

# Physical Examination of Spine - Cervical - 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 Neck

- Normal
- Scars
- Sinuses
- Signs of Inflammation

## Gait

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

## Walking

- Tandem Walking
- Toe Walking
- Heel Walking
- Romberg's

## Other CNS Signs

Special Signs	Right	Left
Cranial Nerves	<input type="checkbox"/>	<input type="checkbox"/>
Hand Tremors	<input type="checkbox"/>	<input type="checkbox"/>
Cerebellar Signs	<input type="checkbox"/>	<input type="checkbox"/>

## Nerve Tension Signs

	Right	Left
The Root Tension	<input type="checkbox"/>	<input type="checkbox"/>
Spurling's	<input type="checkbox"/>	<input type="checkbox"/>
Phalen's	<input type="checkbox"/>	<input type="checkbox"/>
Durkan's	<input type="checkbox"/>	<input type="checkbox"/>
Scratch collapse	<input type="checkbox"/>	<input type="checkbox"/>
Tinel's at Elbow	<input type="checkbox"/>	<input type="checkbox"/>
Tinel's at Wrist	<input type="checkbox"/>	<input type="checkbox"/>

## Joints ROM Pain

	Right	Left
Shoulder IR	<input type="checkbox"/>	<input type="checkbox"/>
Shoulder ER	<input type="checkbox"/>	<input type="checkbox"/>
Elbow ROM	<input type="checkbox"/>	<input type="checkbox"/>
Wrist ROM	<input type="checkbox"/>	<input type="checkbox"/>
Hand Grip	<input type="checkbox"/>	<input type="checkbox"/>

## Shoulder Examination

	Right	Left
Jobs Test	<input type="checkbox"/>	<input type="checkbox"/>
Shoulder Squeeze	<input type="checkbox"/>	<input type="checkbox"/>
Speed Test	<input type="checkbox"/>	<input type="checkbox"/>
Apprehension	<input type="checkbox"/>	<input type="checkbox"/>
Impingement Test	<input type="checkbox"/>	<input type="checkbox"/>
Resisted Abduction	<input type="checkbox"/>	<input type="checkbox"/>

## Special Signs

	Right	Left
Facet Syndrome	<input type="checkbox"/>	<input type="checkbox"/>
Drop Head	<input type="checkbox"/>	<input type="checkbox"/>

## Peripheral Pulsations

	Right	Left
Brachial	<input type="checkbox"/>	<input type="checkbox"/>
Radial	<input type="checkbox"/>	<input type="checkbox"/>
Ulnar	<input type="checkbox"/>	<input type="checkbox"/>
Capillary Refill	<input type="checkbox"/>	<input type="checkbox"/>
Homan's Sign	<input type="checkbox"/>	<input type="checkbox"/>
Pitting Edema	<input type="checkbox"/>	<input type="checkbox"/>
Hamilton Roos	<input type="checkbox"/>	<input type="checkbox"/>
Adson's	<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

## Reflexes



Knee / Ankle / Plantar

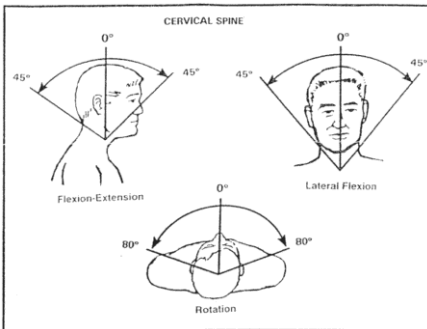
## Myelopathic Signs

	Right	Left
Hoffman's	■	■
Knee Clonus	■	■
Ankle Clonus	■	■
Babinski's	■	■
Finger Escape	■	■
Rapid Open & Close	■	■
Inverted BR	■	■
Clumsy Hands	■	■
SPASTICITY.	■	■
Lhermitte's	■	■

## Upper Limb Sensations

	Right		Left	
	LT	PP	LT	PP
C1	0 1 2	0 1 2	0 1 2	0 1 2
C2	0 1 2	0 1 2	0 1 2	0 1 2
C3	0 1 2	0 1 2	0 1 2	0 1 2
C4	0 1 2	0 1 2	0 1 2	0 1 2
C5	0 1 2	0 1 2	0 1 2	0 1 2
C6	0 1 2	0 1 2	0 1 2	0 1 2
C7	0 1 2	0 1 2	0 1 2	0 1 2
T1	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

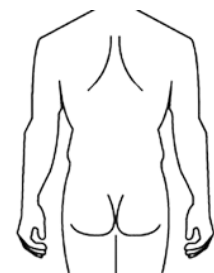
## Upper Limb Power

	Right	Left
Shoulder Abduction	1 2 3 4 5	1 2 3 4 5
Elbow Flexion	1 2 3 4 5	1 2 3 4 5
Elbow Extension	1 2 3 4 5	1 2 3 4 5
Wrist Flexion	1 2 3 4 5	1 2 3 4 5
Wrist Extension	1 2 3 4 5	1 2 3 4 5
Finger Flexion	1 2 3 4 5	1 2 3 4 5
Finger Extension	1 2 3 4 5	1 2 3 4 5
Hand Intrinsic	1 2 3 4 5	1 2 3 4 5
Hand Thenar	1 2 3 4 5	1 2 3 4 5
Hand Grip	1 2 3 4 5	1 2 3 4 5

## Tenderness

- Midline Upper Cervical
- Midline Lower Cervical
- Midline Sacrum
- Paraspinal Upper Neck
- Paraspinal in the Neck
- Interscapular
- Trapezius
- Shoulder
- SCM Insertion

## Side and Site



## Clinical Assessment