



Australian Association of Musculoskeletal Medicine

Assessment and Management of Lower Limb Pain

- the fourth module of the Certificate in Musculoskeletal Medicine

Aims

This module aims to outline an efficient and careful approach to the assessment and management of patients with lower limb pain seen in a General Practice, Pain Medicine or Rehabilitation setting. It aims to teach the clinical features that offer the best route to a specific diagnosis and will discuss current management options. It aims to cover the key elements of history taking and examination by providing registrants with the opportunity to practice examination tests on each other under supervision. Tests will include movement assessment, palpation of key surface anatomy landmarks and special tests to make an accurate diagnosis. There will be also be discussion of the benefits and limitations of lower limb investigations and general and condition-specific management strategies for use in general practice. Small group case discussions and personal feedback on examination techniques will be used to enhance learning.

Learning Outcomes

- Develop a systems based approach aimed at avoiding missed clinical features in the assessment of lower limb complaints that may lead to misdiagnosis and inappropriate/unnecessary investigations and/or management
- Utilise evidence-informed history taking methods for patients with lower limb complaints
- Conduct a reliable and valid physical examination of patients with lower limb complaints
- Utilise investigations for lower limb pain judiciously and interpret the results in light of existing evidence about them.
- Outline clinical reasoning skills utilised in the diagnosis of lower limb complaints
- Effectively and appropriately manage patients with lower limb complaints, including the provision of evidence based advice

Detailed Schedule for Workshop on 11 May, 2019

TOPIC	ELEMENTS	ACTIVITIES	TIME ALLOCATION
Introduction	<ul style="list-style-type: none"> • Housekeeping • Outline of LOs and schedule for the day • Emphasis requirement to examine each other 	<ul style="list-style-type: none"> • Presentation by convenor 	30 minutes 8.30 – 9.00 am
Pain in the hip and thigh	<ul style="list-style-type: none"> • History • Physical examination • Appropriate investigations • Diagnosis • Management <ul style="list-style-type: none"> ○ Exercises ○ Injections ○ Other • Case discussions including clinical reasoning processes 	<p>Small group</p> <ul style="list-style-type: none"> • Questions/issues arising from prereading • Case vignette - discussion on history taking for hip and thigh pain • Demonstration of surface anatomy and physical examination of the hip and thigh followed by supervised practice of this. • Resume case vignette – discussion of examination findings and investigations • Practice exercises and injection techniques with capped needles • Discussion of other therapies • Presentation and discussion of other illustrative cases of hip and thigh complaints focusing on clinical reasoning. 	140 minutes (including 110 mins discussion and supervised practice) 9.00 – 10.30 am and 10.45 – 11.35 am
MORNING TEA		Takes place during through hip and thigh pain section	15 minutes 10.30 – 10.45 am

TOPIC	ELEMENTS	ACTIVITIES	TIME ALLOCATION
Pain in the knee	<ul style="list-style-type: none"> • History • Physical examination • Appropriate investigations • Diagnosis • Management <ul style="list-style-type: none"> ○ Exercises ○ Injections ○ Other • Case discussions including clinical reasoning processes 	<p>Small group</p> <ul style="list-style-type: none"> • Questions/issues arising from prereading • Case vignette of knee pain <ul style="list-style-type: none"> ○ Discussion of history taking for knee pain • Demonstration of surface anatomy and physical examination of the knee followed by supervised practice of this. • Resume case vignette – discussion of examination findings and investigations • Practice exercise and injection techniques with capped needles • Discussion of other therapies • Presentation and discussion of other illustrative cases of knee complaints focusing on clinical reasoning. 	<p>140minutes (including 110 mins discussion and supervised practice) 11.35 am – 12.30 pm 1.00 – 2.25 pm</p>
LUNCH		Takes place during knee pain section	<p>30 minutes 12.30 pm – 1.00 pm</p>
Pain in the foot and ankle	<ul style="list-style-type: none"> • History • Physical examination • Appropriate investigations • Diagnosis • Management <ul style="list-style-type: none"> ○ Exercises ○ Injections ○ Other • Case discussions including clinical reasoning processes 	<p>Small group</p> <ul style="list-style-type: none"> • Questions/issues arising from prereading • Case vignette of foot and ankle pain <ul style="list-style-type: none"> ○ Discussion of history taking for knee pain • Demonstration of surface anatomy and physical examination of the knee followed by supervised practice of this. • Resume case vignette – discussion of examination findings and investigations 	<p>110 minutes (including 80 mins discussion and supervised practice) 2.25 – 3.00 pm 3.15 – 4.30 pm</p>

		<ul style="list-style-type: none"> • Practice exercise and injection techniques with capped needles • Discussion of other therapies • Presentation and discussion of other illustrative cases of foot and ankle complaints focusing on clinical reasoning. 	
AFTERNOON TEA		Takes place mid-way through section on foot and ankle pain	3.00 – 3.15 pm
Review of the workshop and next steps	<ul style="list-style-type: none"> • Review of key learning points in each section • Outline of post workshop activities and ALM and certificate requirements • Future modules and learning opportunities • Completion of evaluation forms 	<p>Presentation by convenor</p> <p>Completion of evaluation forms by participants</p>	30 minutes including 10 minutes completion of evaluation forms

Timing

Proposed timeframe – 8.30 am to 5 pm (8 ½ hours) comprised of

- Teaching/learning time - 7 hours and 30 mins
- Meal breaks
 - 15 minutes for morning tea occurring within the section on hip and thigh
 - 30 minutes for lunch occurring after the section on hip and thigh and before the session on knee
 - 15 minutes for afternoon tea occurring during the session on foot and ankle

Total time in hands-on, discussion and participation activities for participants – 5 hours

Assessment of Competency

- 15 MCQs based on the prereading to be performed as part of the predisposing activity and submitted before the workshop
- Adequate participation in small group work
- Adequate physical examination skills assessed at the workshop

Module Workshop and Enrolment

Workshop Day 11 May, 2019 from 8.30 am – 5.00 pm

Venue General Practice Training Queensland, 1/32 Billabong St, Stafford, Brisbane

Tutors Dr Michael Yelland – General & Musculoskeletal Medicine Practitioner,
Arana Hills

- Associate Professor, School of Medicine, Griffith University

Dr Geoff Harding – Musculoskeletal Medicine Practitioner, Sandgate

Dr Paul Cleary – Lecturer, Faculty of Medicine, University of Queensland.

Dr Chris Homan - Musculoskeletal Medicine Practitioner, Spring Hill

Dr Bruce Jones - Musculoskeletal Medicine Practitioner, Taringa

Contact person: Kim Ramillon at aamm.cert@gmail.com or phone 0475 091 625 for bookings or visit
<https://www.aamm.org.au/musculoskeletal-courses/>