

PHYSICAL EXAM CHECK LIST

GENERAL

() AA0x4, () NAD
() WDWN
() non-toxic
() cooperative
() anxious
() disheveled
Eye contact:
() good, () poor

HEENT

() Normal
Scalp:
() atraumatic, () normocephal
Eyes:
() PERRLA, () EOMI
Nystagmus: () No, () R, () L
Convergence: () nml, () abn
Sclera: () clear, () injected
Fundi: () WNL, () papilledema
Cornea: () Flourescene -
Ears:
Tympanic membranes:
R: () clear, () eryth, () bulge
L: () clear, () eryth, () bulge
External canals:
R: () nml, () eryth, () D/C
L: () nml, () eryth, () D/C
Hearing: () nml, () abn
Nose: () patent bilaterally
() deviated septum
() swollen MM
Color: () pink, () boggy mucosa
Mouth:
() poor dentition
() aphthous ulcers
() moist MM
() tongue midline
Oropharynx:
() no eryth, () no exudate
Tonsils:
() non-enlarged
() hypertrophied
() plaques

NECK

() supple, () FROM
Lymph nodes:
() no LN
() preauricular
() superficial cervical
() deep cervical
() supraclavicular
() No JVD
() No hepatojular reflux
Bruits: () none () R, () L, () B
Thyroid:
Size: () thyromeg, () none
Masses:
() no masses
() nodules () R, () L, () B
Trapezius:
() non-tender, () tender

LYMPH NODES

() tender, () non-tender
() supraclavic, () jugulodigast
() axillary, () inguinal

HEART

() RRR w/ murmer
Murmer:
() no rubs, () no gallops
() MPI WNL

LUNGS

() CTAB
Wheezes: () inspir., () expir.
() Good air movement
Egophany: () -, () +
Tachyphremittis: () -, () +
Percussion: () dullness
() Rales, () Rhonchi:

UPPER EXTREMITIES

Shoulder:
Abduct: () full, () limit ____°
Adduct: () full, () limit ____°
Int rot: () full, () limit ____°
Ext rot: () full, () limit ____°
Pron: () full, () limit ____°
Supin: () full, () limit ____°
Elbow: () FROM () limit ____°
() Lat epicond, () Med epicond
Wrists:
() FROM
Tinel's R: () -, () +; L: () -, () +
Phalen's R: () -, () +; L: () -, () +
Finkel R: () -, () +; L: () -, () +
Cogwheeling () Y, () N
() neurovascularly intact
() no CCE, () cap. refill < 2 sec
() no paresthesias
() pulses 2+
Fingers: () FROM, Grip ____/5

CHEST WALL

() WNL, () scaphoid
() tender to palpation
location _____

BACK

Flex: () ____° () toe touch ____ in
Ext: () ____° () toe touch ____ in
Lat bend: ____ degrees
Lat rot: ____ degrees
Paraspinoous musles: () NT
() Thoracic () R, () L, () B
() Lumber () R, () L, () B
() Scoliosis ____ degrees
() No CVAT

ABDOMEN

() SNTND BS+ 0 HSM 0 Mass
Firmness: Soft (), Rigid ()
Tenderness:
() Non-tender
Magnitude:
() min., () mild, () mod., () very
Location: () diffuse, () focal
() RUQ, () RLQ, () LUQ, () LLQ
() epiga, () umbil, () suprapu
Guarding: () Y, () N
Rebound: () Y, () N
Distended: () Non, () tympany
Obese:
() morb () obes () flat () scap
BS:
Magnitud: () nml, () -, () hyper
Location: () all Q's, other ____
Masses:
() No masses, () No HSM
HSM ____cm below costal
____cm total liver span
() Mass
Location _____
Bruits: () None, () R, () L
AAA: () None, ____cm

() Gravid:

Fundal height: _____
() Vtx, () Breech, () Transv.
() Positive fetal movements
Surgical scar:
Location _____, Size ____
Murphy's sign: () +, () -
Liver span: () nml, ____cm
() Pannus, () Striae
Hernia: () present, () absent
() umbilical, () midline
() inguinal, () direct

LOWER EXTREMITIES

Hip: () FROM
Knee: () FROM,
Crepitis: R() +, () -, L() +, () -
Ligaments: () intact, _____
McMurray R() +, () -, L() +, () -
Ankle: () FROM
Achilles: () intact
Homan's: () -, () +
Motor: ____/5
SLR: () -, () +
Edema:
() -, () ____+ pitting () ____+ non-
Gait: () nml, or limp on () R () L

PELVIS

() normal female genitalia
Vagina: () moist, () no lesions
() atrophic
Adnexa: () normal
R mass ____cm,
() non-, () tender
left mass ____cm
() non-, () tender
Cervix: motion tender: () -, () +
____cm dilated, () D/C, () blood

RECTAL

() no masses
Sphincter: () good tone
Fissure () none, () present
Hemorrhoids:
() none, () exter., () internal
Prostate:
() non-enlarged, () no masses
() hypertrophied
() calcification
() rubbery mass
location _____
Stool guaic: () +, () -

GENITALS

Penis:
() circumcised, () non-circ
() warts, () lesions
Testes:
Size: () nml, () large, () sml
() tender, () non-tender
() hydrocele, () R, () L
Epididy: () non-, () tender

NEURO

Speech: () nml () slur () pressur
CN II->XII: () intact
Cerebellum: () intact
Romberg: () nml, () abnormal
DTRs:
triceps ____/3+, brachrad ____/3+
patellar ____/3+, Achilles ____/3+
() symmetric, () R>L, () L>R

SKIN

() Scars, location _____
() good turgor pressure
Rash: Location _____
() macular, () papular
() maculopapular
locat: () diffus () local, () discret
blanchable: () blanch, () non-

PSYCH

Affect: () good, () flat
MSE:
() short-term memory
() long-term memory
() concentration
() judgement

WOUND

() No eryth or exudate
() Pap smear done