



# ASSESSMENT OF THE LOWER LIMB

PREV. MEDICINE & COMM. HEALTH (1<sup>ST</sup> Shifting) | (September 27, 2019)

## OUTLINE

- I. ASSESSMENT OF THE LOWER LIMB
  - A. Dermatomes of the lower limb
    - Why patients consult a doctor?
  - B. Inspection
  - C. Palpation
  - D. Recording motor findings
  - E. Testing for muscle power
- II. References

## OBJECTIVES

- Identify techniques in the assessment of the lower limb

## I. ASSESSMENT OF THE LOWER LIMB

### A. DERMATOMES

- A dermatome is an area of the skin supplied by a single sensory spinal nerve root
- Knowledge and testing for dermatomes help localize a lesion to a specific spinal cord segment



### B. INSPECTION

Inspect for:

- **Skin lesions** (mentioned in Trans 03)
- **Skin condition**
- **Wasting**
  - is defined as a decrease in the mass of the muscle; it can be a partial or complete wasting away of muscle, and is most commonly experienced when persons suffer temporary disabling circumstances such as being restricted in movement
- **Contractions**
- **Fasciculation**
  - a small, local, involuntary muscle contraction and relaxation which may be visible under the skin
- **Injection sites**
- **Ischemia**
  - an inadequate blood supply to an organ or part of the body
- **Ulceration** (Mentioned in Trans 03)
- **Joints**

### C. PALPATION

- **PULSES**
  - a) Femoral
  - b) Popliteal
  - c) Tibialis posterior
  - d) Dorsalis pedis

- Lower limb reflexes
  - a) Knee reflex: L2/L3/L4
  - b) Ankle reflex: S1
  - c) Plantar reflex: L5/S1/S2
- Motor system
  - a) Tone- the amount of tension (or resistance to movement) in muscles
  - b) Power- the ability to exert a maximal force in as short a time as possible

## D. SENSORY SYSTEM

- Light touch
- Two-point discrimination
- Proprioception
- Vibration
- Pain
- Temperature

## E. RECORDING MOTOR FINDINGS

### Recording motor findings

#### Grading muscle power

0 Total paralysis

- 1 Flicker of contraction
- 2 Movement with gravity eliminated
- 3 Movement against gravity
- 4 Sub-optimal movement against resistance
- 5 Normal

#### Grading reflexes

- 0 Absent
- ± Present only with reinforcement
- +
- ++ Just present
- +++ Brisk normal
- ++++ Exaggerated response

## F. TESTING FOR MUSCLE POWER

- Hip
  - a) Flexion L2/L3
  - b) Extension L5/S1/S2
  - c) Abduction L4/L5/S1
  - d) Adduction L2/L3/L4
- Knee
  - a) Flexion L5/S1
  - b) Extension L3/L4
- Ankle
  - a) Plantar flexion S1/S2
  - b) Dorsiflexion L4
  - c) Eversion L5/S1

## III. REFERENCES

Lower Limb assessment discussion  
Dr. Lapitan

# Assessment Of The Lower Limb

**Bruce Ovbiagele, Anthony S. Kim**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the authors' names.

## **Assessment Of The Lower Limb:**

Merriman's Assessment of the Lower Limb E-Book Ben Yates,2012-01-17 Merriman s Assessment of the Lower Limb has established itself through two editions as the benchmark text book of lower limb examination and assessment The third edition preserves the lucidity logical approach and comprehensive coverage of its predecessors but adds many exciting features including online resources videos and images many new contributors thorough updating of all chapters many of which have been completely rewritten and an entirely new chapter on functional assessment The online resources access via <http://booksite.elsevier.com/9780080451077> provide extensive videos of assessment techniques and illustrations practitioners with patients and models show how to assess all parts of the lower limb and evaluate various conditions Together with its companion volume *Clinical Skills in Treating the Foot* the new third edition of Merriman s Assessment of the Lower Limb is a truly indispensable guide for podiatry students and practitioners as well as trainee general practitioners medical students working in rheumatology diabetology and orthopaedics sports therapists and sports medicine trainees Online resources incorporating videos and illustrations invaluable footage of assessment techniques downloadable full colour figures and extra radiological photographs Log on to <http://booksite.elsevier.com/9780080451077> and follow the on screen instructions Many new contributors bringing fresh expertise and insights for today s student All chapters thoroughly rewritten and updated New chapter on functional assessment Case histories help put learning in context DVD incorporating videos and illustrations invaluable footage of assessment techniques downloadable full colour figures and extra radiological photographs Many new contributors bringing fresh expertise and insights for today s student All new design All chapters rewritten and updated New chapter on functional assessment

