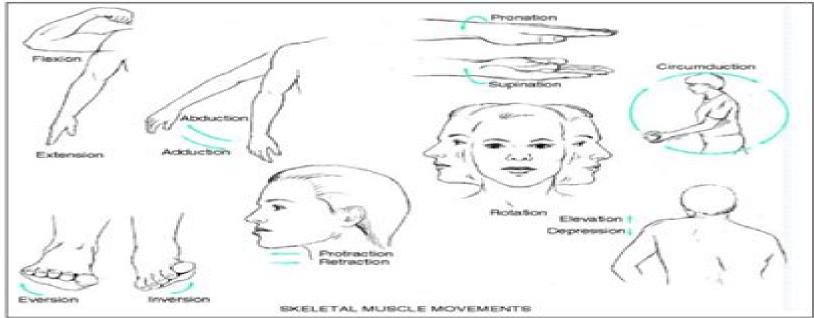
# MUSCULOSKELETAL - PHYSICAL EXAM STEPS

# Skeletal Muscle Movements



#### OVERVIEW:

- Structure and Function
- · Health History
- Physical Exam and common abnormal findings
- Developmental Considerations
- Nursing Diagnoses
- Health Promotion

#### HEALTH HISTORY

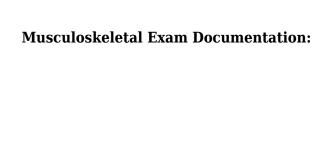
- Functional Assessment (ADL)
- Self-Care Behaviors
- Self-Care Ability Scale:

#### PHYSICAL EXAM

- Inspect the Skeleton
- Size, alignment, contour, symmetry, Gross Deformities

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**Rachel Sandford** 



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