III. PHYSICAL EXAMINATION

1. VITAL SIGNS:
   Brachial Blood Pressure: Rt. / Lt. /
   Pulse / Respiration / 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
   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
   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  NP / NP  

(a)  (b)  (c)

Extension  NP / NP  NP / NP  NP / NP  NP / NP  

Abduction  NP / NP  NP / NP  NP / NP  NP / NP  

Adduction  NP / NP  NP / NP  NP / NP  NP / NP  

Ext. Rot.  NP / NP  NP / NP  NP / NP  NP / NP  

Int. Rot.  NP / NP  NP / NP  NP / NP  NP / NP  

5. Neurological: (Deep reflexes graded by Wexler 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:

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  Thoracolumbar 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 flexion  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/Dermatone Sensation  
a)  Light 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  
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 / coracoid pressure syndrome  
2. Dugas / dislocation  
3. Supraspinatus / rotator cuff tear
D. Thoracolumbar
1. Dbl. leg raise / lumbo sacral
2. Ely / upper lumbar
3. Lasagne sitting / muscle, disc, nerve irritation
4. Fajersztajn / interverbal 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. Gaenslens / sacroiliac lesion
3. Lliac 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 epicondytitis
2. Kaplan's / extra artic

Additonal 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) (seperation)  
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 (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 (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.
Ballottment (positive) (negative) for (rt) (lt) knee effusion.
Extension bounce (positive) (negative) for (rt) (lt) knee pahtology.
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

region(s). There (was) (no) (muscle spasm) -
muscle tightness) noted of the

area(s).
(Nodules) - (mases) (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