




envision new mexico QUALITY HEALTHCARE FOR CHILDREN

To envision what can be and to create the highest quality health care for children in New Mexico

Envision New Mexico puts the tools for quality improvement and evidence-based practice into the hands of primary care and behavioral health providers throughout New Mexico.

TELEHEALTH
 THE VITAL CONNECTION
 LINKING PEDIATRIC SUB-SPECIALISTS WITH RURAL PRIMARY CARE PROVIDERS
 TELEHEALTH CALENDAR

UNM HEALTH SCIENCES CENTER UNM DEPARTMENT OF PEDIATRICS 1

Thank you for attending this Envision NM webinar conference. We will begin shortly.

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- Envision NM is a division of the UNM Department of Pediatrics and receives funding from the NM Department of Health and the NM Human Services Department.



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Molina Health Care & BCBS NM partners with Envision New Mexico

- Molina Healthcare & BCBS NM is offering payment to NM primary care providers who seek specialty consultation for their Molina & Blue Cross Community Centennial (Medicaid) patients through Envision New Mexico (ENM) Telehealth
 - In addition, on behalf of the primary care provider, non-physician providers (eg. RN, PA, NP, RD, LMSW, LISW) involved with a Molina patient's care may present cases to an eligible ENM Telehealth clinic and your practice will receive the reimbursement.
 - Enter code Q3014 with GT modifier on a standard Medicaid claim form and receive reimbursement for the presentation of patient cases to one of the following ENM Telehealth clinics.
- Eligible clinics are:
 - Pediatric Nutrition Telehealth Clinic (PNT)
 - Telepsychiatry Consultation for Pediatric and School-Based Health Clinic Providers
 - SBHC Provider Integrated Behavioral Health Case Conference Forum
 - Adolescent Health Initiative (AHI)
 - Motivational Interviewing Case Consultation (Open MICC)
- For more information about the reimbursement, please contact:
Molina Healthcare – Michel Faust, Care Coordinator, Molina Healthcare of New Mexico
Direct Line: 505-348-0924 Toll Free: 1-800-377-9594 Ext. 180924 Fax: 1-866-472-4575
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Rollcall

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Pre-Participation exam Two minute Orthopedic exam

Presented by
Timothy Acklin ATC,LAT,CIMS



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Objectives

- Develop a reproducible evaluative technique
- Understand and identify predisposing conditions for PPE's
- Be able to describe and perform the orthopedic component of the PPE



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Cranial Exam

- Palpation
 - Occipital notch
 - Vertebral Artery
- ROM
 - Flexion/Extension
 - Lateral Flexion
 - Rotation
- MMT



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Upper Extremities

- Palpation
 - Bony anatomy
 - Muscular structures
- ROM
 - Flex/Ext, Abd/Add, Int/Ext Rot
- MMT
 - All directions With Resistance
- Stress Exams
 - Piano key test
 - Sulcus test
 - Ant/ Post drawer
 - Hawkins/Kennedy
 - Speeds



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Elbow

- Palpation
 - Ulna, Radius, Humerus
 - Capitulum, radial head
- ROM
 - Flex/Ext, Int/Ext rotation
- MMT
 - Supination/ Pronation
- Stress Exams
 - Valgus/Varus
 - Ant/Post Glide



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Hand and Wrist

- Palpation
 - Scaphiod-lunate junction
 - Carpal groove
 - Thenar and Hypothenar surfaces
- ROM
 - Flex/Ext, radial/ulnar deviation
 - Thenar Int/Ext rotation
- MMT
 - All directions with resistance
- Stress Exam
 - Phalen test
 - Dequervian test
 - Pinch grip test
 - Ant/Post drawer test



Pelvis

- Palpation
 - Ischium, Iliac, Acetabulum
 - Sciatic, Femur
- ROM
 - Flex/Ext, Abd/Add, Int/Ext Rotation
- MMT
 - All directions with resistance
 - Specific testing for Adductor group
 - Specific testing for Quadriceps/Hamstring group
- Stress Exams
 - Iliac Compression
 - Femoral Glide
 - FABERS/FADIRS
 - Patrick's



Knee

- Palpation
 - Medial/Lateral Chondyls, Patella surfaces
 - Tibial Tubercle, Gerdy's, Pect Anserinus Post Capsule
- ROM
 - Flex/ Ext, Int/Ext Rotation, Antroversion, Retroversion
- MMT
 - All directions with Resistance
- Stress Exams
 - Valgus, Varus, Apprehension, Clarks
 - Ant/Post Drawer, Lachmans, McMurrey's
 - Sag test, Pivot shift, Screw Home Mechanism



Lower Leg, Ankle, Foot

- Palpation
 - Fibular head, Chondyls, Tibia, Talus, Calcaneous
 - Navicular, Cunniforms, Meta Tarsals, Arches
- ROM
 - Plantar Flexion, Dorsiflexion, Inversion Eversion
 - Supination, Pronation
- MMT
 - Resist With all Directions
- Stress Exams
 - Ant/Post Drawer, Inv/Eversion, Distraction
 - Kleiger, Talar distraction
 - Supple or functional flat footed



Balance and Coordination

- Standing
 - Double leg, Single leg, Opposition
 - Squat to Stand
- Forward Bending
 - Spinal alignment
 - Scoliosis
- Rhombergs Test
- Leg length, arm length
- Q-angle



Questions

- **Manual muscle testing is directly associated with joint insufficiency T/F T**
- **Leg length testing is an efficient method of determining lumbral-sacral dysfunctions T/F T**
- **Hamstring Strength is a precursor to lower body joint injuries T/F F**
- **Marfan's syndrome can be identified early through orthopedic evaluation T/F T**
- **Athletes will conceal concussions during didactic portion of PPE T/F T**



Resources

- **Prentice, WE: Arnhem's Principles of Athletic Training, ed 12, New York, NY; McGraw Hill**
- **Booher, JM and Thibodeau, GA: Athletic Training and Injury Assessment, ed 4, Dubuque, IA; McGraw Hill**



Rollcall

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envision new mexico THE INITIATIVE FOR CHILD HEALTHCARE QUALITY

To envision what can be and to create the highest quality healthcare for children in New Mexico



Envision New Mexico puts the best resources available into the hands of the doctors, nurses and community workers keeping New Mexico families healthy.

Thank you

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