

## Diagnosis

### Referral Information

Osteoarthritis of the hip or knee  
Extra information: medical advice, co-morbidities

### History Taking

*Investigation:*

- patient questions and important complaints
- health problems related to origin, natural course and prognosis (including coping with complaints)
- present status

*Determining pain severity by usage of the VAS and functional activities in the Algo Functional Index.*

### Physical Assessment

*Inspection:*

- form, postural changes to the knee and hip joints, pelvis and spine
- circumference differences between the two legs

*Palpation:*

- swelling, temperature, synovial enlargement (knee arthritis), painful palpation?
- muscle tone in lumbar extensors and hip adductors (hip Osteoarthritis)

*Function:*

- evaluating leg functions

*Assessment:*

- evaluating activities
- evaluating coping mechanisms

*Determining measurements (for example the gonio-meter and the handheld dynamometer)*

### Analysis Process

- Which problem areas are most important: active inflammation impairments; pain; reduction of functional movements; limitations in activities; participation problems and inadequate pain behavior?
- Which patient profile is applicable to the patient ?
- What is the prognosis?
- Can the problems be influenced by Physical Therapy?
- Is the patient motivated for Physical Therapy?

Yes ▼

Is there an indication for Physical Therapy?

No ► Discussion with referring physician

Yes ▼

Can the treatment follow the KNGF clinical guideline?

No ► Where are the differences?

Yes ▼

Treatment plan development

For further information of the therapeutic process see patient profiles A, B and C.

## Therapy

### Problem Areas

1. impairments related to an active inflammation process.  
2. Pain  
*if necessary:*  
6. inadequate pain behavior

3. movement impairments (not movement fear)  
4. activity limitations  
*if necessary:*  
6. inadequate pain behavior

4. activity limitations  
5. participation problems  
*if necessary:*  
6. inadequate pain behavior

### Patient Profile

**A active inflammation Process**

**B episodic complaints**

**C chronicle and long lasting complaints**

### Treatment Goals

1. reduction of impairment related to an active inflammation process ▼  
1-2. improving insight into joint load and joint capability ▲  
2. pain reduction ▼  
2. improving joint load capability ▲  
6. improving necessary pain behavior ▲

3. reduction of movement related impairments ▼  
4. improving activities ▲  
6. improving necessary pain behavior ▲

4. improving activities ▲  
5. improving household and occupation participation ▲  
6. improving adequate pain behavior ▲

### Treatment

1-2. informing/advising  
1-2. guidance in functions and activities  
1-2. helpful aids (if needed)  
1. TENS (if needed)  
1. cold-packs (if needed) ▼  
2. traction for pain reduction  
6. usage of behavioral orientated principles (if needed)

3-4. informing/advising  
3. stimulating functions with improvement in joint capability  
4. stimulating activities with improvement in joint capability  
6. usage of behavioral orientated principles (if needed)  
3. traction and translations (if needed)  
3-4. helpful aids (if needed)

4-5. informing  
4-5. stimulating activities with improvement in joint capability  
6. usage of behavioral orientated principles  
5. discussion with other disciplines (if needed)  
4-5. helpful aids (if needed)

### Evaluation

- history taking  
- movement and activity observations  
- measurements (gonio-meter and handheld dynamometer)

- VAS  
- Algo Functional Index