

Neck and Upper Extremity Examination

Patient's Name: JOHN SMITH Date: 10/31/2010

Physical Examination:

General physical examination showed 58 year old, well / poorly / under / over / normally developed, Caucasian / Hispanic / Asian / African American / other _____, male / female / adult / teenager / child in no / mild / moderate / severe distress.

Body Shape: well proportioned / thin / slender / husky / overweight.
 Posture: good / fair / poor / stooped / antalgic / forward head.
 Gait: normal / guarded / limped / irregular / needs assistance to walk / unable to walk.
 Movements: normal / restrictive / stiff / slow / guarded with or without great / some / no difficulty.
 The patient was alert / drowsy / oriented / disoriented to time, place, person and situation.

General Data:

Weight: 195# Height: 6'2" Temp: 98.8
 Pulse Rate: 74 Respiration: 12 Right handed / Left handed
 Blood Pressure: Left arm: 140/86 Right arm: 142/84

Temporomandibular Joint Disorders:

Prior to this accident:		After this accident:
<u>(-)</u>	Difficulty opening the mouth?	<u>(+)</u>
<u>(+)</u>	Audible noises from the jaw joints?	<u>(+)</u>
<u>(-)</u>	Does the jaw get "stuck" or "locked"?	<u>(-)</u>
<u>(+)</u>	Pain about the ears or cheeks?	<u>(+)</u>
<u>(+)</u>	Pain chewing / yawning or wide opening?	<u>(+)</u>
<u>(-)</u>	Does the bite feel uncomfortable or unusual?	<u>(+)</u>
<u>(-)</u>	History of loose teeth?	<u>(-)</u>

Facial symmetry? NL Jaw movements? DEVIATES TO (L) OPEN
 Lateral deviation of the jaw? (+) TO (L) Crepitus? (+) (L) & (R)
 Palpatory tenderness? (+) MASSETERS 2+ Clicking? _____
 Other: _____

Cranial nerve examination: CN: III IV VI WNL

Inspection / Palpation / Percussion

Inspection:

Scars, lacerations, hematoma or ecchymosis? (+) (R) PALMER WRIST PREV. CARPAL TUNNEL

Palpation:

Tenderness: (+1: Patient states that the area is mildly tender - annoying; +2: Patient states that the area is moderately tender; +3: Patient complains of considerable tenderness and withdraws momentarily in response to the test pressure; +4: Patient complains of severe tenderness, and withdraws immediately in response to test pressure, and is unable to bear sustained pressure.)

2+ (R) ANT & MID SCALENES; +1 (L) ANT/MID SCALENES; SWOLLEN SUBOCC. AREA; 2+ (R) (L) LEVATOR SCAPULA

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Grip Strength / Hand Dynamometer The patient is (right) / left handed.

Right 100 / 120 / 120 PSI
Left 90 / 110 / 100 PSI

Sensation: (dermatomes)

Touch ↓ (R) C6 C7
Pinprick ↓ (R) C6 C7
Temperature NL
Vibration NL
Light Touch ↓ C6 C7

Reflexes (0: No response; 1+: Hyporeflexia; 2+: Normal; 3+: Hyperreflexia; 4+: Hyperreflexia with transient clonus; 5+: Hyperreflexia with intermittent or sustained clonus)

Biceps Right + Left +
Triceps Right + Left +
Brachioradialis Right + Left +

Coordination: Finger to nose NL

Muscle Atrophy / Girth:

Upper arm R 10 L 10 Distance from olecranon 5 (in/cm)
Forearm R 8 1/4 L 8 1/2 Distance from lateral epicondyle 2 (in/cm)
Hand
Hypothenar Right (-) Left (-)
Thenar Right (-) Left (-)
Intrinsics Right (-) Left (+)

Orthopedic / Neurological:

Horner's Syndrome: (-) Orthostatic Hypotension: (+)

Cervical

Spurling's Test: (+) LOCAL 4/5 @ Neck Traction Test: (+) ↑ 4/5 @
Maximum Foraminal Compression Test: (+) (R) ARM DeKleyn's Test: (-)
Bruit in Brachial Plexus Area: Right (-) Left (-)
Compression of Brachial Plexus Reproduces Symptoms: Right (+) Left (-)

Shoulder

Impingement Sign: Right + Left - Duga's Test: Right (+) Left (-)
Adson's Test: Right + Left - Wright's Test: Right (+) 90° Left (-)
Codman's Test Drop arm test for rotator cuff tear: Right (+) Left -
Apprehension Test: Right - Left + Appley's Test: Right - Left +
Yergason's Test: Right - Left - Rotator Cuff Tendonitis: Right + Left -
Subdeltoid Crepitus: Right + Left -
Shoulder Compression Test: Right - Left -

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Elbow

Tinel's Sign: (ulnar nerve at elbow) Right + Left -

Instability Test: Right - Left -

Cozen's Test: Right + Left -

Golfer's Elbow: Right + Left -

Epicondyle palpation: Medial Right + Left -

Lateral Right + Left -

Hand/Wrist

Finkelstein's Test: Right + Left -

Allen's Test: Right + Left -

Tinel's Sign: (ulnar nerve at wrist) Right + Left -

Phalen's Test: Right + Left -

Root	Disc	Muscles	Reflex	Sensation
C5	C4-C5	Deltoid Biceps	Biceps	Lateral arm Axillary nerve
C6	C5-C6	Biceps Wrist extensors	Brachioradialis	Lateral forearm Musculocutaneous nerve
C7	C6-C7	Triceps Wrist flexors Finger extensors	Triceps	Middle finger
C8	C7-T1	Hand intrinsic Finger flexors		Medial forearm Medial antibrachial branch of the cutaneous nerve
T1	T1-T2	Hand intrinsic		Medial arm Medial brachial cutaneous nerve