A. Case Studies: Cervical Spine.
B. Case studies: Lower Leg, Ankle, and Foot.
C. Cause Studies: Elbow.
D. Case Studies: Hip.
E. Case Studies: Thoracic (Dorsal) Spine.
F. Case Studies: Knee.
G. Cause Studies: Forearm, Wrist, and Hand.
H. Case studies: Shoulder.

CASE STUDIES:

1. A 2-month-old baby is brought to you by a concerned parent. The child does not move the...... properly, and the sternocleidomastoid muscle on the left side is prominent. Describe your...... plan before beginning...... (congenital torticollis versus Klippel-Feil syndrome).
2. A 54-years-old man comes to you complaining of ...... ......., especially on......; sometimes he has...... into his left arm. Describe your assessment plan (cervical spondylosis versus subacromial bursitis).
3. An 18-years-old male football player comes to you complaining of a “...... arm” after a...... he made 2 days ago. Although he can now move the left arm, it still does not...... right. Describe your assessment plan (Brachial...... lesion versus acromioclavicular......).
4. A 23-years-old woman comes to you after a motor vehicle...... Her car was...... from behind while stopped for a red light. She could see in the...... mirror that the car behind her was not going to be able to stop. The car that hit her was going 50 kph, and...... marks were visible for only 5 m. from the location of her car. Describe your assessment plan (cervical...... versus cervical...... syndrome).
5. A woman comes to you complaining of persistent...... that last for days at a time. She is 35 years old and has recently lost her job. She complains that she sometimes sees...... lights and cannot stand having anyone around her when the pain is very bad. Describe your assessment plan for this patient (...... versus tension ......ache).
6. A 26-year-old man comes to you...... of pain in his...... The pain was evident yesterday when he got up and has not...... significantly since then. He thinks that he may have “slept wrong”. There is no previous history of ......... Describe your assessment plan for this patient (...... torticollis versus...... disc lesion).
7. A 75-year-old woman comes to you complaining primarily of...... pain but also of ...... She exhibits a dowager’s ...... There is no history of trauma. Describe your assessment plan for this patient (osteoporosis versus...... spondylosis).
8. A 47-year-old man comes to you complaining of ...... and...... pain. There is no recent history of trauma, but he remembers being in a motor vehicle accident 19 years ago. He now works at a desk all day. Describe your assessment for this patient ( ...... spondylosis versus tennis...... versus double-...... injury).
9. A 16-year-old boy comes to you with a complaint of having hurt his...... While “.......” with some friends at the lake, he ran away from them and...... into the water to get away. The top of his...... hit the bottom, and he felt a burning pain. The pain...... as he came out of the water, but he still has a residual....... Describe your plan for this patient (cervical fracture versus cervical sprain).

10. A 14-year-old girl comes to you complaining of ...... pain. She has long hair. She states that when she “.......” her hair out of her eyes, which she has done many times before, she felt a sudden pain in her...... Although the pain...... has decreased, it is still there, and she cannot fully move her neck. Describe your assessment plan for this patient (cervical......versus...... torticollis).


**CASE STUDIES:**

1- A 47-year-old man comes to you complaining of......in the left ...... There is no history of ...... activity. The pain that occurs when he ...... his ...... is referred to his neck and sometimes down the.... to his wrist. Describe your assessment plan for this patient (cervical spondylosis versus subacromial ......).

2- An 18-year-old woman recently had a Putti-Platt ...... for a recurring ...... of the left ...... When you see her, her arm is still in a ......, but the surgeon wants you to begin treatment. Describe your assessment for this ......

3- A 68-year-old woman comes to you ...... of pain and ........ ROM in the right ...... She tells you that 3 months earlier she slipped on a......on a ...... floor and landed on her elbow. Both her elbow and ...... hurt at that time. Describe your assessment plan for this patient (olecranon bursitis versus ...... capsulitis).

