

Routines Cheat Sheet

by Siffi (Siffi) via cheatography.com/122609/cs/27881/

Cervical and TOS

- Obs and posture -

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

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

- Gait shuffling, spacisity, 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'hermittes 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: Spacisity, 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'sDrop 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
- Finkelsteins
- Intersection syndrome
- Tinels (CTS + Guyon)
- CTS compression test
- Phalen's
- Motor strengthe test for CTS (Oppen's pollicis, APB)
- Allens test
- Digital blood flow

NTTS

Radial

Ulnar

Medial

C

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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

- Slump
- SLR and WLR
- Bonnets
- Braggards
- Bowstrings
- SLR with plantarflexion and inversion (common peroneal)

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 contacture
- 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



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Ankle and Foot (cont)

Mortons neuroma test

DE test

Headache

- Gait Spacicity, circumduction, high steppage, 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 accommendation
 Occular 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 ofhands and feet
- Blood pressure (orthostatic hypotension) immediately standing then after 1-3 minutes standing



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