Exam Forms



Acupuncture



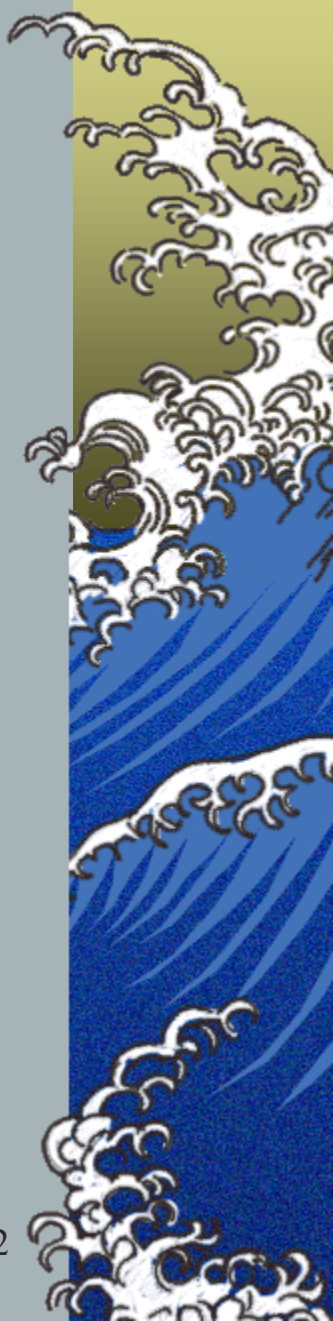
Chiropractic



Massage

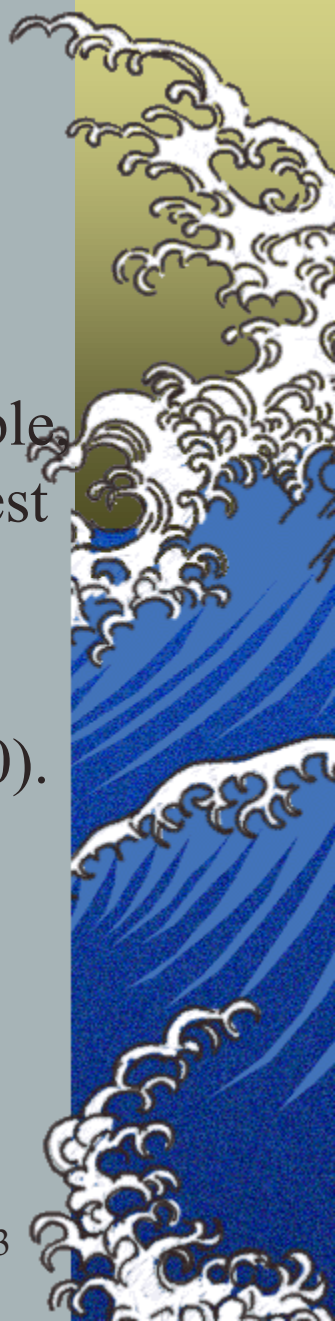
Apropos of All Forms

- **PTP:**
  - The name of the Primary Treating Physician is entered
- **PTP Diagnosis:**
  - The PTP's ICD Diagnosis code is entered.
- **Mechanism of Injury:**
  - Describe the injury
  - Detail the movements or positions involved.
  - Spinal radiations



Apropos of All Forms

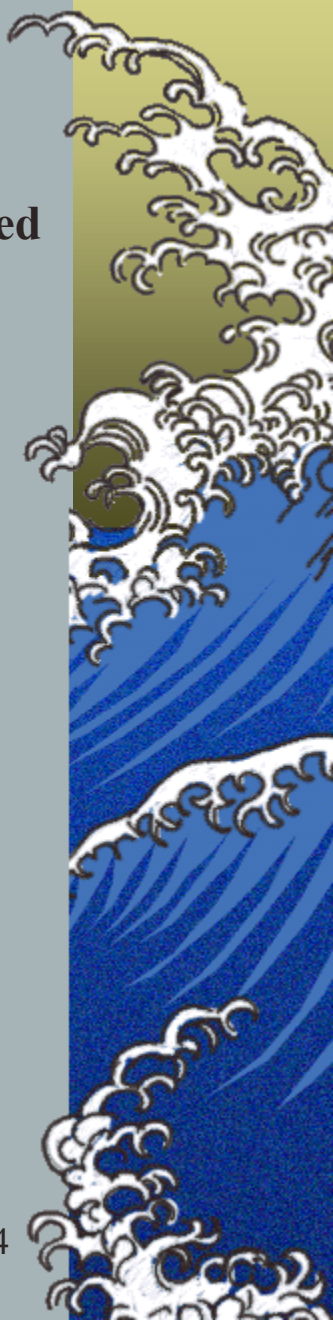
- **Numerical Rating:_____/10**
- If 0/10 is “no pain” and 10/10 is the worst pain imaginable, over the past 24 hours what has been the least and greatest pain experienced?
- The range is then entered (e.g., 1-4/10).
- If always the same, only a single value is used (e.g., 5/10).
- A change of significance is 2/10 upon re-exam