4- Parents bring their 5-year-old son in to see you. They state that he was running around the recreation room ...... a friend when he ...... over a stool and landed on his...... He refuses to move his...... and is crying because the accident occurred only 2 hours earlier. Describe your assessment plan for this patient (clavicular ...... versus humeral epiphyseal injury).
5- A 35-year-old female master ...... comes to you complaining of ...... pain. She ...... she has been swimming approximately 2000m per day in two ...... sessions; she recently increased her swimming from 1500m per day to get ...... for a competition in 3 weeks. Describe your assessment plan for this patient (subacromial bursitis versus ...... tendinitis).

6- A 20-year-old male ...... player comes to you complaining that when he ...... the ball, his arm “goes dead”. He has ...... his training during the past month. Describe your assessment plan for this patient (...... outlet syndrome versus ...... plexus lesion).

7- A 15-year-old female .......... swimmer comes to you complaining a ...... shoulder ...... She notices the problem most when she does the ......... She complains that her shoulder sometimes feels ...... when doing this stroke. Describe your assessment plan for this patient (anterior instability versus supraspinatus......).

8- A 48-year-old man comes to you complaining of ......and ...... pain. He states that he has difficulty ...... his right arm. There is no ...... of trauma, but he remembers being in a car ...... 10 years earlier. Describe your assessment plan for this patient (cervical spondylosis versus ...... capsulitits).


CASE STUDIES:

1- A 24-year-old woman comes to you complaining of...... in her right ...... on the medial...... The pain sometimes extends into the ...... and is often accompanied by ...... into little finger and half on the ring finger. The pain and the...... are particularly .......... when she plays recreational volleyball, which she enjoys very much. Describe your........ plan for this patient (...... neuritis versus medial epicondylitis).

2- A 52-year-old man referred to you with a history of right ...... pain. He complains of .......... over the lateral epicondyle. He informs you that he has not done any repetitive .......... activity and does not play tennis. He has some .......... of neck movement. Describe your assessment plan for this patient (cervical spondylosis versus lateral epicondylitis).
3- A 26-year-old male football player is referred to you after surgery for a ........
(third-degree strain) left biceps .......... at its .......... His cast has been removed,
and you have been asked to........ the patient to normal function. Describe your
assessment plan for this patient.

4- Parents bring their 4-year-old daughter in to see you. They ........ that about 2
hours previously they were out shopping and the mother was ........ the little
girl’s arm. The little girl ..........., and the mother “........” her up as she fell. The
little girl started to cry and would not ........ the elbow. Describe your
assessment plan for this patient (radial head dislocation versus ........ sprain).

5- A 46-year-old man comes to you complaining of ........ left elbow ........ When he
carries a briefcase for three or four blocks, his elbow becomes ........ and ........
When he picks up things with his left hand, the pain increases ........ Describe
your assessment plan for this patient (lateral epicondylitis versus osteoarthritis).

6- A 31-year-old man comes to you complaining of ........ elbow pain. He says
he........ his elbow on the table 10 days earlier, and he has had posterior........
for 8 or 9 days. Describe your assessment plan for this patient (olecranon
bursitis versus........ synovitis).

7- A 14-year-old female gymnast comes to you complaining of elbow pain. She
explains she was doing a .......... and bent her elbow .........., at which time she
heard a ....... The injury occurred 1 hour earlier, and there is some ...........; she
does not want to move the elbow. Describe your assessment plan for this
patient (biceps tendon .......... versus epiphyseal .......).

VOCABULARY: Ruptured/ restriction/ tenderness/ ulnar/ assessment/ bothersome/
paresthesia/tingling/ forearm/ side/ elbow/ pain/ fracture/ rupture/ swelling/ snap/
backward/ vault/ joint/ swelling/banged/ posterior/ dramatically/ sore/ stiff/ pain/
diffuse/ ligamentous/ move/ yanked/ tripped/ holding/ state/ restore/ insertion/
tendon
CASE STUDIES:

1- A 31-year-old pregnant woman complains of pain in the right …… of 3 months duration. The pain ……. her at night and is relieved only by vigorous ……. of her hand and motion of the fingers and ……. There is some ……. in the index and middle fingers. Describe your assessment for this patient (carpal tunnel ……. versus lunate subluxation).

