

Physical Examination of Spine - Lumbar - Dr Bhandarkar



Name

Age/ Sex/ MRN

✓ - means Positive

X - means Negative

Sagittal balance appearance

- Normal
- Kyphosis
- Sway Back
- Flat Back
- Round Back
- Sagittal Balance ↔ + / -

Coronal Appearance

- Normal
- Pelvic Asymmetry (Side)
- Shoulder Asymmetry (Side)
- Scoliosis
- Coronal Imbalance

Skin Changes

- Normal
- Scars
- Sinuses
- Signs of Inflammation

Gait

- Antalgic
- High Step
- Circumduction
- Wide Based
- Ataxic
- Waddling
- Trendelenburg

Walking

- Tandem Walking
- Toe Walking
- Heel Walking
- Squatting
- Pain with Back Extension

Standing position

| | Right | Left |
|--------------------------|--------------------------|--------------------------|
| Stand on One Leg | <input type="checkbox"/> | <input type="checkbox"/> |
| Single Leg Sits to Stand | <input type="checkbox"/> | <input type="checkbox"/> |
| Single Leg Toe Raises | <input type="checkbox"/> | <input type="checkbox"/> |
| Single Leg Heel Raises | <input type="checkbox"/> | <input type="checkbox"/> |
| Pain with Back Rotation | <input type="checkbox"/> | <input type="checkbox"/> |

Nerve Tension Signs

| | Right | Left |
|-----------------|--------------------------|--------------------------|
| Lying SLR | <input type="checkbox"/> | <input type="checkbox"/> |
| Sitting SLR | <input type="checkbox"/> | <input type="checkbox"/> |
| Crossed SLR | <input type="checkbox"/> | <input type="checkbox"/> |
| Lasegue's Sign | <input type="checkbox"/> | <input type="checkbox"/> |
| Femoral Stretch | <input type="checkbox"/> | <input type="checkbox"/> |

- Bell Sign
- Hyperextension Sign

Joints ROM Pain

| | Right | Left |
|-----------------------|--------------------------|--------------------------|
| Hip Internal Rotation | <input type="checkbox"/> | <input type="checkbox"/> |
| Hip External Rotation | <input type="checkbox"/> | <input type="checkbox"/> |
| Knee ROM | <input type="checkbox"/> | <input type="checkbox"/> |
| Ankle ROM | <input type="checkbox"/> | <input type="checkbox"/> |
| Other _____ | | |

Scroiliac Stretch Signs

| | Right | Left |
|--------------------|--------------------------|--------------------------|
| FABER | <input type="checkbox"/> | <input type="checkbox"/> |
| Gaenslen's | <input type="checkbox"/> | <input type="checkbox"/> |
| Sacral Thrust | <input type="checkbox"/> | <input type="checkbox"/> |
| Femoral Thrust | <input type="checkbox"/> | <input type="checkbox"/> |
| SI Jt tenderness | <input type="checkbox"/> | <input type="checkbox"/> |
| Resisted Abduction | <input type="checkbox"/> | <input type="checkbox"/> |
| Pelvic Comp | <input type="checkbox"/> | <input type="checkbox"/> |
| Pelvic Distraction | <input type="checkbox"/> | <input type="checkbox"/> |

Special Signs

- Kernig's
- Bridzinski's
- Lhermitte's
- Facet Syndrome Sign

Peripheral Pulsations

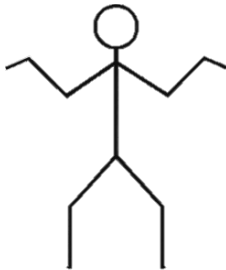
| | Right | Left |
|------------------|--------------------------|--------------------------|
| Femoral | <input type="checkbox"/> | <input type="checkbox"/> |
| Popliteal | <input type="checkbox"/> | <input type="checkbox"/> |
| Dorsalis Pedis | <input type="checkbox"/> | <input type="checkbox"/> |
| Posterior Tibial | <input type="checkbox"/> | <input type="checkbox"/> |
| Homan's Sign | <input type="checkbox"/> | <input type="checkbox"/> |
| Pitting Edema | <input type="checkbox"/> | <input type="checkbox"/> |
| Trophic Changes | <input type="checkbox"/> | <input type="checkbox"/> |

