

PHYSICAL EXAMINATION

Name _____ Date _____ Age _____ Weight _____ Height _____

General Appearance: Well nourished Robust Good Fair Poor Debilitated

Weight Distribution: Heavier on left Right Normal Posture: Good Fair Poor

PATIENT STANDING

	Left	Normal	Right		Left	Normal	Right
Head Tilt				Thoracic Curvature			
Ear high on				Thoracic Muscle Tension			
Cervical Curvature				Lumbar Curvature			
Cervical Muscle Tension				Lumbar Muscle Tension			
Shoulder High on				Ilium High on			

Range of motion (in degrees):

	Degrees	Active	Pain	Passive	Pain	Remarks
Dorsolumbar Flexion						
Dorsolumbar Extension						
Dorsolumbar lateral flexion (Left)						
Dorsolumbar lateral flexion (Right)						
Dorsolumbar rotation (Left)						
Dorsolumbar rotation (Right)						

Trendelenburg: _____ Romberg: _____ Kemp: _____ Lewin: _____ Adams: _____
 Finger to nose: _____ Heel Walk: _____ Toe Walk: _____

PATIENT SEATED

Systolic _____ / _____ Diastolic _____ / _____ Pulse: _____ Temperature: _____ Resp: _____

Lungs: _____ V.C. _____ / _____ Shoulder Dep. _____ Disfigurements: _____

Heart Sounds: Mitral or Apex _____ Pulmonary _____ Aortic _____ Tricuspid _____

Areas of tenderness: Atlas _____ Axis _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ Brachial Plexus _____

Areas of muscle spasm: Atlas _____ Axis _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ Brachial Plexus _____

Circulation to extremities: Good Fair Poor Chest Girth: _____ Chest Expansion: _____

Range of motion (in degrees):

	Degrees	Active	Pain	Passive	Pain	Remarks
Cervical Flexion						
Cervical Extension						
Cervical lateral flexion (Left)						
Cervical lateral flexion (Right)						
Cervical rotation (Left)						
Cervical rotation (Right)						

JAMAR DYNAMOMETER: Right handed Left handed (Right _____ / _____) (Left _____ / _____)

Formania compression Test: _____ Adson's Sign _____ Minor's Sign: _____

Costo _____ Kemp: _____ Rhine: _____ Dermatomes (Upper) _____

Reflexes: Biceps _____ Triceps _____ Radial _____ Patellar _____ Pupillary _____

Achilles _____ Plantar _____ Hyper. _____

PHYSICAL EXAMINATION (continued)

PATIENT SUPINE (Lying on back)

Measurement of legs: (1) Umbilicus to int. Malleoli Right _____ Left _____
 (2) Ant. Sup. Spine of ilium to int. Malleoli Right _____ Left _____

Apparent Short Leg (pelvic tilt) (1) _____ True Short Leg (2) _____

Grostatic Leg Check: R _____ L _____ Pressure Leg Check: R _____ L _____

Straight Leg Raise: _____ Muscle Strength (5 4 3 2 1): _____

Neck Flexors _____ Trunk Flexors _____ Trunk Rotators _____ Pelvic Elevators _____

Lasegue Test _____ Braggard Test _____ Lowering Extended Extremities _____

Epigastric Reflex _____ Goldthwait Sign _____ Kernig's Sign _____

Naffziger Test _____ Fabere-Patrick _____ Dermatomes (Lower) _____

Soto-Hall _____ Gaenslen's _____ Hoover _____ Percussion _____

Abdomen: Tenderness _____ Rigidity _____ Masses _____

PATIENT PRONE (Lying on face)

Areas of Tenderness: Dorsals 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____ 11 _____ 12 _____

Lumbar 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ Sacrum _____ R _____ L _____ Sciatic Nerve _____ R _____ L _____