Apropos of All Forms

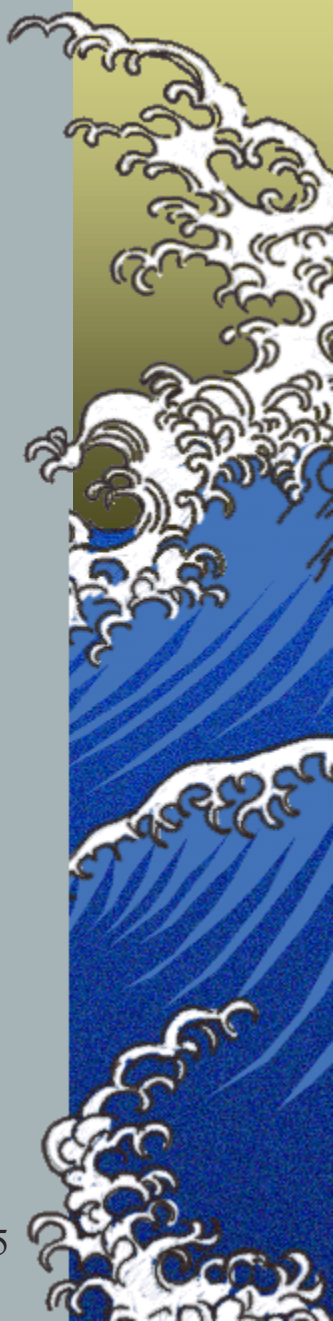
Work Status: □ **Full Duty** □ **TPD** □ **TTD** □ **PPD** □ **PTD** □ **Retired**

- **TPD:** Temporary Partial Disability:
  - Can perform some, but not all, work
- **TTD:** Temporary Total Disability:
  - Temporarily unable to perform any work
- **PPD:** Permanent Partial Disability: MMI/P&S
  - Permanent impairment limits ability to work or function
- **PTD:** Permanent Total Disability: MMI/P&S
  - Unable to return to employment on permanent basis



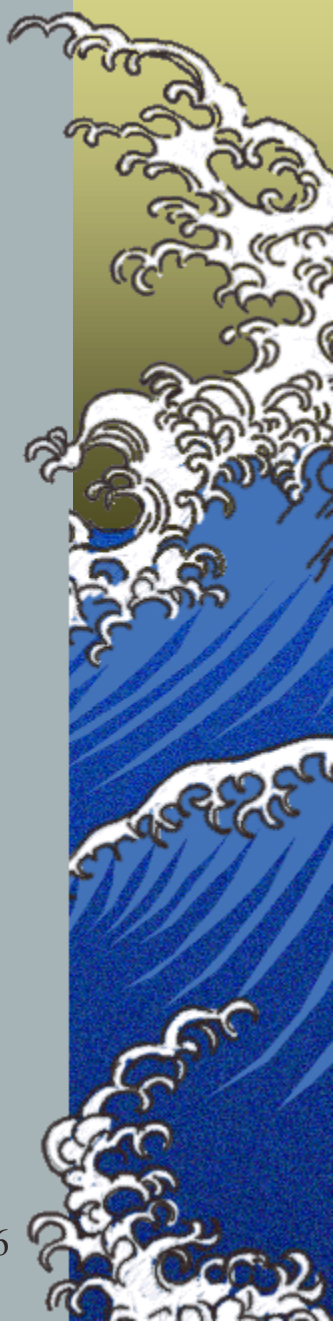
Apropos of All Forms

- **Past & Current Treatments, Medications, Orthoses**
- Note frequency of meds and dosage if known.
- Orthoses = braces, supports, etc.



Apropos of All Forms

- **Resisted Motion Muscle Pain**
  - Concerns pain reproduced by muscle testing in one of the cardinal directions for the joint being examined.
  - Enter direction tested (e.g., Flexion) that reproduced pain.
  - Pain with resisted motion suggests muscle pain.
  - For example:
    - Pain reproduced with resisted hip flexion suggests that a muscle that flexes the hip (e.g., iliopsoas, rectus femoris, etc.) may be contributing to the pain.
- Specific ortho tests, per area, addressed in a separate tutorial.



Apropos of All Forms

Comorbidities/Prognostic Barriers

□ Widespread pain □ Pain Behaviors □ Work Psychosocial Factors □ Depression □ Anxiety

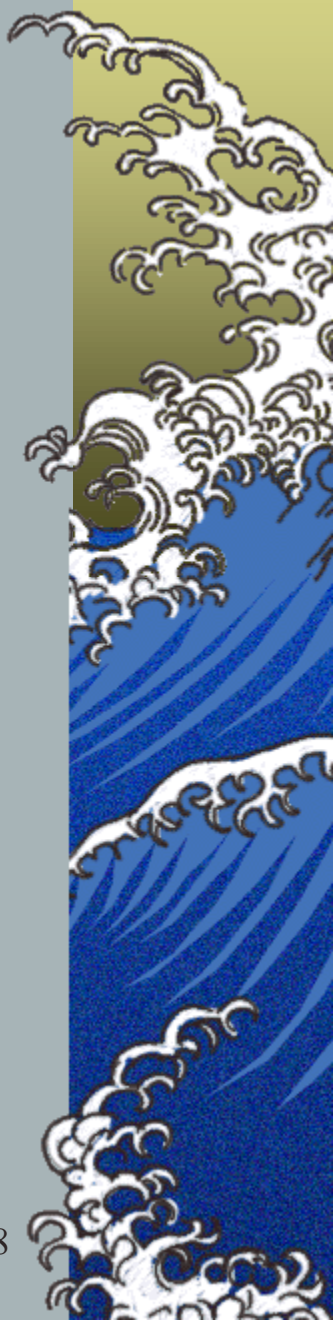
- Widespread pain
  - Pain occurring in multiple, anatomically separated body regions
- Pain Behaviors
  - Guarding, bracing, grimacing, rubbing, pain-related verbalizations.
- Work Psychosocial Factors:
  - Job dissatisfaction, perceived lack of support, interpersonal conflict, communication problems
- Depression
  - Loss of interest or pleasure, feelings of worthlessness/hopelessness
- Anxiety
  - Excessive/persistent fear, worry, apprehension, physiological arousal



