

CASE HISTORY SCHEME

1. Admission to the hospital (the name of hospital), the date of admission.
2. Department. Chamber number.
3. Name
4. Age
5. Occupation
6. Physical training

Find out more information about the nature of movement regime at home and work, based on which regime which can be divided into sedentary (sedentary work), medium or high physical activity (work, coupled with dynamic muscle activity). It should be clarified whether the examinee was engaged in sports, currently or before, and why stop the sports activity, does he do a set of morning gymnastics, whether engaged in groups or on their own (character of classes, frequency, duration, participation in competitions and so on.) find out if they have any disease, trauma and surgery he undergone. A careful history about physical education and sports, gives a rough estimation of physical fitness of the patient:

- 1) Low, if the examinee had never engaged in physical culture and sports, does not do morning exercises, does not tolerate physical activity in everyday life: use lift (even living on the third floor) use vehicles with no great distances, and physical exercise causes discomfort;
- 2) Average, if the patient performs daily morning exercises of at least 20 minutes and walk during the day at least 3 km;
- 3) High, if the patient participates sports or physical education for several years, continued regular classes in any kind of exercise, tolerates daily exercises, walk during the day at least 5 km.

7. Complaints patient on the day of curation.
8. History of present illness
9. Life history
10. Physical examination

a) external examination: a general examination, skin, visible mucous membranes, subcutaneous tissue, lymph nodes.

b) the state of the musculoskeletal system: the degree of muscle tone and muscle strength, muscle pain on palpation, the proportionality of the state of parts of the skeleton, tenderness and effleurage, inspection of joints: configuration, swelling, redness of the skin over the joints; palpation of the joints: change the local temperature, pain, condition of skin over the joints, and the state of the articular ends articular protrusions; noise from the joints; goniometry - assessment of range of motion in joints, and active passive and if there is a limit, specify what kind of movement is restricted (flexion, extension, supination, pronation, rotation, abduction, conduct).

The shape of the spine, the degree of mobility in their chest, cervical and lumbar soreness. Curvature of the spine physiological, pathological. The value of lordosis, kyphosis and scoliosis degree.

c) respiratory system: the state of the upper respiratory tract; examination of the chest; percussion and auscultation of the lungs

d) cardiovascular system: inspection and palpation of the heart; percussion and auscultation of the heart.

e) the digestive system: examination of the oral cavity; Examination of the abdomen;

f) The system of urination: examination of the lumbar region, a symptom Pasternatskiy palpation of the kidney area.

g) The endocrine system: inspection and palpation of the thyroid gland; dysplasia, and body Proportional parts of the body. Obesity, emaciation.

h) the nervous system: the coordination of movements (gait, Romberg's test).

and mental state: mood, its stability and character (depressed, smooth, euphoric, anxiety, apathy, etc.)

11. The results of instrumental examination. Conclusion: electrocardiography, radiography, tomography, fibrogastroscopy, bicycle ergometry, ultrasound, spirometry, pneumatic.

12. Laboratory Methods. The general analysis of blood and urine biochemical studies (blood protein and its fractions, "C" -reactive protein, sialic acid, and other parameters), blood sugar, glycemic curve, standard glucose tolerance test (SGTT).

13. Diagnosis:

a) primary

b) Complications

c) co-morbidities

14. The complex treatment of patients with compulsory indication movement regime, medication (List the main drugs), physical therapy, massage and other means of physical rehabilitation.

15. Clinical and physiological rationale for the use of exercise therapy.

16. Tasks application exercise therapy for the patient, and this clinical period.

17. APPOINTMENT LFK

The patient is indicated for physiotherapy as a method of treatment.....in a period of.....

18. The complex procedure of medical gymnastics exercises for the patient on the attached chart (A set of exercises should consist of 3 sections: introductory, basic and final).

No. of exercises	Initial position	Description of the exercise	Time to fulfill exercise	Quantity of repetition	Guidelines
1. 2. etc.		Introductory section			
5. 6. etc.		Main section			
12. 13. etc.		Final section			

19. Physiological curve procedure of medical gymnastics.

20. Plot physiological curve procedure of medical gymnastics. (Made on the basis of analysis of heart rate and blood pressure (SBP, DBP to perform, during and after the complex).

21. Diaries (two or three days of diary).

The content of the diary: the impact of physical activity on the patient during the procedure of medical gymnastics:

- a) subjective feelings (draws attention to the appearance of the patient are taken into account and patient complaints in engaged with physical therapy before, during or after the procedure of medical gymnastics).
- b) objective data (heart rate, blood pressure (SBP, DBP) to perform, during and after the performance of a complex, respiratory rate, may spirometry, pneumotachometry).
- a) the conclusion of the correctness of the applied complex exercise.

22. Recommendations for follow-up treatment:

- a) rehabilitation at a stationary stage
- b) rehabilitation at a polyclinic stage
- c) rehabilitation at a sanatorium stage or in a specialized rehabilitation center

NB !!!!! The content of the recommendations on the stages of rehabilitation:

I. Morning hygienic gymnastics

II. The procedure of therapeutic exercises using the following means of exercise therapy:

- a) movement regime
- b) the nature of natural factors
- c) exercise:
 - Starting position
 - General developmental
 - Special
 - The number of repetitions of each exercise
 - time each exercise
- d) guidance:
 - Paced exercise
 - Range of motion
 - The number of breaks for rest and their duration
 - The ratio of respiratory and general developmental exercises
 - The duration of all classes
 - The method of classes (group, few-group, individual, private)

III. Massage

IV. Walking (duration, frequency throughout the day, distance, pace (steps per minute)).

V. Domestic load.