2- A 18-year-old man comes to you after ……. a right ……. fracture. He has been in a cast for 12 weeks, and ……. union has been achieved. Describe your assessment for this patient.

3- A 16-year-old girl comes to you complaining of ……. pain. She was skiing during the weekend and ……. , landing on her ski pole. She hurt her thumb when she fell. Describe your assessment for this patient (……. collateral ligament ……. versus Bennett´s fracture).

4- A 48-year-old comes to you complaining of a ……. hand. He happened to hit it against a metal door as he was going outside. During the next few days, the hand became ……. and ……. , and he has become very ……. of it. Describe your assessment of this patient (Sudeck´s ……. versus hand …….).

5- A 52-year-old woman who has ……. arthritis comes to you because her hands…… and she has difficulty doing things functionally. Describe your assessment for this patient.

6- A 14-year-old boy comes to you ……. wrist pain with swelling on the ……. of the hand. He says he tripped and fell on the ……. hand. He states the wrist hurt, the pain ……. and then the swelling came on over 2 or 3 days. Describe your ……. of this patient (scaphoid fracture versus ganglion).

7- A 28-year-old man was in an industrial ……. and lacerated the flexor tendons in the ……. of his hand. Describe your assessment for this ……. 

8- A 37-year-old woman comes to you complaining of pain and ……. on the ……. side of the wrist. Describe your assessment of this patient (……. disc versus scaphoid fracture).

CASE STUDIES:

1- A 33-year-old comes to you complaining of in the lower spine that is extending into the thoracic . Describe your assessment plan for this patient (ankylosing spondylitis versus thoracic spinal stenosis).

2- A 14-year-old boy presents complaining of a severe pain in the middorsal spine of week’s duration. He is neurologically normal. X-rays reveal a and anterior wedging at T5 with a Schmor´l nodule into T4. Describe your assessment plan for this patient (kyphosis versus Scheuermann’s ).

3- A 23-year-old woman has a scoliosis with a single C curve having it apex at T7. Describe your assessment before treatment. How would you the curve and the amount of ?

4- A 38-year-old woman comes to your clinic complaining of pain with at the costochondral junction of two on the left side. Describe your assessment plan for this patient (Tietze’s syndrome versus rib ).

5- A 26-year-old male ice hockey comes to you complaining of back pain that is around the . He explains that he was “ ” (hit between another player and the boards). He did not notice the pain and until the next day. He has had the problem for 2 weeks. Describe your assessment plan for the patient (rib hypomobility versus sprain).

6- A 21-year-old female swimmer comes to you complaining of pain in her side. She says was when she helped another athlete out of the water 5 days ago. Describe your assessment plan for this patient (rib versus rib hypomobility).

CASE STUDIES:

1- A 14-year-old boy was well until he fell from a chair onto his ......... He did not appear hurt, but 1 week later his parents brought him in for assessment because of a ......... and pain in his right ......... and ......... The teenager is a tall, thin boy who prefers to walk with the right foot....... rotated. Design your assessment plan for this patient (slipped capital femoral epiphysis versus ischial bursitis).

2- A 71-year-old woman had an Austin Moore prosthesis...... into the left ......... 1 day ago. The prosthesis has ...... the pain she had in her hip. X-rays ...... that the prosthesis is solid. The surgeon has asked you to get the patient up and ......... Before doing this, however, you must do a ...... assessment. Outline how you would do the ..........

3- A 7-year-old boy is brought by his parents for assessment. He walks with a ...... and has done so during the past 5 weeks at irregular times, the limp becoming more ...... when the boy becomes tired. The boy also complains of a painful left knee. Describe your assessment plan for this patient (Legg-Calvé-Perthes ...... versus slipped capital femoral epiphysis).

4- A 3-week-old girl is ...... to you to be ....... Before you can fit the........., you must do an assessment........ your assessment plan for this patient.