Apropos of All Forms

Comorbidities/Prognostic Barriers

- □ Chronicity (≥ 3 months)
- □ Deconditioning/Low Physical Activity
- □ Sleep Disturbance
- □ Medication Dependence
- □ Tobacco Use
- □ Overweight □ Diabetes □ Hypothyroid



Date of Exam for New Course:

Back Disability Questionnaire

This questionnaire has been designed to give information as to how neck related pain affects your ability to manage everyday life. Please answer every section and **mark the ONE box that most closely describes your problem**.

SECTION 1 - PAIN INTENSITY
0 ☐ The pain comes and goes and is very mild.
1 ☐ The pain is mild and does not vary much.
2 ☑ The pain comes and goes and is moderate.
3 ☐ The pain is moderate and does not vary much.
4 ☐ The pain comes and goes and is very severe.
5 ☐ The pain is severe and does not vary much.

SECTION 2 - PERSONAL CARE
0 ☐ I would not have to change my way of washing or dressing in order to avoid pain.
1 ☑ I do not normally change my way of washing or dressing even though it causes some pain.
2 ☐ Washing and dressing increase the pain but I manage not to change my way of doing it.
3 ☐ Washing and dressing increase the pain and I find it necessary to change my way of doing it.
4 ☐ Because of the pain lam unable to do some washing and dressing without help.
5 ☐ Because of the pain I am unable to do any washing and dressing without help.

SECTION 3 - LIFTING
0 ☐ I can lift heavy weights without extra pain.
1 ☐ I can lift heavy weights but it causes extra pain.
2 ☐ Pain prevents me from lifting heavy weights off the floor.
3 ☑ Pain prevents me from lifting heavy weights off the floor, but I manage if they are conveniently positioned (e.g. on a table).
4 ☐ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
5 ☐ I can only lift very light weights at the most.

SECTION 4 - WALKING
0 ☐ No pain on walking.
1 ☐ Some pain on walking but it does not increase with distance.
2 ☑ Cannot walk more than one mile without increasing pain.
3 ☐ Cannot walk more than 1/2 mile without increasing pain.
4 ☐ Cannot walk more than 1/4 mile without increasing pain.
5 ☐ Cannot walk at all without increasing pain.

SECTIONS 5 - SITTING
0 ☐ I can sit in any chair as long as I like.
1 ☑ I can only sit in my favorite chair as long as I like.
2 ☐ Pain prevents me from sitting more than one hour.
3 ☐ Pain prevents me from sitting more than half hour.
4 ☐ Pain prevents me from sitting more than 10 minutes.
5 ☐ I avoid sitting because it increases pain straight away.

SECTION 6 - STANDING
0 ☐ Can stand as long as I want without pain.
1 ☐ Have some pain on standing but it does not increase with time.
2 ☐ Cannot stand for longer than one hour without increasing pain.
3 ☑ Cannot stand for longer than 1/2 hour without increasing pain.
4 ☐ Cannot stand for longer than 10 minutes without increasing pain.
5 ☐ I avoid standing because it increases the pain straight away.

SECTION 7 - SLEEPING
0 ☐ I get no pain in bed.
1 ☐ I get pain in bed but it does not prevent me from sleeping well.
2 ☐ Because of pain sleep is reduced by less than 1/4.
3 ☑ Because of pain sleep is reduced by less than 1/2.
4 ☐ Because sleep is reduced by less than 3/4.
5 ☐ Pain prevents me from sleeping at all.

SECTION 8 - SOCIAL LIFE
0 ☐ My social life is normal and gives me no pain.
1 ☑ My social life is normal but increases the degree of pain.
2 ☐ Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing, etc.
3 ☐ Pain has restricted my social life and I do not go out very often.
4 ☐ Pain has restricted my social life to my home. -
5 ☐ I have hardly any social life because of the pain.

SECTION 9 - TRAVELLING
0 ☐ I get no pain whilst traveling.
1 ☑ I get some pain whilst traveling but none of my usual forms of travel make it any worse.
2 ☐ I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel.
3 ☐ I get extra pain whilst traveling which compels me to seek alternative forms of travel.
4 ☐ Pain restricts all forms of travel.
5 ☐ Pain prevents all forms of travel except that done lying down.

SECTION 10 - CHANGING DEGREE OF PAIN
0 ☐ Pain is rapidly getting better,
1 ☐ Pain fluctuates but overall is definitely getting better.
2 ☐ Pain seems to be getting better but improvement is slow.
3 ☑ Pain is neither getting better nor worse.
4 ☐ Pain-is gradually worsening.
5 ☐ Pain is rapidly worsening.

