

# **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'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
- 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

C

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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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