

Clinical Skill Development Intensive: Hip and Pelvis

Objectives: By completing this program, participants will be able to:

- Identify and explain the most common causes of hip and pelvis dysfunction based on the NPLEX study guide;
- Identify and apply the orthopedic and imaging evaluations that are most helpful in making an accurate diagnosis based on the NPLEX study guide and clinical practice;
- Identify and apply the most appropriate treatment options;
- Identify the limitations in in-office treatment, understanding appropriate referrals.

Agenda:

- Review of basic anatomy of the hips and pelvis utilizing articulated skeletons, imaging, models (15 min.)
- Review of common pathologies of the hip and pelvis (15 min.)
 - ✚ Avascular necrosis of the femoral head
 - ✚ Iliotibial band syndrome
 - ✚ Dislocation
 - ✚ Fractures
- Using and interpreting the most useful physical examination techniques (60 min.)
 - ✚ Observation
 - ✚ Range of Motion
 - ✚ Ely test
 - ✚ Gaenslen test
 - ✚ Hibb test
 - ✚ Nachlas test
 - ✚ Ober test
 - ✚ Ortolani click
 - ✚ Patrick test (FABERE)
 - ✚ Pelvis rock test
 - ✚ Telescoping test
 - ✚ Thomas test
 - ✚ Trendelenburg test
 - ✚ Yeoman test
- Imaging studies for hips and pelvis (10 min.)
 - ✚ Knowing when and what to order
 - ✚ Knowing the limitations of imaging
 - ✚ How to write the order
- Treatment Options
 - ✚ Watchful waiting
 - ✚ Physical adjustments (and contraindications)
 - ✚ Physical therapy
 - ✚ Surgery
- Pharmacology of commonly-used in-office pain medications (20 min.)
 - ✚ NSAIDS (Indications/Contraindications)

- ✚ Homeopathic injections
- ✚ Other pain meds (non-narcotic!)
- ✚ Write the prescription
- SOAP Case Presentation: Chief Concern, Subjective, Objective, Assessment, Plan (25min.)
 - ✚ Eliciting the Chief Concern from the patient
 - ✚ Subjective: The patient's story (OPQRST)
 - ✚ Objective: Focused physical examination of the patient
 - ✚ Objective: Imaging studies (What and When)
 - ✚ Assessment: Creating the Differential Diagnosis
 - ✚ Plan: Identifying and applying the most appropriate treatment
- Personal Injury Cases (20 min.)
 - ✚ Insurance coverage (Yes, even for Naturopaths!)
 - ✚ Attorneys
 - ✚ Medical Liens
 - ✚ Proper Documentation
- Dumb Things Doctors Do
- Referring Patients
- Case Studies
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