SCORE = 40 **% [points/max possible x 100]**

RAW SCORE = 20
20/50 x 100 = 40%
or
20 x 2 = 40%

Neck Disability Questionnaire

This questionnaire has been designed to give information as to how neck related pain affects your ability to manage everyday life. Please answer every section and **mark the ONE box that most closely describes your problem**.

SECTION 1 - PAIN INTENSITY
0 ☐ I have no pain at the moment.
1 ☐ The pain is very mild at the moment.
2 ☒ The pain is moderate at the moment.
3 ☐ The pain is fairly severe at the moment.
4 ☐ The pain is very severe at the moment.
5 ☐ The pain is the worst imaginable at the moment.

SECTION 2 - PERSONAL CARE (Washing, Dressing, etc.)
0 ☐ I can look after myself normally without causing extra pain.
1 ☒ I can look after myself normally but it causes extra pain.
2 ☐ It is painful to look after myself and I am slow and careful.
3 ☐ I need some help but manage most of my personal care.
4 ☐ I need help every day in most aspects of self care.
5 ☐ I do not get dressed, I wash with difficulty and stay in bed.

SECTION 3 - LIFTING
0 ☐ I can lift heavy weights without extra pain.
1 ☐ I can lift heavy weights but it gives extra pain.
2 ☒ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.
3 ☐ Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
4 ☐ I can lift very light weights.
5 ☐ I cannot lift or carry anything at all.

SECTION 4 - READING
0 ☐ Can read as much as I want to with no pain in my neck.
1 ☐ Can read as much as I want to with slight pain in my neck.
2 ☒ Can read as much as I want with moderate pain in my neck.
3 ☐ Can't read as much as I want because of moderate pain in my neck.
4 ☐ Can hardly read at all because of severe pain in my neck.
5 ☐ Cannot read at all.

SECTIONS 5 - HEADACHES
0 ☒ I have no headaches at all.
1 ☐ I have slight headaches which come infrequently.
2 ☐ I have moderate headaches which come infrequently.
3 ☐ I have moderate headaches which come frequently.
4 ☐ I have severe headaches which come frequently.
5 ☐ I have headaches almost all the time.

SECTION 6 - CONCENTRATION
0 ☐ I can concentrate fully when I want to with no difficulty.
1 ☒ I can concentrate fully when I want to with slight difficulty.
2 ☐ I have a fair degree of difficulty in concentrating when I want to.
3 ☐ I have a lot of difficulty in concentrating when I want to.
4 ☐ I have a great deal of difficulty in concentrating when I want to.
5 ☐ I cannot concentrate at all.

SECTION 7 - WORK
0 ☐ I can do as much work as I want to.
1 ☐ I can only do my usual work, but no more.
2 ☐ I can do most of my usual work, but no more.
3 ☒ I cannot do my usual work.
4 ☐ I can hardly do any work at all.
5 ☐ I can't do any work at all.

SECTION 8 - DRIVING N/A
0 ☐ Can drive my car without any neck pain.
1 ☐ Can drive my car as long as I want with slight pain in my neck.
2 ☐ Can drive my car as long as I want with moderate pain in my neck.
3 ☐ Can't drive my car as long as I want because of moderate neck pain.
4 ☐ Can hardly drive at all because of severe pain in my neck.
5 ☐ Can't drive my car at all.

SECTION 9 - SLEEPING
0 ☐ I have no trouble sleeping
1 ☐ My sleep is slightly disturbed (less than 1 hr. sleepless).
2 ☐ My sleep is mildly disturbed (1-2 hrs. sleepless).
3 ☐ My sleep is moderately disturbed (2-3 hrs. sleepless).
4 ☒ My sleep is greatly disturbed (3-5 hrs. sleepless).
5 ☐ My sleep is completely disturbed (5-7 hrs. sleepless).

SECTION 10 - RECREATION
0 ☐ Able to engage in all recreation activities with no neck pain at all.
1 ☐ Able to engage in all recreation activities, with some pain in neck.
2 ☐ Able to engage in most, but not all of my usual recreation activities because of pain in my neck.
3 ☐ Able to engage in a few of my usual recreation activities because of pain in my neck.
4 ☐ Can hardly do any recreation activities because of pain in my neck.
5 ☒ Can't do any recreation activities at all.

SCORE = 44 % [points/max possible x 100]

RAW SCORE = 20
20/45 x 100 = 44%

Lower Extremity Functional Scale (HIP)

Please indicate whether you are having any difficulty with activities because of your lower limb problems by marking **one** answer for each activity listed below.

