

Musculoskeletal – MSK Neurological – Physical Exam Checklist

Learnpediatrics.com – Written by Dr. R. Acedillo

EXAM

OSCE ITEMS

LOWER EXTREMITY

Sensory (nerve indicated)

- Perianal (S2-S4)
- Lateral/sole of foot (**S1**) – *suraltibial n.*
- Dorsum of foot/1st web space (**L5**) – *superficial peroneal nerve/ deep peroneal n.*
- Medial ankle and shin (**L4**) – *saphenous n.*
- Medial thigh above patella (**L3**) – *obturator n.*
- Anterior mid thigh (**L2**) – *ant. femoral cut. n.*
- Lateral thigh below inguinal ligament (**L1**) – *lat. femoral cut. n.*

Reflex

- Knee jerk (L2, L3, **L4**)
- Posterior tibialis (**L5**)
- Ankle jerk (**S1**)

Strength (muscle and nerve indicated where possible)

Patient (do with gait)

- Heel walk (L4, **L5**) – *tib. ant, extensors (2)(deep per. n.)*
- Toe walk (**S1**, S2) – *gastrocnemius, soleus (tibial n.)*

Foot (resist force)

- Toes (great toe) extension (**L5**, S1) – *foot extensors (3) (deep peroneal n.)*
- Great toe flexion (**S1**) – *flex. hal. long (tibial n.)*
- Foot inversion (**L4**, L5) – *tibialis anterior (deep peron n.)*
- Foot eversion (L5, **S1**) – *peroneus(2)(sup. peroneal n.)*
- Foot extension (L4, **L5**) – *same as walk on toes*
- Foot flexion (**S1**, S2) – *same as walk on heels*

Knee (resist force)

- Knee extension (L2, L3, **L4**) – *quads (femoral n.)*
- Knee flexion (**S1**, S2) – *hamstrings (sciatic n.)*

Hip (resist force)

- Hip flexion (**L1, L2, L3, L4**) – *iliopsoas (femoral n.)*
- Hip extension (L5, **S1**) – *gluteus maximus (inf glut n.)*
- Hip adduction (**L2, L3, L4**) – *adductors (3 – “MLB”)*
- Hip abduction (**L5**) – *gluteus minimus/medius (sup glut. n.)*

UPPER EXTREMITY

Sensory (nerve indicated)

- Lateral arm/deltoid (**C5**) – *Axillary n.*
- Lateral forearm (**C6**) – *Musculocutaneous*
- Middle finger (**C7**) – *non-specific*
- Ulnar border little finger (**C8**) – *ulnar n.*
- Distal radial border index finger (C8) – *median n.*
- Dorsal base of thumb near web space (C8) – *radial n.*
- Medial arm near elbow (**T1**) – *medial brachial cutaneous n.*

Reflex

- Biceps (**C5**)
- Brachioradialis (C5, **C6**)
- Triceps (**C7**)
- Finger flexors (C8) – *not done*

Strength (muscles indicated)

Fingers (resist force)

- Abduct little finger (C8, **T1**) – *abd. dig min.*
- Grip your fingers (C7, **C8**) – *FDP, FDS, lumbri.*
- Make an “O” (**C6**, C7, C8) – *thenar (2), FDP, flexor pollicis longus*
- MP joint extension (**C7**, C8) – *extensors (3)*

Wrist

- Extension (**C6**, C7) – *extensor carpi's (3)*
- Flexion (**C7**, C8) – *flexor carpi's (2)*

Elbow

- Flexion (**C5, C6**) – *biceps, brachialis*
- Extension (C6, **C7**, C8) – *triceps*

Shoulder

- Shoulder external rotation (elbow flexed 90°) (**C5**, C6) – *infraspinatus, teres minor*
- Shoulder abduction (**C5**, C6) – *deltoid*
- Shoulder shrug (**XI**, C3-5) – *trapezius*