



Orthobasics

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Summary:

The disorders of the musculoskeletal apparatus make up a major part of the cases which are encountered by young physicians, no matter their workplace. The workshop, developed by the Student Society for Orthopedics and Traumatology, introduces participants to the fundamentals of musculoskeletal examination. It consists of a short introduction with an overview of the anatomy, biomechanics, and pathology of the joint that is being examined. Afterward, specific tests for diagnosing the pathology in each joint are demonstrated. The joints that are being examined are the hip, knee, and shoulder. Participants are then divided into smaller groups and with the guidance of their demonstrator, practice clinical examination of each joint. Furthermore, the participants practice taking patient history, inspection and palpation, which can help in setting a suspicion of a certain pathology. After each workshop, handouts are given to the participants which contain a summary of the clinical examination of each joint.