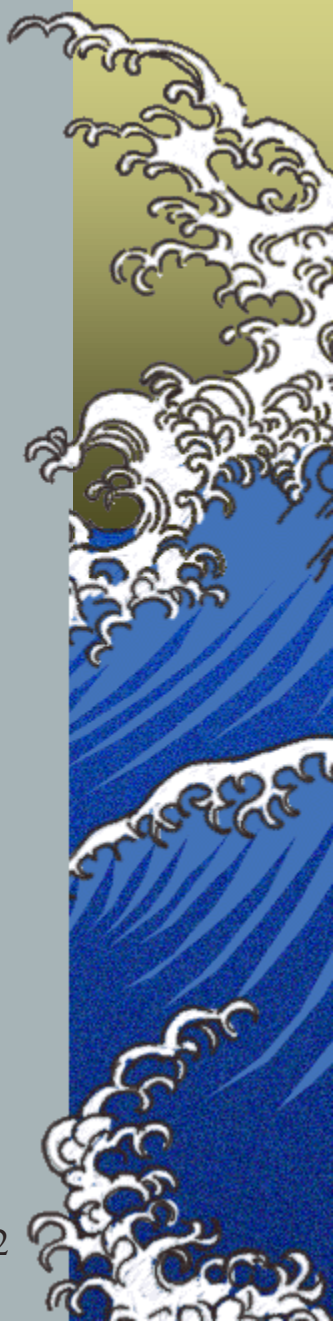
Activities	Extreme Difficulty Or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty
Any of your usual work, household, or school activities	☐	☒	☐	☐	☐
Your usual hobbies, recreational or sporting activities	☒	☐	☐	☐	☐
Getting into or out of the bath	☐	☐	☒	☐	☐
Walking between rooms	☐	☐	☐	☐	☒
Putting on your shoes or socks	☐	☐	☐	☐	☒
Squatting	☐	☒	☐	☐	☐
Lifting an object, like a bag of groceries from the floor	☒	☐	☐	☐	☐
Performing light activities around your Home	☐	☐	☐	☒	☐
Performing heavy activities around your Home	☒	☐	☐	☐	☐
Getting into or out of a car	☐	☐	☐	☒	☐
Walking 2 blocks	☐	☒	☐	☐	☐
Walking a mile	☒	☐	☐	☐	☐
Going up or down 10 stairs (about 1 flight of stairs)	☐	☐	☒	☐	☐
Standing for 1 hour	☐	☒	☐	☐	☐
Sitting for 1 hour	☐	☐	☐	☒	☐
Running on even ground	☒	☐	☐	☐	☐
Running on uneven ground	☒	☐	☐	☐	☐
Making sharp turns running fast	☒	☐	☐	☐	☐
Hopping	☐	☐	☒	☐	☐
Rolling over in bed	☐	☐	☐	☐	☒
		4 X 1 = 4	3 X 2 = 6	3 X 3 = 9	3 X 4 = 12

SCORE = 31 **/80**

4
6
9
12
31

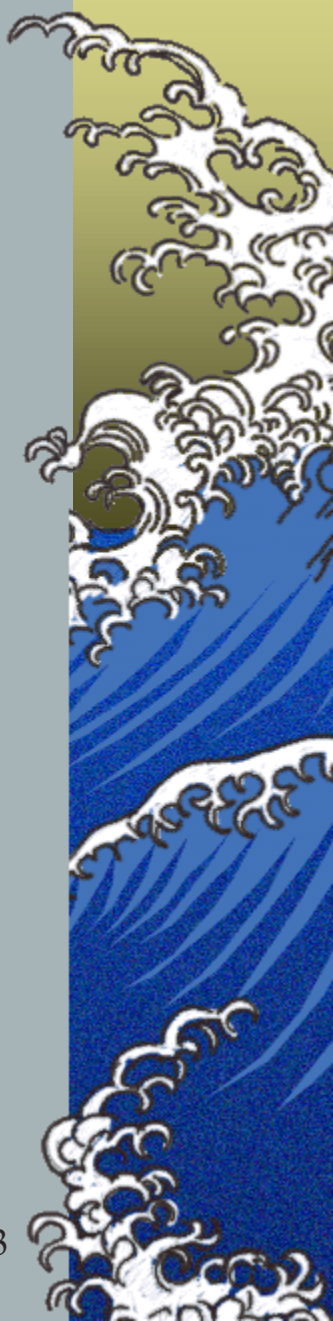
NEUROLOGICAL TESTS

- **NEUROLOGICAL TESTS** for cervicobrachial plexus and the lumbosacral plexus consist of motor (strength), dermatome and deep tendon reflex tests.
- Cervical Spine and Lumbar Spine exam forms contain those procedures and include the following
  - Strength testing:
  - Dermatome Testing
  - Deep Tendon Reflexes



NEUROLOGICAL TESTS

- Strength testing:
  - Grade 5: Full resistance/normal strength
  - Grade 4: Moderate resistance/holds against resistance but is weaker than normal
  - Grade 3: ROM against gravity, but no added resistance
- Dermatome Testing: see the tutorial at
  - **https://www.youtube.com/watch?v=ZZ0nNplN_KE**
- Deep Tendon Reflexes: see the tutorial
  - **https://www.youtube.com/watch?v=4wOr70FhoEA**



Decreased Dermatome Sensation

RIGHT: □ C5 □ C6 □ C7 □ C8 □ T1 **LEFT:** □ C5 □ C6 □ C7 □ C8 □ T1

Deep Tendon Reflexes	**RIGHT**	**LEFT**
Biceps (C5)	□ 0 □ +1 □ +2 □ +3	□ 0 □ +1 □ +2 □ +3
Brachioradialis (C6)	□ 0 □ +1 □ +2 □ +3	□ 0 □ +1 □ +2 □ +3
Triceps (C7)	□ 0 □ +1 □ +2 □ +3	□ 0 □ +1 □ +2 □ +3

