

Cervical and TOS

- Obs and posture -

Obs: Ischaemia , jaundice, fever, hypertrophy atrophy/fasciculations of cx muscles and upper back muscles, atrophy of arm muscles , spasticity , rusts

Posture: AHC, rounded shoulders, hyper/hypolordosis of cx

- Gait - shuffling, spasticity , 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: Spasticity, 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

- Finkelstein's

- Intersection syndrome

- Tinel's (CTS + Guyon)

- CTS compression test

- Phalen's

- Motor strength 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 - McKenzies	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
LL NTT - Slump - SLR and WLR - Bonnets - Braggards - Bowstrings - SLR with plantarflexion and inversion (common peroneal)		



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



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