

Musculoskeletal – Cervical Spine – Physical Exam Checklist

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EXAMINATION	OSCE ITEMS
STANDING	<p>Inspection</p> <ul style="list-style-type: none"><input type="checkbox"/> Standing posture (symmetry, midline, etc)<ul style="list-style-type: none"><input type="checkbox"/> Anterior (trachea, masses, face)<input type="checkbox"/> Side (head posture, cervical lordosis, thoracic kyphosis)<input type="checkbox"/> Posterior (level shoulders, scapula, muscle)<input type="checkbox"/> Muscle wasting/asymmetry<ul style="list-style-type: none"><input type="checkbox"/> Supraspinatus/infraspinatus<input type="checkbox"/> Deltoid, biceps, triceps<input type="checkbox"/> Thenar, hypothenar<input type="checkbox"/> Interosseus <p>Screen Joint Above/Below Active ROM</p> <ul style="list-style-type: none"><input type="checkbox"/> TMJ active range of motion<input type="checkbox"/> Shoulder active ROM (see shoulder) <p>Gait</p> <ul style="list-style-type: none"><input type="checkbox"/> Patient walks (myelopathy, wide-based, clumsiness, slow speed, stiff legs)<input type="checkbox"/> Walk on toes (may catch subtle weakness)<input type="checkbox"/> Walk on heels <p>Active ROM</p> <ul style="list-style-type: none"><input type="checkbox"/> Flexion (chin to within 2 fingerbreadths of chest)<input type="checkbox"/> Extension (bridge of nose parallel to floor)<input type="checkbox"/> Rotation (70-80° each way)<input type="checkbox"/> Lateral rotation (70° each way)
SITTING	<p>Neurological – Upper Extremity</p> <ul style="list-style-type: none"><input type="checkbox"/> Sensory<input type="checkbox"/> Strength<input type="checkbox"/> Reflexes (biceps, triceps, Brachioradialis) <p>Special Tests</p> <ul style="list-style-type: none"><input type="checkbox"/> Spurling's test (cervical nerve root compression, extend neck, turn to affected side, axial load if necessary) <p>Neurological</p> <ul style="list-style-type: none"><input type="checkbox"/> Tone (elbows and wrists, clonus, fasciculations, rigidity, spasticity, etc)<input type="checkbox"/> Vibration and proprioception (dorsal columns) <ul style="list-style-type: none"><input type="checkbox"/> Adson test (abduct, extend, externally rotate shoulder → pt takes deep breath and looks to ipsilateral side, decrease in pulse = thoracic outlet syndrome)
SUPINE	<p>Anterior</p> <ul style="list-style-type: none"><input type="checkbox"/> Hyoid (C3)<input type="checkbox"/> Thyroid cartilage (C4, 5)<input type="checkbox"/> Cricoid ring (C6)<input type="checkbox"/> Sternocleidomastoid muscles<input type="checkbox"/> Carotid pulse<input type="checkbox"/> Cervical lymph nodes <p>Posterior</p> <ul style="list-style-type: none"><input type="checkbox"/> Mastoid process<input type="checkbox"/> Transverse process of C2<input type="checkbox"/> Spinous process (C7, T1)<input type="checkbox"/> Paraspinal muscles<input type="checkbox"/> Nuchal line/inion <p>Passive ROM</p> <ul style="list-style-type: none"><input type="checkbox"/> Never do this in setting of trauma<input type="checkbox"/> Flexion, extension, rotation, lateral flexion, etc