Motor Strength	**RIGHT**	**LEFT**
Deltoid (C5)	□ 3/5 □ 4/5 □ 5/5	□ 3/5 □ 4/5 □ 5/5
Triceps (C7)	□ 3/5 □ 4/5 □ 5/5	□ 3/5 □ 4/5 □ 5/5
Finger Flexion (C8)	□ 3/5 □ 4/5 □ 5/5	□ 3/5 □ 4/5 □ 5/5
Finger Abduction (T1)	□ 3/5 □ 4/5 □ 5/5	□ 3/5 □ 4/5 □ 5/5

Decreased Dermatome Sensation

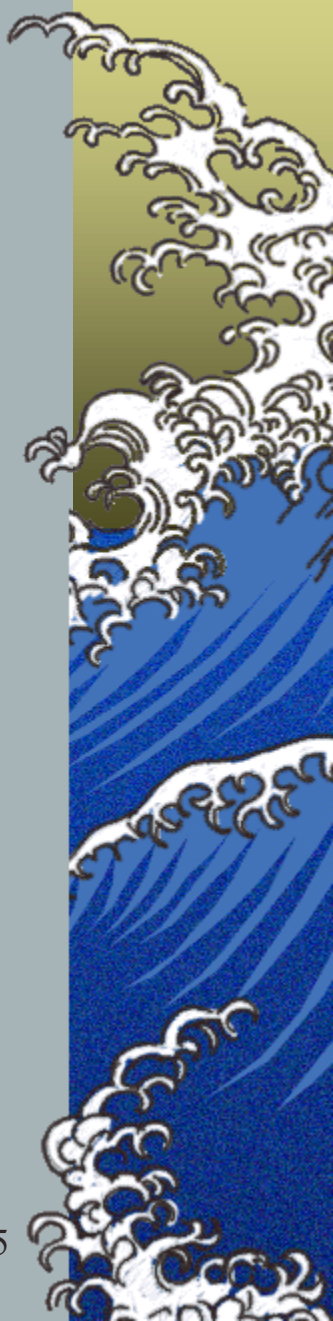
RIGHT: □ L2 □ L3 □ L4 □ L5 □ S1 **LEFT:** □ L2 □ L3 □ L4 □ L5 □ S1

Deep Tendon Reflexes	**RIGHT**	**LEFT**
Patellar (L3-4)	□ 0 □ +1 □ +2 □ +3	□ 0 □ +1 □ +2 □ +3
Achilles (S1)	□ 0 □ +1 □ +2 □ +3	□ 0 □ +1 □ +2 □ +3

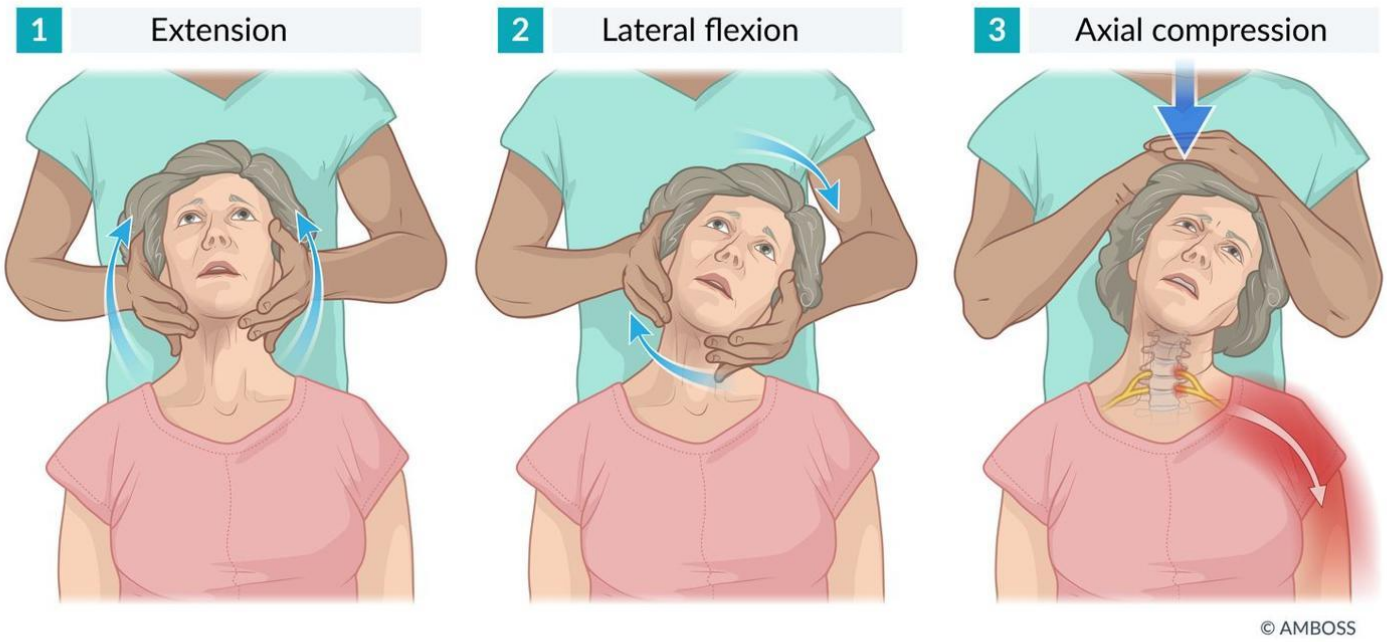
Motor Strength	**RIGHT**	**LEFT**
Psoas (L2)	□ 3/5 □ 4/5 □ 5/5	□ 3/5 □ 4/5 □ 5/5
Quadriceps (L3)	□ 3/5 □ 4/5 □ 5/5	□ 3/5 □ 4/5 □ 5/5
Tibialis Anterior (L4)	□ 3/5 □ 4/5 □ 5/5	□ 3/5 □ 4/5 □ 5/5
Extensor Hallucis Longus (L5)	□ 3/5 □ 4/5 □ 5/5	□ 3/5 □ 4/5 □ 5/5
Gastrocnemius/Heel Raise (S1)	□ 3/5 □ 4/5 □ 5/5	□ 3/5 □ 4/5 □ 5/5

