

### Cervical and TOS

- Obs and posture -

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

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

- Gait - shuffling, spasticity , 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: Spasticity, 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's

- Drop 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

- Tinel's (CTS + Guyon)

- CTS compression test

- Phalen's

- Motor strength test for CTS (Oppen's pollicis, APB)

- Allens test

- Digital blood flow

### NTTS

Radial

Ulnar

Medial

### 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
- Mckenzie's

### 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 contracture
- 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

### Ankle and Foot (cont)

Mortons neuroma test

DE test

### Headache

- Gait - Spacidity, circumduction, high stepage, 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 accommodation

Ocular 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 of hands and feet

- Blood pressure (orthostatic hypotension) - immediately standing then after 1-3 minutes standing

