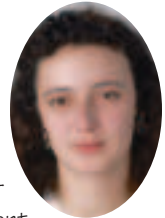

DOCUMENTATION

The following is a sample narrative note from musculoskeletal assessment of a healthy 30-year-old female.

Nurses Notes:

Subjective Data:

Female, 30 years old, reports mobility is “fine” and unchanged over 2 years. No personal history of joint, skeletal, or muscle diseases. Fracture of radius at age 5 with outcome of full use and movement. Maternal and paternal grandparents (ages 65 to 75) have had osteoarthritis for 5 to 10 years. Parents and siblings without musculoskeletal disease. Client walks outdoors or uses treadmill three to four times a week for 30 to 40 minutes. Diet includes multivitamin daily and orange juice with calcium. No significant weight loss or gain. Uses aspirin or Tylenol for occasional headache. Sun exposure limited to summer activities and outdoor walks. Denies pain or weakness. Gait is reported as steady and unchanged. No problems with muscle weakness, tremor, or movement.



Objective Data:

Symmetrical, nonpainful, and smooth movement of the TMJ. Muscles are firm and symmetrical. ROM—opens mouth with 4 cm between upper and lower teeth. Lateral jaw movement of 1.5 cm in each direction. Movement of jaw and mouth, with equal strength against resistance.

Shoulders are at equal height, clavicles and scapulae equal in size and location. Sternoclavicular and acromioclavicular joints symmetrical, nontender, and firm. Full ROM, muscle strength equal and strong bilaterally. Wrists and hands are symmetrical in size and shape, free from deformity. No swelling. Hands warm and smooth, interphalangeal joints nontender and smooth. Full ROM wrists and hands. Phalen’s test without pain, numbness, or tingling. Muscles strong and equal in wrists and fingers. Hips are firm, stable, and nontender. Full ROM bilaterally. Muscle strength equal to resistance. The patella is centrally located bilaterally. No tenderness or swelling. No edema or fluid in joint. Full ROM, knees aligned when erect, muscle strength equal to resistance. Feet and ankles symmetrical, no swelling, tenderness, pain. Joints firm and nontender, full ROM, equal muscle strength to resistance.

Spine is midline, cervical and lumbar curves concave, thoracic curve convex. Iliac crests and gluteal folds are level. Vertebral processes are aligned, uniform in size, stable, and nontender.

Muscles are smooth, firm, symmetrical. Full ROM. No pain or tenderness on palpation.

ASSESSMENT FORM

EXAM

Joint

FINDINGS

(Describe Abnormal Findings)

TMJ

Movement: Smooth L ☒ yes ☐ no ☐
 R ☒ yes ☐ no ☐
 Pain L ☒ no ☐ yes ☐
 R ☒ no ☐ yes ☐
 Muscles: Symmetrical ☒ yes ☐ no ☐
 Firm ☒ yes ☐ no ☐
 ROM: Opens 4 cm between U & L teeth
 Lateral 1.5 cm L 1.5 cm R ☐
 Resistance: 5 strength ☒ yes ☐ no ☐

Shoulders

Height: Equal ☒ yes ☐ no ☐
 Clavicles: Equal size/location ☒ yes ☐ no ☐
 Scapulae: Equal size/location ☒ yes ☐ no ☐
 Acromioclavicular Joints:
 Symmetrical ☒ yes ☐ no ☐
 Firm ☒ yes ☐ no ☐
 Tender ☒ no ☐ yes ☐
 ROM: Full ☒ yes ☐ no ☐
 Active ☒ yes ☐ no ☐
 Muscles: Equal/Strong ☒ yes ☐ no ☐

Wrists/Hands

Size: Symmetrical ☒ yes ☐ no ☐
 Shape ☒ yes ☐ no ☐
 Deformity ☒ no ☐ yes ☐
 Edema ☒ no ☐ yes ☐
 Interphalangeal Joints:
 Smooth ☒ yes ☐ no ☐
 Tender ☒ no ☐ yes ☐
 ROM: Full ☒ yes ☐ no ☐
 Active ☒ yes ☐ no ☐
 Muscles: Equal/strong ☒ yes ☐ no ☐
 Phalen's Test: ☒ negative ☐ positive

Hips

Stable: ☒ yes ☐ no ☐
 Firm: ☒ yes ☐ no ☐
 Tender: ☒ no ☐ yes ☐
 ROM: Full ☒ yes ☐ no ☐
 Active ☒ yes ☐ no ☐
 Muscles: Equal/strong ☒ yes ☐ no ☐

Knees

Patella: Central L ☒ yes ☐ no ☐
 R ☒ yes ☐ no ☐
 Edema ☒ no ☐ yes ☐
 Tender ☒ no ☐ yes ☐
 Aligned ☒ yes ☐ no ☐
 ROM Full ☒ yes ☐ no ☐
 Muscles: Equal/strong ☒ yes ☐ no ☐

EXAM		FINDINGS	
Feet and Ankles	Size:	Symmetrical <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
		Shape <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
		Deformity <input checked="" type="checkbox"/> no	<input type="checkbox"/> yes
		Edema <input checked="" type="checkbox"/> no	<input type="checkbox"/> yes
	Joints:	Smooth <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
		Tender <input checked="" type="checkbox"/> no	<input type="checkbox"/> yes
	ROM:	Full <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
		Active <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
	Muscles:	Equal/strong <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
	Spine	Midline:	<input checked="" type="checkbox"/> yes
Cervical curve:		Concave <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
Thoracic curve:		Convex <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
Lumbar curve:		Concave <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
Iliac crests:		Level <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
Gluteal folds:		Level <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
Vertebral processes:			
		Aligned <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
		Uniform size <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
		Stable <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
		Tender <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
ROM:		Full <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
Muscles:		Smooth <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
		Firm <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no
		Symmetrical <input checked="" type="checkbox"/> yes	<input type="checkbox"/> no