

### III. PHYSICAL EXAMINATION

RIGHT/LEFT

1. VITAL SIGNS:

Brachial Blood Pressure: Rt. / Lt. /  
 Pulse           Respirations           Height  
 Weight    EENT           Heart Sounds

2. OBSERVATION:

Posture                           Gait  
 Spinal Asymmetry  
     Prominence  
     Flattening  
     Elevation  
     Depression  
 Spinal Rotation Cerv           Dors           Lum  
 Scoliosis   Cerv           Dors           Lum  
 AP Curvature Cerv   N/A Dors   N/A Lum N/A  
 Other

3. PALPATION:

Tenderness   Cerv           Dors           Lum   Other  
 Spasm       Cerv           Dors           Lum   Other  
 Temp        Increased           Decreased  
 Moisture    Increased           Decreased  
 Indurations  
 Nodules, Masses, Lymph Nodes

4. RANGES OF MOTION: (Goniometric Measurement)

(Grades 1: mild 2: moderate 3: severe 4: very severe)

Motion - Cervical Spine	Degree	Amount of Pain	Location of Pain
Flexion	Grade 1-2-3-4		Sharp/Dull
Extension	Grade 1-2-3-4		Sharp/Dull
Right lateral flexion	Grade 1-2-3-4		Sharp/Dull
Left lateral flexion	Grade 1-2-3-4		Sharp/Dull
Right rotation	Grade 1-2-3-4		Sharp/Dull
Left rotation	Grade 1-2-3-4		Sharp/Dull

Motion - Thoracolumbar Spine	Degree	Amount of Pain	Location of Pain
Flexion	Grade 1-2-3-4		Sharp/Dull
Extension	Grade 1-2-3-4		Sharp/Dull
Right lateral flexion	Grade 1-2-3-4		Sharp/Dull
Left lateral flexion	Grade 1-2-3-4		Sharp/Dull
Right rotation	Grade 1-2-3-4		Sharp/Dull

Joint areas:

(a)                   (b)                   (c)  
 P = Pain    NP = Painless   (given in degrees)

Flexion	NP / NP	NP / NP	NP / NP
	(a)	(b)	(c)
Extension	NP / NP	NP / NP	NP / NP
Abduction	NP / NP	NP / NP	NP / NP
Adduction	NP / NP	NP / NP	NP / NP
Ext. Rot.	NP / NP	NP / NP	NP / NP
Int. Rot.	NP / NP	NP / NP	NP / NP

5. Neurological: (Deep reflexes graded by Wexier Scale)

Reflex status:

Deep: Biceps / Triceps / Radial /  
 Ulnar / Wrist / Scapula-humera /  
 Patellar / Hamstring / Ankle /

Superficial: P = Present A = Absent

Upper abdominal / Lower abdominal /  
 Gluteal / Cremasteric /

Pathologic: P = Present A = Absent

Babinski / Hoffman's / Gordon /  
 Chaddock's / Oppenheim / Rossolimo /

Cranial Nerves: N = Normal A = Abnormal

1. Smell N A 8. Whisper N A Weber N A Rinnes N A  
 2. Vision:central (far) N A 9. Gag reflex & taste N A  
 3. Light N A 10. Voice, swallow N A  
 3-4-6. Eye Movements N A 11. Shoulder,Shrug N A  
 5. Sensation & wink N A 12. Tongue Movements N A  
 7. Smile,taste,tongue N A

Cerebral Function Cerebellar Function

Muscle Strength:(Grades - 5:normal 4:good 3:fair 2:poor 1:trace 0:zero)

Cervical Spine Thoracolumber Spine

Motion	Muscle Grade	Motion	Muscle Grade
Right flexion		Right flexion	
Left flexion		Left flexion	
Right extension		Right extension	
Left extension		Left extension	
Right lateral flexion		Right lateral flexion	
Left lateral felxion		Left lateral flexion	
Right rotation		Right rotation	
Left rotation		Left rotation	