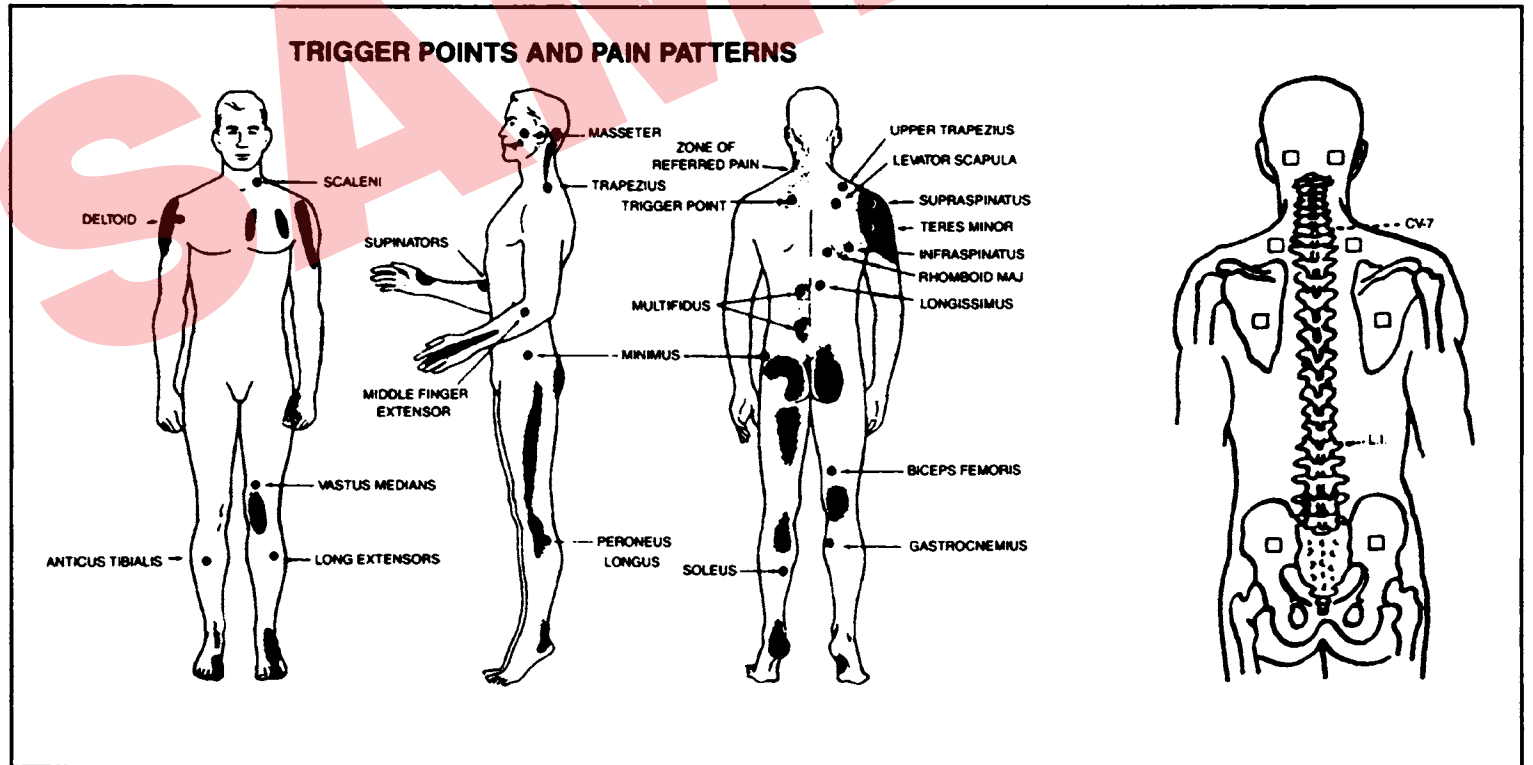
Areas of Muscle Spasm: Dorsals _____ Lumbar _____ Sacrum _____

Muscle Strength: (5 4 3 2 1) Neck Extensors _____ Trunk Extensors _____

Nachlas Test _____ Archilles Reflex _____ Babinski Reflex _____

Ely's Sign _____ Mennell's Sign _____ Derifield Leg Check R _____ L _____

Hibb's Test _____ Circulation Lower Extremities: _____



Remarks: _____
