

Patient Name: _____ Date: _____ File #: _____

Height: _____ Weight: _____ Pulse: _____ BP: _____ / _____

| | | | | |
|----------------------|-------------|---------------|----------------|---------------------|
| General Appearance | NORMAL | ABNORMAL | NOTES | |
| Orientation (normal) | PERSON | PLACE | TIME | |
| Mood/Affect | NORMAL | DEPRESSED | FLAT | ANXIOUS |
| Gait | NORMAL | GUARDED | ATAXIC | ALTERED DUE TO PAIN |
| Station | NO ANTALGIA | LEFT ANTALGIA | RIGHT ANTALGIA | |
| Body Habitus | ECTOMORPH | ENDOMORPH | MESOMORPH | |
| Development | NORMAL | ABNORMAL | | |

INSPECTION / SKIN APPEARANCE

| | | | | |
|-------------|--------|-------|-----------|------------|
| | NORMAL | EDEMA | ABRASIONS | CONTUSIONS |
| Neck | | | | |
| Back | | | | |
| R Upper Ext | | | | |
| L Upper Ext | | | | |
| R Lower Ext | | | | |
| L Lower Ext | | | | |

STABILITY

| | | |
|-------------|--------|----------|
| | NORMAL | ABNORMAL |
| Lumbar | | |
| R Upper Ext | | |
| L Upper Ext | | |
| R Lower Ext | | |
| L Lower Ext | | |
| Toe Walk | | |
| Heel Walk | | |

LYMPH

| | | | |
|---------------|--------|--------|----------|
| | NORMAL | TENDER | ENLARGED |
| Submandibular | | | |
| Cervical | | | |

STRENGTH

| | LEFT | RIGHT |
|--------------------|------|-------|
| Iliopsoas (T12-L3) | | |
| Dorsiflexion (L5) | | |
| Quadriceps (L2-L4) | | |
| Eversion (S1) | | |
| Inversion (L4) | | |
| Toe Extension (L5) | | |
| R Upper Ext | | |
| L Upper Ext | | |
| R Lower Ext | | |
| L Lower Ext | | |

DERMATONES

| | LEFT | RIGHT |
|----|------|-------|
| L2 | | |
| L3 | | |
| L4 | | |
| L5 | | |
| S1 | | |

REFLEXES

| | LEFT | RIGHT |
|---------------|------|-------|
| Patellar (L5) | | |
| Achilles (S1) | | |

ROM

| | NORMAL | RESTRICTED |
|-------------------|--------|------------|
| R Upper Extremity | | |
| R Lower Extremity | | |
| L Upper Extremity | | |
| L Lower Extremity | | |

LUMBAR ROM

| FLEXION | EXTENSION | R ROTATION | L ROTATION | R LATERAL FLEXION | L LATERAL FLEXION |
|---------|-----------|------------|------------|-------------------|-------------------|
| | | | | | |

POSTURAL

| | | | |
|-----------------|--------|-----------|------------|
| Lumbar Lordosis | NORMAL | INCREASED | DECREASED |
| Ilia | LEVEL | HIGH LEFT | HIGH RIGHT |
| Knees | NORMAL | VALGUS | VARUS |
| Feet | NORMAL | VALGUS | VARUS |

MUSCLE

| | TENDERNESS | MYOSPASM | TRIGGER POINTS | HYPOTONIC |
|---------------------|------------|----------|----------------|-----------|
| Thoracic Paraspinal | | | | |
| Erector Spinae | | | | |
| Lumbar Paraspinal | | | | |
| Piriformis | | | | |
| Gluteals | | | | |
| SI Joints | | | | |
| Iliotibial Band | | | | |
| Quadratus Lumborum | | | | |

LUMBAR ORTHOPEDIC TESTS

| | LEFT | RIGHT | NOTES |
|----------------|------|-------|-------|
| Kemps | | | |
| Bechterew's | | | |
| SLR | | | |
| Fabere Patrick | | | |
| Minor's Sign | | | |
| Valsalva | | | |
| Mankopf's | | | |

OTHER EXAMINATION FINDINGS:[illegible]