Level Muscle Muscle Grade Level Muscle Muscle Grade

C5	Deltoideus	/	L2-3	Hip flexors	/
C6	Biceps	/	L4-5	Hip Extensors	/
	Wrist flexors	/	L3-4	Knee extensors	/

C7 Triceps / L5-S1 Knee flexors /  
 Wrist flexors / L4-5 Ankle extensors /  
 Finger extensors / S1-2 Ankle flexors /  
 C8 Finger flexors /  
 T1 Finger abductors /

Muscle testing via Hand Dynamometer: Patient is right/left hand  
 Right hand: 1st lbs. 2nd lbs. 3rd lbs.  
 Left hand: 1st lbs. 2nd lbs. 3rd lbs.

Measurements - Circumferential:

Chest: Expiration " Inspiration "  
 Upper limbs:  
 Brachium: 4"from upper pole of olecranon: Right " Left "  
 Anterbrac: 4"from lower pole of olecranon: Right " Left "

Lower Limbs:

Thigh: 6"from upper patellar pole: Right " Left "  
 Calf: 6"from lower patellar pole: Right " Left "

Leg Lengths:

Standing: From greater trochanteric apex to floor: Right " Left "  
 Supine: From A.S.I.S to apex of internal malleolus: Right " Left "

Sensation: Right/Left P = Present A = Absent D = Decreased

Area/Dermatome	Sensation				
a) Ligth touch	/	/	/	/	/
	(a)	(b)	(c)	(d)	(e)
b) Pinprick	/	/	/	/	/
c) Vibration	/	/	/	/	/
d) Warm/Hot	/	/	/	/	/
e) Cool/Cold	/	/	/	/	/

6. Orthopedic Test/Signs: P = Positive/Present N = Negative/Absent  
 Dejerine Triad + - IN C T L (disc occlusion) Minor's sign P A (rad.disc pain)

A. Cervical

1. Distraction / nerve root compression
2. Max. Cer. Rot. Comp. / nerve root compression
3. Soto-Hall / vertebral trauma

B. Cervical-Brachial

1. Adson/Scalene / neurovascular comp.
2. Costoclavicular / neurovascular comp.
3. Wright's / neurovascular comp.

C. Shoulder

1. Coracoid press / corcoid pressure syndrome
2. Dugas / dislocation
3. Supraspinatus / rotator cuff tear

- D. Thoracolumbar
1. Dbl. leg raise / lumbo sacral
  2. Ely / upper lumbar
  3. Lasague sitting / muscle, disc, nerve irritation
  4. Fajersztajn / intervertebral disc syndrome
  5. Lindner's / nerve root compression
- E. Compensatory Pain
1. Burn's bench / malingering
  2. Hoover's / malingering
  3. Libman's L N H pain threshold
- F. Sacro-iliac
1. Abduction stress / sacroiliac lesion
  2. Gaenslen's / sacroiliac lesion
  3. Iliac compression / sacroiliac lesion
- G. Radiculitis/Neuralgia /
1. Bechterew / sciatic compression
  2. Lasague Test / sciatic compression
  3. Braggard / sciatic irritation
  4. Ely / femoral irritation
- H. Hip
1. Allis / femoral displacement
  2. Gauvains / hip pathology
  3. Laguerre / hip muscle spasm
  4. Patrick / hip myo, spasm, lumbar strain
- I. Knee
1. Anterior draw / ant. cruciate lig.
  2. Posterior draw / post. cruciate lig.
  3. Apley / dis./comp.collateral/cartilage
  4. McMurray / med./lat.med./lat.meniscus
- J. Elbow
1. Mitts / radiohumeral epicondylitis
  2. Kaplan's / extra artic

Additional test, findings and remarks:

## 6) ORTHOPAEDIC TEST/SIGNS:

Noted in (history) (consultation):

Dejerine triad (positive) (negative) for disk occlusion.

Minor's sign (positive) (negative) for radicular disk pain.