**Assessment of the Lower Limb** Linda M. Merriman,David R. Tollafield,1995 This is a guide to the examination and assessment of the lower limb to facilitate accurate diagnosis and the planning of appropriate treatment It should help the student develop an accurate picture of the state of lower limb viability and limb function to arrive at a precise and accurate diagnosis and to identify additional factors which may influence treatment

Assessment of the Lower Limb Linda M. Merriman,Warren Turner,2002 This is a comprehensive guide to the examination and assessment of the foot and lower limb an essential initial process for anyone presented with a patient with problems in this part of the body It brings together in one volume information which otherwise has to be gathered from a variety of sources The text examines in a logical order the stages which should be gone through in order to arrive at an accurate diagnosis Midwest

**Pensions and the principles of their evaluation** Richard Llewellyn Jones Llewellyn,1919 Modern Technologies in Ergonomics and Workplace Safety Beata Mrugalska,Waldemar Karwowski,Tareq Z. Ahram,2026-01-22 The evolution of workplace technologies demands a balance between innovation and human centric design This book examines how organizations can create sustainable efficient workspaces while prioritizing employee well being and environmental responsibility Through research and real world applications the book demonstrates how the thoughtful integration of

technology with ergonomic principles leads to improved productivity and enhanced working conditions This book provides the tools and insights needed to create future ready work environments It presents insights into sustainable workspace design incorporating Mediterranean materials and innovative approaches to virtual training Readers will discover the transformative potential of wearable technologies explore advanced visual analysis methods and understand the implementation of crucial safety measures across various industries The book provides practical frameworks for risk assessment health monitoring and construction safety while highlighting the impact of Building Information Modeling BIM on workplace efficiency By implementing the strategies outlined in these pages readers can ensure that their organizations can create work environments that drive productivity while supporting both human and environmental well being Modern Technologies in Ergonomics and Workplace Safety is written for researchers and graduate students seeking to expand their knowledge in workplace design and safety and pursuing innovative solutions in ergonomics It will also appeal to policymakers responsible for shaping workplace regulations

[Pensions and the Principles of Their Evaluation](#) Llewellyn Jones Llewellyn, Arthur Bassett Jones, 1919

**Promotion of Physical Activity and Health in the School Setting** Antonio García-Hermoso, 2024-08-24 This book is the first known contributed volume focused exclusively on physical activity in the school setting It describes the importance of regular physical activity for all preschoolers children and adolescents which contributes to preventing concerning public health problems such as childhood obesity and physical inactivity Children and adolescents spend more time in school than anywhere else other than the home making schools an excellent setting in which to offer quality physical activity education and possibilities for an active school day Physical activity is associated with physiological physical and mental health benefits School based physical activity initiatives can also positively impact learning and classroom behavior This book comprehensively reviews the latest research on physical activity and health in the school setting presenting different perspectives from prestigious international authors representing 12 countries and involving 40 different researchers It provides an in depth description on how the school environment can be used to develop implement and evaluate strategies that promote physical activity and reduce sedentary behavior among these populations according to the educational stage i e pre primary primary and secondary school It also details how to implement each individual initiative based on successful investigations and how to plan implement and evaluate a school policy By implementing these strategies schools can help create a culture of physical activity that promotes healthy habits and reduces the risk of chronic diseases The volume s 16 chapters are organized in three parts providing an overview of current knowledge The authors discuss advances in theory and research and demonstrate how they are using that evidence to improve professional practice and collaborate with families Part I Movement Guidelines and Recommendations Part II Monitoring and Evaluation in School Settings Part III Physical Activity During School Hours Promotion of Physical Activity and Health in the School Setting makes an important contribution to the youth physical activity field for scholars and practitioners The book is essential reading for

advanced students researchers practitioners and policy makers with an interest in physical activity youth sport public health physical education or child and adolescent development and education