Ortho Tests
Specificity/Sensitivity

- **High Specificity**
  - few false positives; condition more likely
  - SpPin (Specific, Positive result, rules IN)
- **High Sensitivity**
  - few false negatives; condition less likely
  - SnNout (Sensitive, Negative, rules OUT)
- Regardless: hurt is hurt!

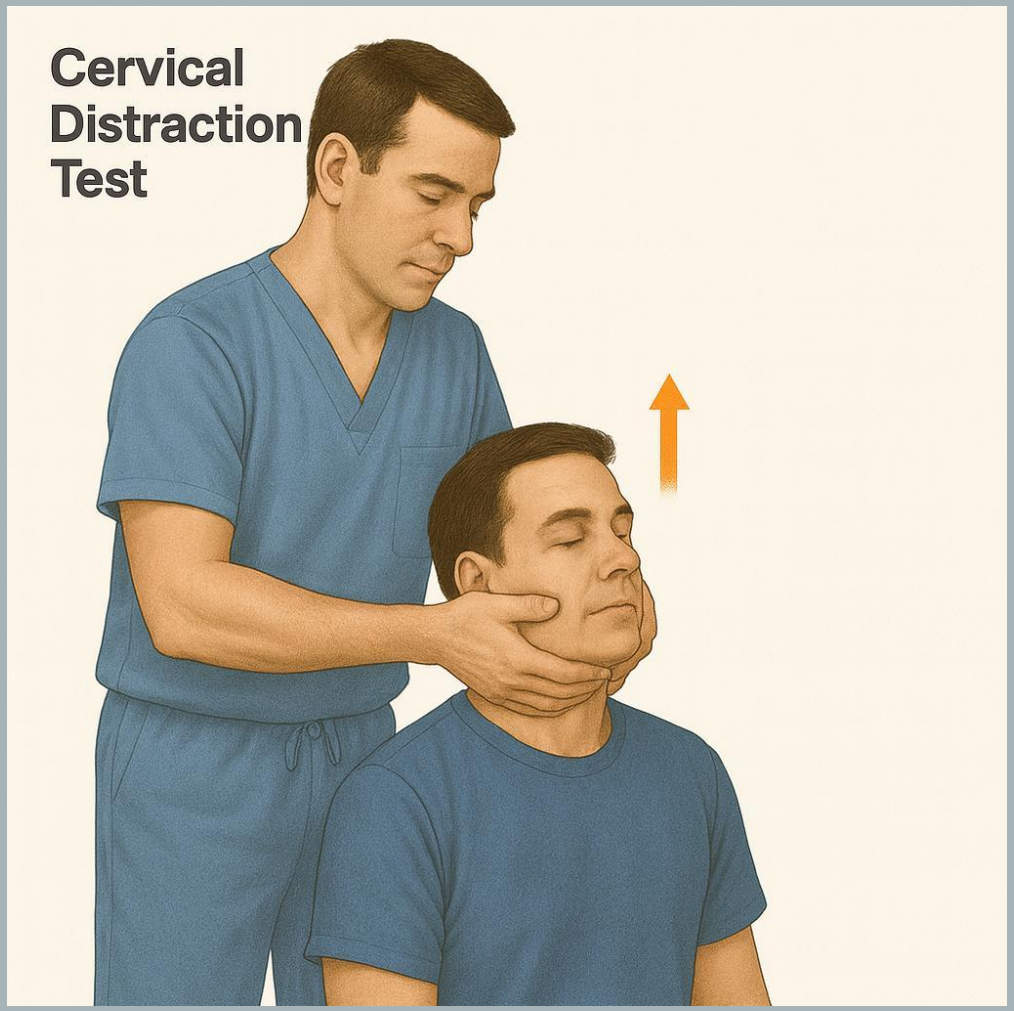


Spurling Test
Radiculopathy



Cervical Distraction

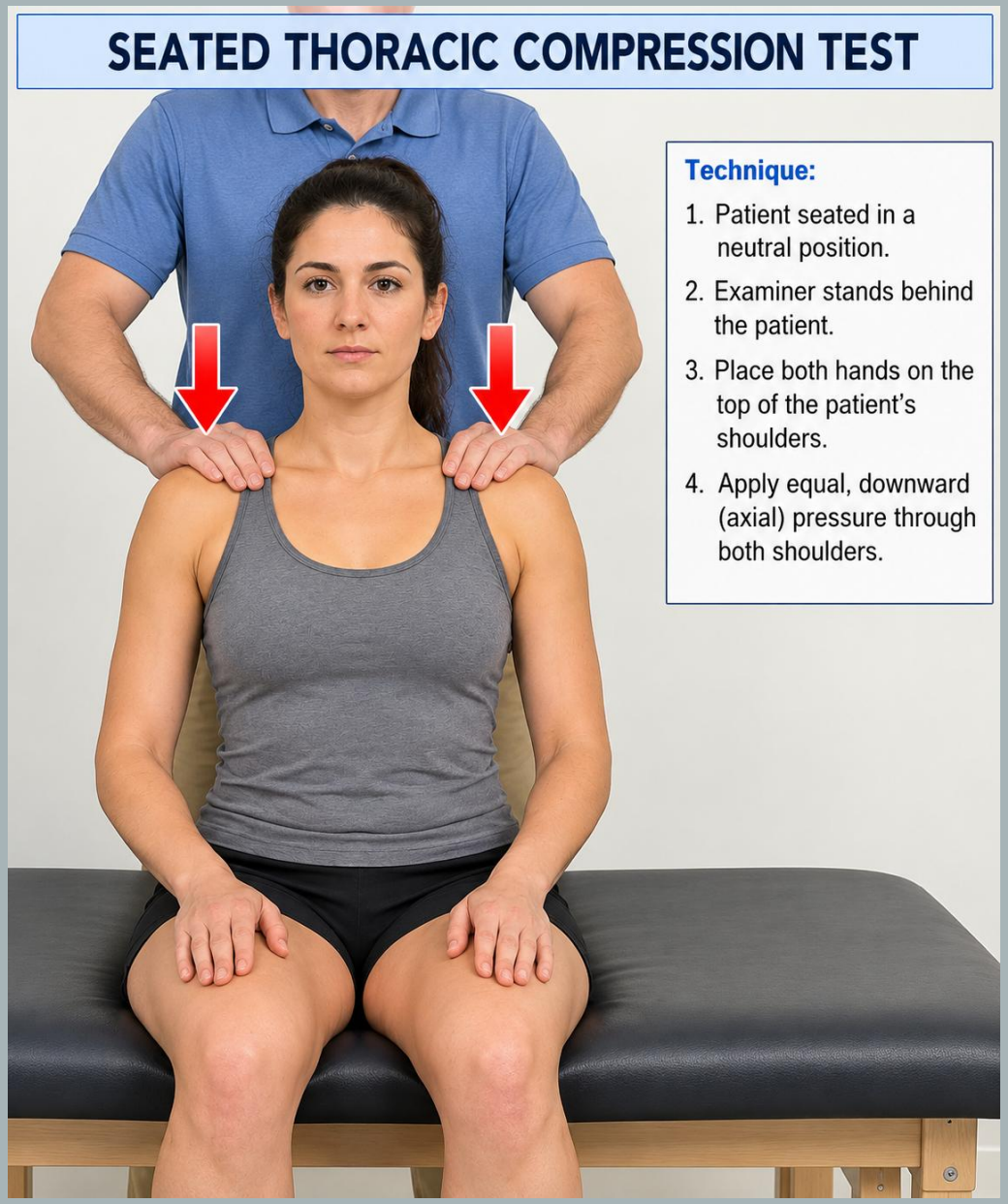
Nerve Root Compression - Facet



Bakody's
Cervical Radiculopathy