Cervical:

Distraction (positive) (negative) for (right) (left) nerve root compression

Jackson (positive) (negative) for (right) (left) nerve root compression.

Libman (positive) (negative) for (low) (normal) (high) pain threshold.

Maximum cervical rotary compression (positive) (negative) for nerve root compression.  
Neck compression (positive) (negative) for (right) (left) nerve compression.  
Soto-Hall (positive) (negative) for (cervical) (dorsal) vertebral trauma.  
Valsalva (positive) (negative) for disk occlusion.

Cervical-Brachial: (rt:right) (lt:left)

Adson/Scalene (positive) (negative) for (rt) (lt) neurovascular compression.  
Allen (positive) (negative) for (rt) (lt) (radial) (ulnar) arterial occlusion.  
Active costoclavicular (positive) (negative) for (rt) (lt) neurovascular compression.  
Passive costoclavicular (positive) (negative) for (rt) (lt) neurovascular compression.  
Wright (positive) (negative) for (rt) (lt) neurovascular compression.

Shoulder: (rt:right) (lt:left)

Abduction/arch (positive) (negative) for (rt) (lt) rotator cuff tear.  
Coracoid press (positive) (negative) for (rt) (lt) coracoid pressure syndrome.  
Dugas (positive) (negative) for (rt) (lt) (dislocation) (separation)  
Supraspinatus press (positive) (negative) for (rt) (lt) rotator cuff tear.  
Yergason (positive) (negative) for (rt) (lt) biceps tendon lesion.

Dorsolumbar: (rt:right) (lt:left)

Adam's sign (positive) (negative) (rt) (lt) intervertebral disk syndrome.  
Bechterew (positive) (negative) (rt) (lt) sciatic disk compression.  
Beevor's (positive) (negative) (rt) (lt) abdominal muscle weakness.  
Double leg raise (positive) (negative) for lumbosacral lesion.  
Ely (positive) (negative) (rt) (lt) upper lumbar lesion.  
Fajersztajn (positive) (negative) (rt) (lt) intervertebral disk syndrome.  
Nachlas (positive) (negative) (rt) (lt) upper lumbar lesion.  
Gluteal punch (positive) (negative) (rt) (lt) spinal lesion.  
Goldthwaite (positive) (negative) (rt) (lt) lumbar differentiation.  
Heel walk (positive) (negative) (rt) (lt) 5th lumbar motor deficit.  
Kemps (positive) (negative) (rt) (lt) intervertebral disk rupture.  
Lasague (positive) (negative) (rt) (lt) (muscle) (disk) (nerve) irritation.  
Lasague rebound (positive) (negative) (rt) (lt) lumbar antalgic spasm.  
Lewin standing (positive) (negative) (rt) (lt) tight hamstring.  
Lewin supine (positive) (negative) (rt) (lt) spinal arthritic fixation.  
Lindner's (positive) (negative) (rt) (lt) low back nerve root compression.  
Neri bowing (positive) (negative) (rt) (lt) tight hamstrings.  
Sicard's (positive) (negative) (rt) (lt) 5th lumbar motor nerve palsy.  
Supported Adam's (positive) (negative) (rt) (lt) lumbosacral differentiation.

#### Compensatory Pain:

Libman's (positive) (negative) for (low) (normal) (high) pain threshold.

Burn's bench (positive) (negative) for (hysteria) (malingering)

Hoover's (positive) (negative) for (hysterical paralysis) (malingering)

McBride's toe to mouth (positive) (negative) for malingering.

## **7) MORE ORTHOPAEDIC TEST/SIGNS**

### Sacro-Iliac:

Abduction stress (positive) (negative) for sacroiliac lesion.

Anterior innominate (positive) (negative) (rt) (lt) sacroiliac subluxation.

Beery's (positive) (negative) for pelvic lesion.

Gaenslen (positive) (negative) for (rt) (lt) sacroiliac lesion.

