

Pemeriksaan Fisik Ekstremitas Bawah

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Prinsip Pemeriksaan Fisik

- Minta izin
- Hargai Privacy
- Dilakukan dg sopan
- Dilakukukan dg runtut

Prinsip Pemeriksaan Fisik

- Jangan lupakan kondisi umum pasien dan vital sign
- Two sides: kanan dan kiri
- Two joints: atas dan bawah
- Two surfaces: depan dan bawah

Pendekatan Pemeriksaan Fisik

- Penampilan umum dan gait
- Look, Feel & Move
- Special Tests
- Pemeriksaan neurovaskular

Pemeriksaan Umum

- Penampilan baik atau terlihat sakit
- Vital signs: demam, stabilitas hemodinamik

Gait

- Antalgic gait: nyeri terlihat dari cara berjalan
- Trendelenburg (abductor lurch) gait: weak abductors
- Waddling gait: bilateral weak abductors, bilateral DDH
- Steppage gait: foot drop
- Toe-walking

HIP: Look

- Prinsip:
 - Enough exposure
 - Compare both sides
 - Examine joint above (back) and joint below
- Look for:
 - Leg length discrepancy: blocks vs. tape
 - Alignment & Asymmetry (wasting)
 - Swelling, Skin changes (erythema), Scars

Hip: Feel

- Prinsip:
 - Dimulai dari area yg tidak nyeri
 - Dirasakan adanya bagian yg hangat, bengkak, nyeri
- Sites:
 - From the front: ASIS, pubic tubercle
 - From the side: GT, iliotibial band
 - From the back: SI joint, PSIS

Hip: Move

- Prinsip:
 - Periksa gerakan aktif, kmd pasif
 - Diperiksa adanya crepitus, excessive movement (laxity), limited movement (contracture), painful limitation
 - Do the motor neurological exam now
- Movements:
 - Flexion & Extension
 - Abduction & Adduction
 - IR & ER in flexion & extension

Hip: Special Test

- Trendelenburg test: for abductor strength
- Thomas test: for hip flexion contracture
- Ober's test: for iliotibial band tightness
- Patrick's (FABER) test: for SI joint
- Labral tear test

Knee: Look

- Prinsip:
 - Lihat kondisi secara umum
 - Bandingkan kedua lutut
 - Periksa sendi di atas dan bawah lutut
- Look for:
 - Leg length discrepancy
 - Alignment (varus, valgus, Q-angle)
 - Asymmetry (wasting)
 - Swelling, Skin changes (erythema), Scars

Knee: Feel

- Prinsip:
 - Dimulai dari area yg tidak nyeri
 - Rasakan hangat, bengkak, efusi, nyeri
 - Jangan lupakan bagian belakang lutut
- Sites:
 - Patella: margins and surfaces, quadriceps & patellar tendon & its insertion, bursae
 - Ligaments, tendons, & ITB attachment
 - Joint line: medial & lateral
 - Effusion: milking test, balloon test, ballotment

Knee: Move

- Prinsip:
 - Periksa gerakan aktif, kmd pasif
 - Rasakan adanya crepitus, excessive movement (laxity), limited movement (contracture, locked knee), painful limitation
 - ? Do the motor neurological exam now
- Movements:
 - Extension: quadriceps by femoral nerve
 - Flexion: hamstrings by sciatic nerve

Knee: Special Test

- Patellar tests:
 - Patellar apprehension test
 - Patellofemoral grind test
- Meniscal tests:
 - McMurray test
 - Apley's test
- Ligaments tests: ACL, PCL, MCL, LCL, PLC

Knee: Ligament special test

- ACL: Lachman's, Anterior drawer, Pivot shift
- PCL: posterior sag sign, Posterior drawer
- MCL: valgus stress in neutral & 30 flexion
- LCL: varus stress in neutral & 30 flexion
- PLC: dial test

Foot & Ankle: Look

- Prinsip: Lihat scr keseluruhan, bandingkan kedua sisi
 - Periksa sendi bagian atas dan bawah
- In hindfoot, midfoot & forefoot, look for:
 - Leg length discrepancy
 - Alignment:
 - Ankle: valgus or varus,
 - Foot: pes planus or cavus,
 - Big toe: hallux valgus or varus
 - Toes: claw, hammer, mallet
 - Asymmetry (wasting)
 - Swelling, Skin changes (erythema), Scars

Foot & Ankle: Feel

- Prinsip:
 - Dmul;ai dari area yg tidak nyeri
 - Rasaka hangat, bengkak, efusi, nyeri
- Sites:
 - Bones: malleoli, bones of the hindfoot, midfoot and forefoot
 - Ankle joint
 - Tendons: Achilles, posterior tibial, peroneal
 - Interdigital neuroma

Foot & Ankle: Move

- Prinsip:
 - Periksa secara aktif, kmd pasif
 - Rasakan adanya crepitus, excessive movement (laxity), limited movement (contracture), painful limitation
 - ? Do the motor neurological exam now
- Movements:
 - Ankle: dorsiflexion & plantarflexion
 - Subtalar joint: inversion & eversion
 - Forefoot: abduction & adduction
 - Toes: extension & flexion

Foot & Ankle: Special Test

- Tendons:
 - Achilles Tendon: Thompson test
 - Posterior Tibial Tendon: Heel raise test
- Instability:
 - Anterior drawer test
 - Inversion stress test
 - Peroneal tendon instability test
- Morton's test: Mulder's click

Pemeriksaan Neurological

- Jika diduga ada patologi perifer, tes motorik dan sensoris saraf tepi.
- Jika diduga ada patologi spina:
 - Sensasi dermatom, refleks tendon.

Pemeriksaan Vaskular

- Inspeksi:
 - Pucat
 - Distribusi rambut
- Palpasi:
 - Rasakan denyut nadi: dorsalis pedis, posterior tibial, popliteal, femoral
 - Temperatur
 - Isian kapiler
 - Sensasi
- Special Tests:
 - Compartments check
 - Ankle-Brachial Index