral comparison • Support forearm, elbow flexed 70°	• Symmetry, alignment, movement • Notes any deformities swelling, redness, or tenderness Name as palpate: • Medial & lateral epicondyles and epicondyle grooves • Olecranon process • Ulnar nerve • Extensor surface of ulna and radius
Assess ROM	• Flexion • Extension

	• Pronation • Supination
Assessment	**Wrist and Hands**
Inspect & palpate • Bilateral comparison	Inspect • Symmetry, alignment, movement • Notes deformities, tremors, swelling, warmth, redness, bogginess, or tenderness Wrist palpation • Distal radius • Distal ulna (lateral and medial) • Groove of each wrist joint • Anatomical snuffbox • Carpal bones Hand palpation • Metacarpophalangeal joints • Proximal interphalangeal joints • Distal interphalangeal joints
Assess ROM • Wrist • Fingers & thumb	Wrist • Flexion • Extension • Radial/ulnar deviation Fingers • Flexion • Extension • Abduction • Adduction Opposition (thumb)
Assess grip strength bilaterally	• Notes symmetry of strength
Assessment	**Spine**
Inspect • Observes when client walks • Observes from back and side when client standing • Inspect from the back	Notes: • Alignment of head and neck (midline and erect) • Ease of gait • Posture and alignment • Cervical, thoracic, lumbar curves
Palpate while patient standing: • Spinous processes from neck down • Paravertebral muscles	• Note tenderness, spasm in muscles
Assess ROM of spine while stabilizing pelvis	Assess: • Flexion • Extension • Rotation (left and right) • Lateral bending (left and right) note tenderness, fluidity of movement
Assessment	**Hip**
Inspect • Gait (done with spine)	Inspect • Stance & swing of gait – noting width of base, shift of pelvis, flexion of knee

	• Symmetry, alignment, noting any deformities
Palpate bony landmarks • Iliac crest • Iliac tubercle • Anterior-superior iliac spine • Greater trochanter • Posterior-superior spine Sacroiliac joint	Note presence or absence of • Tenderness • Muscle atrophy • Bruising • Enlarged lymph nodes
Assess ROM • Patient supine • Muscles responsible for movement	Assess • Flexion • Extension • Abduction • Adduction • Internal & external rotation
Assessment	**Knee**
Inspect • Gait (done with spine) • Patient lying supine with knees flexed • Bilateral comparison	Notes • Knee movements with gait • Symmetry, alignment, movement, contours • Notes atrophy of quadriceps muscle, popliteal swelling, deformities, swelling, warmth, redness, tenderness
Palpate • Patient lying, knees extended • Patient sitting with legs over edge of examining table	Palpate • Suprapatellar pouch bilaterally • Patella – palpate, and examine motion as patient tightens quadriceps • With legs flexed, palpate medial and lateral joint lines for degenerative • Medial and lateral collateral ligaments • Notes swelling, tenderness, thickening, warmth
Assess ROM • standing • sitting	• Flexion • Extension
Assessment	**Ankles and Feet**
Inspect and palpate • Bilateral comparison	• Symmetry, alignment, movement • Notes calluses, corns, deformities, swelling, warmth, redness, bogginess or tenderness Palpate • Ankle joint • Achilles Tendon • Heel • Medial and lateral malleolus • Metatarsophalangeal joints • Metatarsals
Assess ROM	Assess • Ankle flexion (plantar flexion) • Ankle extension (dorsiflexion) • Inversion and eversion