

Unit 3: Deformities

Bone and Joint Tumors

A 35-year-old male presents with a painful swelling in the thigh, suspected to be an osteosarcoma. Priya must decide how to assess and proceed.

Challenge: How should Priya approach the assessment?

Possible Solutions:

1. Document swelling size, pain, and functional impact.
2. Recommend urgent imaging (X-ray, MRI) to evaluate the lesion.
3. Refer to an oncologist for biopsy and diagnosis.
4. Avoid aggressive manual therapy until malignancy is ruled out.

L. Chronic Arthritis

A 55-year-old female with rheumatoid arthritis reports joint stiffness. Priya must develop a management plan to address deformities.

Challenge: How should Priya manage the arthritis?

Saravanampatti Post, Coimbatore – 641 035, T.N

Possible Solutions:

1. Initiate low-impact exercises to maintain joint mobility.
2. Recommend splinting to prevent further deformities.
3. Collaborate with a rheumatologist for medical management.
4. Educate the patient on joint protection techniques.

M. Low Back Pain

A 40-year-old male with chronic low back pain reports worsening symptoms. Priya must identify the cause and plan treatment.

Challenge: How should Priya assess and manage the pain?

Possible Solutions:

1. Perform a lumbar assessment to identify mechanical vs. non-mechanical pain.
2. Recommend core strengthening and posture correction exercises.
3. Refer for imaging if red flags (e.g., neurological deficits) are present.
4. Educate the patient on ergonomics and pain management.

N. Spinal Deformities

Saravanampatti Post, Coimbatore – 641 035, T.N

A 15-year-old female with scoliosis is referred for physiotherapy. Priya must decide on an appropriate intervention plan.

Challenge: How should Priya address the scoliosis?

Possible Solutions:

1. Assess the degree of curvature using a scoliometer.
2. Recommend bracing if curvature is moderate (e.g., 20-40 degrees).
3. Initiate Schroth exercises for scoliosis-specific therapy.
4. Refer to an orthopedic specialist for surgical evaluation if severe.

O. Poliomyelitis

A 20-year-old male with residual polio paralysis seeks physiotherapy for leg weakness. Priya must plan a rehabilitation strategy.

Challenge: How should Priya manage residual paralysis?

Possible Solutions:

1. Assess muscle strength and functional limitations.
2. Recommend strengthening exercises for unaffected muscles.

SNS COLLEGE OF PHYSIOTHERAPY
Affiliated by the Tamil Nadu Dr. M. G. R. Medical University,
Chennai.

Saravanampatti Post, Coimbatore – 641 035, T.N

3. Suggest orthotic support to improve mobility.
4. Discuss tendon transfer options with the orthopedic team.

P. Congenital Deformities

A 5-year-old child with clubfoot (CTEV) is referred post-casting. Priya must plan maintenance therapy.

Challenge: How should Priya manage the clubfoot?

Possible Solutions:

1. Continue Ponseti method with bracing (e.g., Denis Browne splint).
2. Teach parents stretching exercises to maintain correction.
3. Monitor for relapse and refer to a pediatric orthopedist if needed.
4. Document progress with serial measurements.