

Specific Injury Assessment and Diagnosis

Much of what ATs do is based on accurate and timely diagnosis. Assessment of injuries and illnesses is a critical step in the rehabilitation process. A proper diagnosis based on information gathered during the previously reviewed general assessment procedures along with objective information from body-part-specific assessment procedures outlined in the following modules will focus the care, treatment, and exercise believed to be helpful in restoring a patient to preinjury status. The faster a diagnosis is obtained through proper injury assessment, the earlier

rehabilitation can begin. Without the information gained from an adequate assessment, clinical interventions could be similar to throwing darts in the dark, which often miss their intended goal.

Several of the general assessment procedures are the same regardless of injury, illness, or complaint. However, in many cases, additional information needs to be assembled from specific evaluation procedures to obtain an accurate diagnosis. The skills needed to evaluate specific body parts are the focus of the following modules.