Hibbs (positive) (negative) for (rt) (lt) sacroiliac lesion.

Iliac compression (positive) (negative) for sacroiliac lesion.

Mennell (positive) (negative) for (rt) (lt) sacroiliac ligament strain.

Supported Adam's (positive) (negative) (rt) (lt) pelvic differentiation.

### Radiculitis/Neuralgia:

Bechtrew (positive) (negative) for (rt) (lt) sciatic compression.

Braggard (positive) (negative) for (rt) (lt) sciatic irritation.

Brudzinski (positive) (negative) for meningeal irritation.

Ely heel to buttock (positive) (negative) (rt) (lt) femoral irritation.

Fajersztajn (positive) (negative) for (rt) (lt) sciatic disk pressure.

Nachlas (positive) (negative) for (rt) (lt) femoral compression.

Kernig (positive) (negative) for meningeal irritation.

Lasague (positive) (negative) for (rt) (lt) sciatic compression.

Lindner's (positive) (negative) for (rt) (lt) nerve root compression.

Popliteal press (positive) (negative) for (rt) (lt) sciatic irritation.

### Hip:

Allis (positive) (negative) for (rt) (lt) femoral displacement.

Ely heel to buttock (positive) (negative) for (rt) (lt) femoral lesion.

Gauvain's (positive) (negative) for (rt) (lt) hip pathology.

Hibbs (positive) (negative) for (rt) (lt) hip lesion.

Laguerre (positive) (negative) for (rt) (lt) hip muscle spasm.

Ober's (positive) (negative) for (rt) (lt) tight tensor fascia lata.

Patrick (positive) (negative) for (rt) (lt) hip muscle spasm/low back strain.

Thomas (positive) (negative) for (rt) (lt) tight hip flexors.

Trendelenberg (positive) (negative) for (rt) (lt) gluteal insufficiency.

### Knee:

Abduction stress (positive) (negative) (rt) (lt) medial collateral lig. strain.

Adduction stress (positive) (negative) (rt) (lt) lateral collateral lig.

strain.

Anterior drawer (positive) (negative) (rt) (lt) cruciate ligament (partial) (complete) rupture.

Appley (positive)(negative) (rt) (lt) (medial) (lateral) cartilage displacement.

Appley (positive) (negative) (rt) (lt) (medial) (lateral) collateral lig. strain.

Ballotment (positive) (negative) for (rt) (lt) knee effusion.

Extension bounce (positive) (negative) for (rt) (lt) knee pathology.

McMurray (positive) (negative) (rt) (lt) (medial) (lateral) meniscus tear.

Patellar tap (positive) (negative) for (rt) (lt) knee effusion.

Posterior drawer (positive) (negative) (rt) (lt) cruciate ligament (partial) (complete) rupture.

Elbow:

Mill's (positive) (negative) (rt) (lt) radialhumeral epicondylitis.

Carpal Tunnel Syndrome:

Median nerve hypesthesia (positive) (negative) on the (right) (left).

Tinel's sign (positive) (negative) on the (right) (left).

Phelan's sign (positive) (negative) on the (right) (left).

DIAGNOSIS:

## **2. Palpation of Spine:**

Significant tenderness was elicited over: Cervical spinous processes

, Thoracic spinous processes

Lumbar spinous processes , Sacral levels

, the (right) - (left) posterior superior iliac

spine areas, the (right) (left) (upper) (lower) gluteal area(s), the

paraspinal musculature of the (right) - (left) (upper) - (middle) -

(lower) cervical region, the (right) - (left) (upper) - (middle) -

(lower) thoracic region, the (right) - (left) (upper) - (lower) lumbar

region and the of the

region (s). There (was) (no) (muscle spasm) -

(muscle tightness) noted of the

area (s).

(Nodules) - (masses) (were) (not) noted in the

region (s).

Temperature differences (were) (not) revealed of

Moisture differences (were) (not) revealed of

Areas of induration (were) (not) found in .

Also noted was .

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