

# Exploración física del paciente con lumbalgia



La lumbalgia es el dolor localizado entre el borde inferior de las últimas costillas y la zona glútea, con o sin irradiación a una o ambas piernas. Dado que es una de las principales causas de ausentismo laboral, es importante llevar a cabo una **valoración adecuada** siguiendo estos pasos:

**1**

Informar sobre los procedimientos por realizar, usar un área de exploración adecuada y cuidar el pudor del paciente.

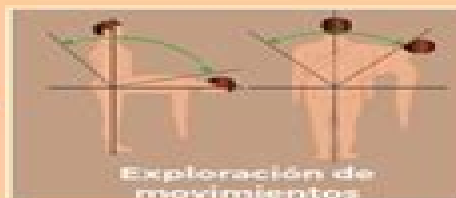


**2**

Valorar la marcha y la postura para detectar alteraciones de la columna.

**3**

Realizar la palpación de puntos dolorosos y de la musculatura paravertebral. Evaluar las vértebras de la línea media de toda la columna, así como las articulaciones sacroilíacas y caderas.



**4**

Valorar los movimientos de flexión-extensión y lateralización.

**5**

Permite identificar alteraciones de la fuerza muscular por miotomas mediante la escala de Daniels, alteraciones de la sensibilidad por dermatomas y alteraciones de los reflejos de estiramiento muscular.



**6**

Evaluar signos de Patrick (sacroilíacas), Lasègue y Bragard para descartar o confirmar probable radiiculopatía.



Al poner en práctica estos pasos, podrá realizar una **exploración física adecuada al paciente con lumbalgia**, favoreciendo la **integración diagnóstica** y el **tratamiento oportuno**.

# Examen Clinico Del Paciente Con Lumbalgia Ofgweb

**Patrick Fransoo**



### **Examen Clínico Del Paciente Con Lumbalgia Ofgweb:**

*EXAMEN CLÍNICO DEL PACIENTE CON LUMBALGIA. Compendio práctico de reeducación* Patrick Fransoo, 2003-06-16

La lumbalgia es una de las causas más importantes de consulta al especialista de reeducación a pesar de ello son muy pocos los libros consagrados a su diagnóstico y evaluación. En este libro se presentan tanto las técnicas de evaluación científicamente mensurables como los tests conocidos y utilizados en la práctica habitual tales como la palpación. Esta obra se dirige a los estudiantes y terapeutas médicos reeducadores kinesiterapeutas osteopatas terapeutas manuales deseosos de profundizar en el examen clínico de la atención lumbar lo que justifica un tratamiento seguro y adaptado a cada patología desde el momento en que esta ha sido correctamente diagnosticada y evaluada. El autor Patrick Fransoo kinesiterapeuta de formación es también diplomado en osteopatía European School of Osteopathy de Maidstone 1988. Ejerce en Bruselas y enseña en la Haute école Libre de Bruselas I Prigogine.

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