**Orthotics in Functional Rehabilitation of the Lower Limb** Deborah A. Nawoczenski, Marcia E. Epler, 1997 This comprehensive clinical resource discusses and evaluates the function of orthotic devices in the management of lower limb dysfunction Provides optimal techniques for maximizing the functional ability of both orthopedically and neurologically impaired adult and pediatric patients Provides the most current information on orthotic appliances for the hip knee ankle and foot regions accompanied and supported by empirical data Each chapter features an extensive review of the relevant literature with figures and tables highlighting key features of orthotic devices

[Pedretti's Occupational Therapy - E-Book](#) Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2024-03-25 2025 Textbook and Academic Authors Association TAA McGuffey Longevity Award Winner Selected for 2025 Doody's Core Titles with Essential Purchase designation in Occupational Therapy Gain the knowledge and skills you need to treat clients patients with physical disabilities Pedretti's Occupational Therapy Practice Skills for Physical Dysfunction 9th Edition uses a case based approach threaded through each chapter to provide a solid foundation in evaluation intervention and clinical reasoning The text continues to support the entry level occupational therapist and the experienced occupational therapist focused on expanding skills and knowledge With the OT practice framework as a guide you will focus on the core concepts and central goals of client care And by studying threaded case studies you will learn to apply theory to clinical practice Written by a team of expert OT educators and professionals led by Heidi McHugh Pendleton and Winifred Schultz Krohn this edition includes an eBook free with each new print purchase featuring a fully searchable version of the entire text UNIQUE Threaded case studies begin and are woven through each chapter helping you develop clinical reasoning and decision making skills and to apply concepts to real life clinical practice UNIQUE Ethical Considerations boxes examine the obligation to collaborate with clients on their care using evidence to select treatment options UNIQUE OT Practice Notes convey important tips and insights into professional practice Illustrated evidence based content provides a foundation for practice especially relating to evaluation and intervention Information on prevention rather than simply intervention or treatment shows how OTs can take a proactive role in client care Focus on health promotion and wellness addresses the role of the occupational therapist in what the AOTA has identified as a key practice area Content on cultural and ethnic diversity is included in every chapter reflecting occupational therapy's commitment to this important issue Key terms chapter outlines and chapter objectives highlight the information you can expect to learn from each chapter

*Proceedings of the 10th International Conference on Movement, Health and Exercise* Mohd Hasnun Arif Hassan, Lian Yee Kok, Ahmad Munir Che Muhamed, Koon Teck Koh, Chaipat Lawsirirat, 2025-09-30 This book gathers papers presented at the 10th International Conference of Movement Health and Exercise MoHE 2024 held at Subang Jaya Selangor Malaysia 10 12 September The content covers the following topics exercise science human performance physical activity sports medicine sports nutrition

management and sports engineering technology The articles published will be of interest to researchers and practitioners from the field of rehabilitation exercise medicine and sports technology

**New advances in Rehabilitation of Stroke** Xiao Lu, Sheng Li, Xiquan Hu, Hua Yuan, Yue Lan, 2024-01-22 Worldwide stroke remains one of the leading causes of death and long term disability with an estimated prevalence of 2.5% The prevalence of people living with the effects of stroke has increased because of the growing aging population As the number of stroke survivors increases so does the demand for function rehabilitation of stroke The goal of conventional rehabilitation is to improve residual function and restore independence but its impact is still limited Novel therapeutic approaches remain urgent and the potential mechanisms underlying these approaches require further exploration Therefore in this Research Topic our goals include 1 to explore novel rehabilitation approaches of stroke in both acute and chronic stages 2 to explore the potential mechanisms underlying novel rehabilitation approaches of stroke 3 to explore different situations and challenges across different countries regarding rehabilitation of stroke 4 to identify ways to further improve the quality of rehabilitation for stroke 5 to identify and remove barriers that limit patients access to appropriate rehabilitation services

