

ASSESSING MUSCULOSKELETAL SYSTEM

MUSCULOSKELETAL ASSESSMENT

- a vital component of a comprehensive total body assessment
- The body's bones, muscles, and joints compose the musculoskeletal system
- the musculoskeletal system's overall purpose is to provide structure and movement for body parts

BONES

- provide structure, give protection, serve as levers, store calcium, and produce blood cells
- 206 bones – axial skeleton and appendicular skeleton
- Two types:
 - compact bone* - hard and dense and makes up the shaft and outer layers
 - spongy bone* - which contains numerous spaces and makes up the ends and centers of the bones
- formed by active cells called osteoblasts and broken down by cells referred to as osteoclasts
- contain red marrow that produces blood cells and yellow marrow composed mostly of fat

SKELETAL MUSCLES

- types of muscles: skeletal, smooth, and cardiac
- 650 skeletal (voluntary) muscles - under conscious control
- made up of long muscle fibers (fasciculi) that are arranged together in bundles and joined by connective tissue, skeletal muscles attach to bones by way of strong, fibrous cords called tendons.
- assist with posture, produce body heat, and allow the body to move.

JOINTS

- where two or more bones meet
- provide a variety of ranges of motion (ROM) for the body parts and may be classified as fibrous, cartilaginous, or synovial

SKELETAL MOVEMENTS



- abduction: moving away from midline of the body
- adduction: moving toward the midline of the body

PHYSICAL EXAMINATION

- circumduction: circular motion
- inversion: moving inward
- eversion: moving outward
- extension: straightening the extremity at the joint and increasing the angle of the joint
- hyperextension: joint bends greater than 180 degrees
- flexion: bending the extremity at the joint and decreasing the angle of the joint
- dorsiflexion: toes draw upward to ankle
- plantar flexion: toes point away from ankle
- pronation: turning or facing downward
- supination: turning or facing upward
- protraction: moving forward
- retraction: moving backward
- rotation: turning of a bone on its own long axis
- internal rotation: turning of a bone toward the center of the body
- external rotation: turning of a bone away from the center of the body

Collecting Subjective Data: The Nursing Health History

- helps to evaluate the client's level of functioning with activities of daily living
- information regarding the client's nutrition, activities, and exercise is a significant part of the musculoskeletal assessment
- the nurse needs to remember to investigate signs and symptoms reported by the client
- the nurse can learn the client's daily activity and exercise patterns that promote either healthy or unhealthy functioning of the musculoskeletal system

Collecting Objective Data: Physical Examination

- provides data regarding the client's posture, gait, bone structure, muscle strength, and joint mobility, as well as the client's ability to perform activities of daily living
- includes inspecting and palpating the joints, muscles, and bones, testing ROM, and assessing muscle strength

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