

## Working Classification of Tests of Physical Examination of Bones, Joints and Muscles

### 1. Global Tests.

**Globaltest (GT)** is a general comprehensive test, research, trial, check. Global tests are tentative screening tests for a certain area or the whole musculoskeletal system of a human body. Doing simple stereotyped movements (bending, squatting) in a certain plane or while passing a certain point in these tests is provocative for emergence of a pain syndrome in a certain group of joints or indicating to the area which demands additional examination to define the type of affection of a joint (joints) and establish provisional rheumatologic (working) diagnosis.

\*Before establishing the cause of pain on the basis of global tests one can say about the pain in a certain area of a body in the area of a certain joint which can be caused by pathology of the joint structures, periarticular tissues or be a reflected pain.

### 2. Functional Tests of damaging joints, tendons and muscles.

### 3. Provocative Tests.

Provocation (lat. provocatio) – in medicine action as a diagnostic maneuver leading to a disease state.

4. Stress Test (STT) – load trials, tests in a heavy-weight regimen, trials with additional loads or stress

5. Screening Tests (SCT) – (Eng. Screening, screen – sift, sort) in medicine mass examination for detection a person's particular disease or symptom.

6. Tests of examination of particular areas of a body, joints and parts of the skeleton (purposeful, problem-oriented)

6.1 Tests on inflammation of joints, periarticular tissues and articular corpuscles.

6.2 Tests of stability of joints and particular joints.

6.3 Tests of estimation of a moving function of joints (Doing of active and passive movements)

6.4 Tests of compression of nerves.

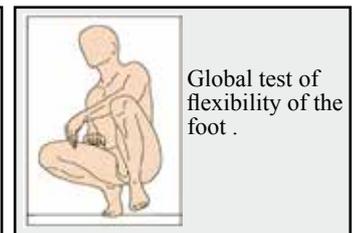
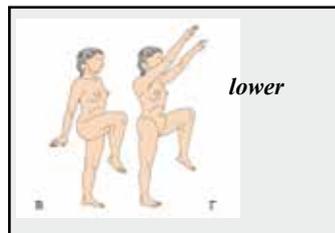
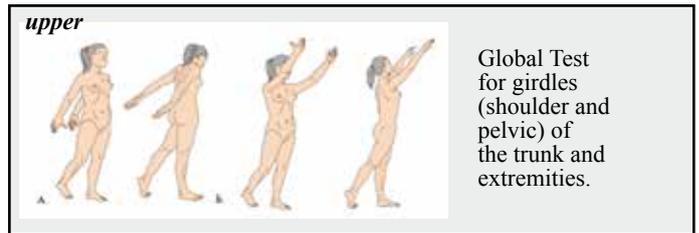
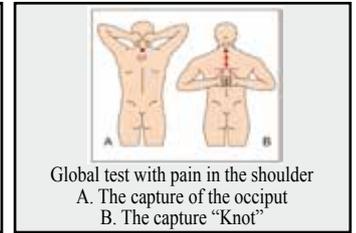
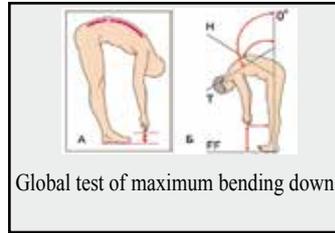
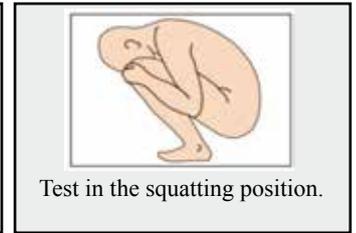
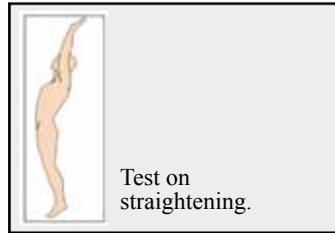
6.5 Tests of annoyance of nerves.

6.6 Traction muscle tests.

6.7 Isometric (while contraction of muscles without changing of their length) tests. (Tests with "résistance", "Resistive" tests).

6.8 Combined tests.

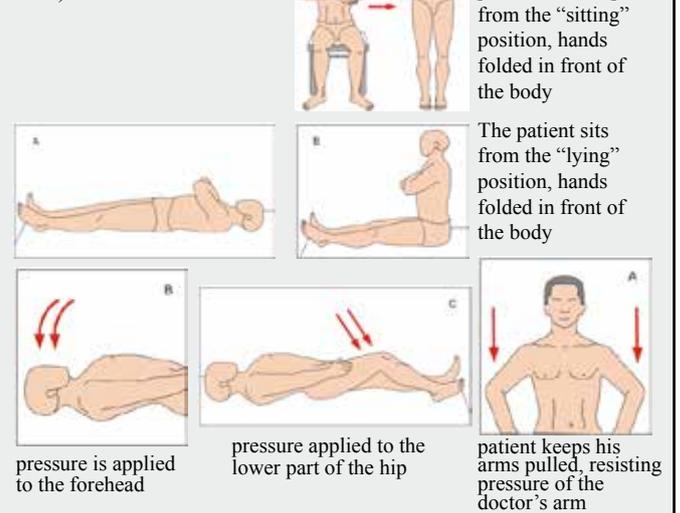
## The Global Rheumatologic Tests in pictures.



## Approximate set of staple foods for rheumatologic patients.

Allowed	Not allowed
Meat of chicken, turkey, rabbit, veal, lean mutton	Pork
2-3 times a week per 150 gr	Fats: pig, beef, mutton
Butter, fresh sour cream daily to 30 gr	Sunflower, corn, cotton-seed oil restrictedly
Fish oil 1 teaspoon daily, linseed oil -2 diet spoon daily	Sausage, frankfurter, small sausages
Rye and bran bread 200 gr every day, buckwheat and oatmeal 50 gr every day, hard kinds of macaroni 50 gr daily, rice 50 gr daily	Grapefruit
Different vegetable mixtures, topinambour, not sweet kinds of apples, pears to 1 kilo every day	Semi-prepared foods
«Small loaves of bread» (rolls) 1 packet a day	Fastfood
Soy products (drinks – 1 drink=200 ml, cheese-tofu 25 gr every day)	Salt
Mixtures for enteral meals by doctor's prescription	
Low-fat kinds of cheese 50 gr every day	
Almonds 25 gr every day, almond «milk»*	
Ginger – daily in diet as seasoning	
Natural juice with pulp 0,5 – 1,5 l	
2 eggs 2-3 times a week	

### Global muscle tests. (Functional muscle tests. Resistance muscle test.)



## Working Classification of Methods of Evaluation of Moving Function of Joints in Outpatient Practice.

1. Examination or visual perception of skeleton and certain joints functions
2. Doing of active and passive movements
3. Functional examination with the help of trials and tests
4. How to estimate the dimension of movement of joints with the help of goniometer (fleximeter)