

Beyond the Checkbox:  
**Key Elements of a Professional  
 Sports Medicine Evaluation**

*Mike Ryan, PT,ATC,CES,PES*  
 CCSU '85




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### Disclosure & Conflict of Interest

- No conflicts of interest or financial relationships




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### Our Starting Mindset

- ① Be Honored that Our Patients Entrust Us With Their Greatest Treasure: Their Health
- ② Great Evaluations Utilize All Our Senses.
- ③ Every Single Evaluation is Different so Plan Accordingly.
- ④ Play **Doctor Detective**.....and Let's Enjoy the Challenge!




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Action Plan

- History
- Observation
- Special Tests
- Palpation (delayed per CK)
- Determine Dx
- Formulate a Rehab Plan
- Implement the Rehab Plan




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Action Plan

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- Determine Dx
- Formulate a Rehab Plan
- Implement the Rehab Plan
- Reassessment (when?)




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Action Plan

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- Implement the Rehab Plan
- Reassessment (when?)
- Alter the Rehab Plan




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Action Plan

- History
  - Observation
  - Special Tests
  - Palpation (delayed per CK)
  - Determine Dx
  - Formulate a Rehab Plan
  - Implement the Rehab Plan
  - Reassessment (when?)
  - Alter the Rehab Plan
- Are we done?**



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Action Plan

- History
- Observation
- Special Tests
- Palpation (delayed per CK)
- Determine Dx
- Formulate a Rehab Plan
- Implement the Rehab Plan
- Reassessment (when?)
- Alter the Rehab Plan
- **Re-Implement THE PLAN**
- Repeat



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The Best Evaluators

Master the Skill  
of Asking Great  
Questions...

....then the Art of  
Shutting Up.



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## Powerful Eval Questions

“Tell me if this (palpation/motion/test) makes your pain feel better, worse or the same.”

“What makes it better?”

“What makes it worse?”



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## Powerful Eval Questions

(With palpation) “Does it hurt at A, B or C?”

“Describe THE pain.”

“Listen very closely to your (body part). Do you get pain then (abnormal complaint) or the (abnormal complaint) then the pain?”



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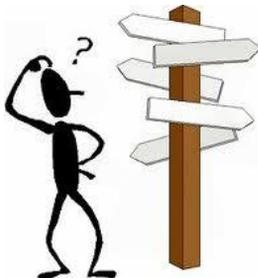
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## Don't be Afraid to Say: "I Don't Know"



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#1 Required Skill For Elite Orthopedic Care in NFL?



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#1 Required Skill For Elite Orthopedic Care in NFL?

Manual Therapy?



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#1 Required Skill For Elite Orthopedic Care in NFL?

Manual Therapy?  
ART/MAT Certification?



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#1 Required Skill For Elite Orthopedic Care in NFL?

- Manual Therapy?
- ART/MAT Certification?
- Taping/Bracing/Splinting?




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#1 Required Skill For Elite Orthopedic Care in NFL?

- Manual Therapy?
- ART/MAT Certification?
- Taping/Bracing/Splinting?
- Strong Core Skills?




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#1 Required Skill For Elite Orthopedic Care in NFL?

- Manual Therapy?
- ART/MAT Certification?
- Taping/Bracing/Splinting?
- Strong Core Skills?
- PT Degree?




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#1 Required Skill For Elite Orthopedic Care in NFL?

- Manual Therapy?
- ART/MAT Certification?
- Taping/Bracing/Splinting?
- Strong Core Skills?
- PT Degree?
- Flexibility Expertise?




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#1 Required Skill For Elite Orthopedic Care in NFL?

- Manual Therapy?
- ART/MAT Certification?
- Taping/Bracing/Splinting?
- Strong Core Skills?
- A PT Degree?
- Flexibility Expertise?
- No.....



**TRUST!!**




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Pearls of a Elite Evaluation

- Great Questioning Skills & Even Better Listening Skills
- Selective Tension
- Capsular Patterns
- Types of Pain vs. Types of Tissue
- Treating the Patient Above the Neck AND Below the Neck




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## Pearls of a Elite Evaluation

- "It All Comes Down to Anatomy!"
- Trust Your Eyes, Your Hands and Your Gut....then try to prove them wrong
- Bilateral Symmetry
- Arthrokinematics is King
- Use Your Resources and Support Your Resources



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# Take Home Points....

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## Take Home Point # 1



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### Take Home Point # 2



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### Take Home Point # 3



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### Take Home Point # 4



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### Take Home Point # 5



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### Take Home Point # 6



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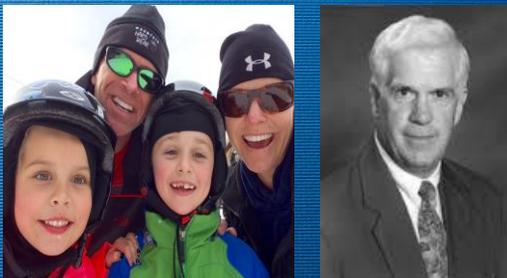
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### *Big Thank You's!*



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