Waddell's Signs

- Simulation Rotation and Axial Pressure
- Overreaction Jumping Jack
- Nonanatomic Tenderness
- Non-dermatomal and Non-myotome Findings
- Distraction – Sitting SLR

Dr.Amit Bhandarkar _____

Reflexes



Knee / Ankle / Plantar

Myelopathic Signs

| | Right | Left |
|----------------------|--------------------------|--------------------------|
| Hoffman's | <input type="checkbox"/> | <input type="checkbox"/> |
| Knee Clonus | <input type="checkbox"/> | <input type="checkbox"/> |
| Ankle Clonus | <input type="checkbox"/> | <input type="checkbox"/> |
| Up-Abdominals | <input type="checkbox"/> | <input type="checkbox"/> |
| Lo-Abdominals | <input type="checkbox"/> | <input type="checkbox"/> |
| _____ | | |
| Dysesthesia in _____ | | |
| dermatome | | |

Lower Limb Sensations

| | Right | | Left | |
|-------|-------|-------|-------|-------|
| | LT | PP | LT | PP |
| L1 | 0 1 2 | 0 1 2 | 0 1 2 | 0 1 2 |
| L2 | 0 1 2 | 0 1 2 | 0 1 2 | 0 1 2 |
| L3 | 0 1 2 | 0 1 2 | 0 1 2 | 0 1 2 |
| L4 | 0 1 2 | 0 1 2 | 0 1 2 | 0 1 2 |
| L5 | 0 1 2 | 0 1 2 | 0 1 2 | 0 1 2 |
| S1 | 0 1 2 | 0 1 2 | 0 1 2 | 0 1 2 |
| S2 | 0 1 2 | 0 1 2 | 0 1 2 | 0 1 2 |
| S3-S5 | 0 1 2 | 0 1 2 | 0 1 2 | 0 1 2 |

Range of Movement



Pain on

- Flexion
- Extension
- Lateral Flexion Right
- Lateral Flexion Left
- Rotation Left
- Rotation Right

Adams Forward Bending

Sociometer Reading
 Thoracic _____
 Lumbar _____
 Limited Excursion

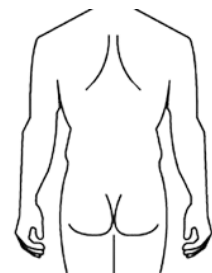
Lower Limb Power

| | Right | Left |
|----------------------|-----------|-----------|
| Hip Flexion (L1) | 1 2 3 4 5 | 1 2 3 4 5 |
| Hip Abduction (L2) | 1 2 3 4 5 | 1 2 3 4 5 |
| Knee Extension (L3) | 1 2 3 4 5 | 1 2 3 4 5 |
| Knee Flexion (L4) | 1 2 3 4 5 | 1 2 3 4 5 |
| Tibialis Ant (L4) | 1 2 3 4 5 | 1 2 3 4 5 |
| EHL (L5) | 1 2 3 4 5 | 1 2 3 4 5 |
| Planter Flexion (S1) | 1 2 3 4 5 | 1 2 3 4 5 |
| Ankle Eversion (S1) | 1 2 3 4 5 | 1 2 3 4 5 |

Tenderness

- Midline Upper Lumbar
- Midline Lower Lumbar
- Midline Sacrum
- Paraspinal Above the Waist
- Paraspinal Muscle Spasm
- SI Joint
- Post-Hips
- Trochanter

Side and Site



Clinical Assessment

Peripheral

- Radicular Syndrome
- Claudication Syndrome
- Specific Back Syndromes
- Non-Specific Spinal Syndromes

Axial

- Discogenic Syndrome
- Facet Syndrome
- Instability Syndrome