**Neurorobotics explores machine learning** Fei Chen, Jose De Jesus Rubio, Mu-Yen Chen, 2023-01-20

**Essentials of Plastic Surgery: Q&A Companion** Alex P Jones, Jeffrey E. Janis, 2022-10-28 A must have companion resource to test knowledge of plastic surgery essentials Essentials of Plastic Surgery Q A Companion Second Edition by renowned plastic surgeons Alex P Jones and Jeffrey E Janis mirrors expanded content and new chapters in the parent book Essentials of Plastic Surgery Third Edition The third edition of the parent book includes 127 chapters which reflects the increased scope breadth and depth of plastic surgery since publication of the last edition The companion book employs the same style and formatting with select illustrations from the parent book as well as additional unique images created for this text The print book is accompanied by a complimentary eBook that is accessible on smartphones and tablets Key Features More than 1600 questions formatted as multiple choice questions complement and highlight the content contained in the parent book Questions specifically designed to test the reader on the clinical application of this knowledge Succinct yet detailed answers enhance acquisition and retention of knowledge The conveniently compact format fits in a lab coat pocket and is designed and organized to enable quick and easy reading This is an invaluable go to resource for plastic surgeons throughout training and can be used as a refresher and revalidation of knowledge as their careers progress

**Essentials of Physical Medicine and Rehabilitation E-Book** Walter R. Frontera, Julie K. Silver, Thomas D. Rizzo, 2014-08-04 From sore shoulders to spinal cord injuries Essentials of Physical Medicine and Rehabilitation 3rd Edition provides you with the knowledge you need to get your patients moving again This practical and authoritative new edition delivers easy access to the latest advances in the diagnosis and management of musculoskeletal disorders and other common conditions requiring rehabilitation Each topic is presented in a concise focused and well illustrated format featuring a description of the condition discussion of symptoms examination findings functional

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**Casting Protocols for the Upper and Lower Extremities** Paula Goga-Eppenstein,1999 Practitioners at the Institute draw on their own experience and that of others to offer a guide for rehabilitation professionals primarily occupational and physical therapists to using casts to manage upper and lower extremity contractures and hypertonicity They describe new types of casts refine

**Ischemic Stroke Therapeutics** Bruce Ovbiagele,Anthony S. Kim,2024-04-23 This second edition updates established evidence for contemporary management of ischemic stroke Therapeutics for acute management secondary prevention recovery rehabilitation asymptomatic cerebral ischemia special populations and implementation of stroke systems of care are all discussed Chapters are authored by leading academicians from around the world with real world clinical practice experience and comprise the scientific rationale and expert consensus recommendations which underlie prevailing and possibly future therapeutic strategies for managing ischemic cerebrovascular disease New chapter topics include neuroprotectants treatment of the oldest old brain computer interfaces disparities and the global burden The specialist or general practitioner will gain critical knowledge in stroke management current clinical challenges and promising new therapies under investigation

**Acute and Chronic Wounds** Ruth A. Bryant,Denise P. Nix,2007 This text is a resource for clinicians challenged with the care of acute surgical wounds and various types of chronic wounds It provides a knowledge base for understanding wound care including the structure of the skin its functions types of skin damage physiology of wound healing and more

**Assessment in Occupational Therapy and Physical Therapy** Julia Van Deusen,Denis Brunt,1997 Evaluation

*Developmental Physical Education for All Children* David L. Gallahue,Frances Cleland Donnelly,2003 Grade level 1 2 3 4 5 6 7 k p e i t

*Isokinetic Exercise and Assessment* David H. Perrin,1993 Isokinetic Exercise and Assessment not only

presents a scientific basis for the use of isokinetics it also provides practical guidelines for applying isokinetics in clinical practice This approach plus the book s extensive normative value tables makes it a suitable textbook and reference for students and practitioners of athletic training physiotherapy rehabilitation medicine and strength training

## **Assessment Of The Lower Limb** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Assessment Of The Lower Limb**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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