

Cervical and TOS

- Obs and posture -
- Obs: Ischaemia , jaundice, fever, hypertrophy atrophy/fasciculations of cx muscles and upper back muscles, atrophy of arm muscles , spascity , rusts
- Posture: AHC, rounded shoulders, hyper/hypolordosis of cx
- Gait - shuffling, spascity , circumduction, ataxia, incoordination of feet and arms
- Palpation: Palpation: upper tx, scalene, LS, SCM, deltoid, cx sp, paraspinal muscles, interspinous spaces, pecs, major + minor
- AROM
- Percussion and vibration - f#
- PROM and RROM
- Maximum Cx compression
- Cervical distraction
- Doorbell
- Bakody
- Shoulder depression
- L'hermitte's - myelopathy, MS
- Roo's (most sensitive for TOS)
- Adson's and reverse adson's
- Hyperabduction test
- Costoclavicular test
- MP of Cx and upper Tx

Thoracic

- Obs and posture: Spascity, rounded shoulders, scapula, curves of the thoracic, AHC
- AROM + Adam's forward bending
- Ott
- Gait - ataxia, UMNL, LMNL
- Palpation: traps, scap stabilisers, LS, scalenes, rhomboids
- Percussion and vibration (SP and rib heads)
- Closed fist percussion
- PROM and RROM

Thoracic (cont)

- Chest expansion
- Supine sign
- Palpation
- Maigne's

Shoulder

- Obs and post
- Sulcus
- Palpation
- Percussion and vibration
- Sulcus sign
- Augmented anterior apprehension
- Posterior apprehension
- Load and shift
- ROM
- Jobe
- MHK
- Neer's
- Drop arm
- Speeds
- Active compression
- Cross body adduction
- Beighton's
- Palpation
- PDT

Elbow

- Obs and post
- Palpation
- AROM (elbow ext)
- PROM
- RROM
- Valgus (MCL)
- Varus (LCL)
- Cozens
- Grip strength

Elbow (cont)

- Medial epicondylitis
- Pronator teres
- Pinch
- Pronator Quad
- Tinel's (medial elbow and medial hand)
- Froment's
- Arcade of Frohse
- Pivot shift

Wrist and hand

- Obs and post
- Palpation
- Axial compression of thumb
- ROM
- Triangular fibrocartilage test
- Press test
- UCL test
- Scapholunate instability
- Finger extension
- Finkelsteins
- Intersection syndrome
- Tinel's (CTS + Guyon)
- CTS compression test
- Phalen's
- Motor strengthe test for CTS (Oppen's pollicis, APB)
- Allens test
- Digital blood flow

NTTS

- Radial
- Ulnar
- Medial

Low Back and SIJ

- Obs and post:
- Gait
- AROM
- FFD
- Schober's
- Single leg hyperextension
- Kemps
- Waddells Lx compression
- Rotation
- Mckenzie (flex + ext + slide gliding)
- Palpation
- PROM
- SLR and WLR
- Gaenslens test
- SI distraction
- Thigh thrust
- Fabere
- LL
- Abd palpation
- Mckenzie (knees up)
- SI compression
- Palpation (prone)
- Percussion and vibration
- LL inequality
- Sacral springing
- Pheasants
- Mckenzie's

LL NTT

- Slump
- SLR and WLR
- Bonnets
- Braggards
- Bowstrings
- SLR with plantarflexion and inversion (common peroneal)

LL NTT (cont)

- SLR with dorsiflexion (sural nerve)
- Piriformis test
- Prone knee bend with hip ext, add and ext rot (LFCN)
- Prone SLR with abd and hip ext rot (saphenous)

Hip Buttock and Groin

- Obs and post
- Gait
- AROM
- Inguinal hernia palpation
- Trendelenburg
- Pectineus stretch test
- Fulcrum test
- Tibial torsion test
- Palpation
- LL measurements
- PROM (Drehmann, thomas, adduction contracture)
- RROM
- Flexion adduction test
- FAIR test
- Posterior impingement
- Quadrant
- Fabere
- Leg rolling test
- Anvil
- Tinels' (lateral surface of inguinal ligament)
- LL pulses
- Palpation (prone)
- LL measurements
- Hip PROM and RROM - ext
- Rec fem contracture
- ITB contracture
- Meralgia paraesthetica

Knee

- Obs and post
- Gait
- Palpation
- AROM
- Standing meniscal compression
- Q angle
- Palpation
- Stroke test
- PROM and RROM
- Posterior sag sign
- Lachman's (more sensitive)
- Posterior drawer (more sensitive)
- Pivot shift
- Anterior drawer
- Valgus (hand covering outside of knee MCL) and varus stress test (hand covering inside LCL)
- McMurray
- Patella grind
- Patella apprehension
- Quads measurement

Ankle and Foot

- Obs and post
- Gait
- Palpation
- Ankle proprioception
- Talus neutral
- Windlass
- AROM
- Palpation
- PROM
- RROM
- Anterior drawer
- Inversion stress test
- Deltoid ligament stress
- Dorsalis pedis and posterior tibial pulses

Ankle and Foot (cont)

Mortons neuroma test

DE test

Headache

- Gait - Spacidity, circumduction, high stepage, ataxia, frontal lobe , straight line, wide base, falling to one side? Stance - look at how they are standing, wobbly? Wide based?

- Stance

- Posture Posture - Upper cross, lower cross, spastic posture, holding head in pain?

- Temperature (meningitis, infectious causes of HA)

- Blood pressure (hypertension HA)

- Gen obs rashes (meningitis/septicaemia/-herpes zoster) Fever, sweaty, redness of face, atrophy, fasciculations, (face and upper neck/back) , torticollis hypertonic muscles, symmetrical? , squinting, jaw clenching

- CN Screen: Facial symm/drooping Ptosis

shape and size of pupil

Active facial movements

Pupillary light reflexes and accommodation

Ocular positioning and EOM

- Fundoscopy (ICP)

- Otoscopy

- Cx screening (Bony and soft tissue palpation, AROM, PROM, RROM, end feel, Spurlings, Distraction)

- Further palpation (Lymphnodes, scalp tenderness, temporal arteries, sinuses)

- UL Reflexes

- UL muscle strength

- LL Reflexes + plantar response

- LL muscle strength

- Nuchal rigidity (Kernig's and Brudiniskis)

Risk of falls

- Obs and post

- Gait

- Tredelenberg

- One leg standing

- Tx and Lx AROM

- Timed get up and go

- Pulse rate and rhythm

- Vision

- Grip strength

- Muscle tone UL

- PROM hip ext

- Hip PROM

- Knee PROM

- Ankle PROM

- LL muscle tone

- Proprioception of big toe

- Sensation of hands and feet

- Blood pressure (orthostatic hypotension) - immediately standing then after 1-3 minutes standing