5- A 55-year-old man complains of hip and ...... pain. There is some sciatica with pain into the ........ The pain is especially bad when he walks. He has a desk job but has been very....... throughout his life. Describe your assessment plan for this patient (piriformis syndrome versus lumbar spondylosis).

6- A 35-year-old woman ...... of lateral hip pain. She states that she was in a motor ...... accident 2 weeks ago in which she was hit from the passenger side (she was driving) and her car was ...... against a telephone pole. She was wearing a seat belt. Describe your assessment for this patient (trochanteric bursitis versus muscle ........).

7- An 18-year-old man was surfing when he was thrown by a wave and hurt his hip. The hip is medially rotated and shortened. He has some sciatic pain. Describe your assessment for this patient (posterior hip dislocation versus trochanteric fracture).

8- A 23-year-old female ...... comes to you complaining of hip pain. She says it brothers her when she does any quick ...... of the hip. Describe your assessment plan for this patient (psoas ........ versus psoas ......).

CASE STUDIES:

1- A 59-year-old man presents to you with pain and of 4 months duration in his right knee. There is no history of . The pain and swelling have become during the past month. Describe your assessment plan for this patient (osteoarthritis versus pathology).

2- A 24-year-old male football player is referred to you for treatment after a surgical to the anterior cruciate and the medial ligaments of the right . He is still in , but the surgeon says the splint can be removed for . Describe your for this patient.

3- A 54-year-old man comes to you for treatment. He has difficulty walking and pain in the left that is referred into the area of the gluteal . There is ecchymosis evident in the posterior knee and a small amount in the superior area. Describe your assessment plan for this patient (hamstring strain versus sciatica).

4- A 17-year-old male rugby player comes to you saying that his feels . He says he was playing rugby, to a player, and felt a pop in his knee. Describe your assessment plan for this patient (osteocondral versus anterior cruciate sprain).

5- A 10-year-old boy is brought to you by his parents. He is anterior pain. Describe your assessment plan for this patient (Osgood-Schlatter syndrome versus chondromalacia patellae).

6- A 20-year-old female rugby player comes to you with lateral pain that is sometimes referred the leg. The knee hurts when she walks. She remembers being in the while playing rugby 10 days earlier. Describe your assessment plan for this patient (superior tibiofibular subluxation versus common peroneal nerve neuropraxia).

7- An 18-year-old female swimmer presents to you with medial knee. She has just her training to 10,000m per day. Describe your assessment plan for this patient (medial ligament sprain versus chondromalacia patellae).

CASE STUDIES:

1- A 38-year-old man....... his Achilles....... 4 weeks earlier and had it surgically ....... The cast has been removed. Describe your assessment plan for this........

2- A 24-year-old woman presents at your clinic with a...... left ...... There is no history of .......; however, the pain has been present for approximately 6 years and has become....... in the past year. Describe your assessment plan for this patient (Morton´s neuroma versus ....... fasciitis).

3- A 59-year-old man comes to you complaining of pain in his right calf and some ...... in his right ...... He also complains of some ....... in his back. Describe your assessment plan for this patient (lumbar spondylosis versus tibial nerve palsy)

4- A 16-year-old female volleyball player comes to you complaining of left ...... pain and difficulty walking after she ........ on another player´s foot and went over on her ankle. The injury occurred 30 minutes earlier, and her ankle is ....... Describe your assessment plan for this patient (malleolar fracture versus ...... sprain).

5- A 25-year-old woman tells you that she is training for a marathon but that every time she ....... her ......, her right foot hurts. Some time ago, someone told her she had a cavus foot. Describe your assessment ...... for this patient.

6- Parents bring a 2-year-old boy to you and express concern that the child appears to have flat feet and “....... toes”. Describe your assessment plan for this patient.

7- A 32-year-old woman comes to you complaining of ...... pain. She states that she........... it 9 months earlier and thought it was ....... However, she has now ...... to training, and the ankle is bothering her. Describe your assessment plan for this patient (proprioceptive loss versus ......).