SEATED THORACIC COMPRESSION TEST

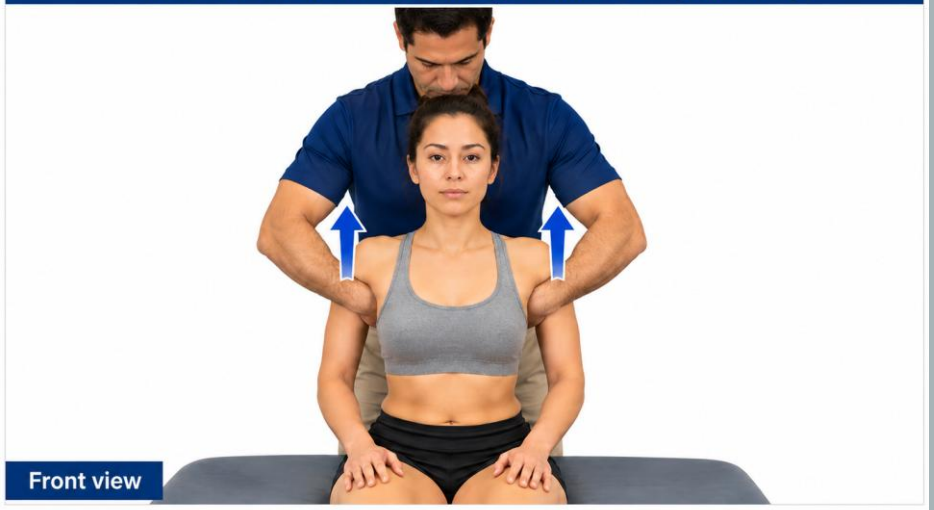


Technique:

1. Patient seated in a neutral position.
2. Examiner stands behind the patient.
3. Place both hands on the top of the patient's shoulders.
4. Apply equal, downward (axial) pressure through both shoulders.

Thoracic Distraction

Thoracic Distraction Through Axilla Test (Bilateral)



Patient position: Seated, upright with arms relaxed at the sides.
Examiner position: Standing behind the patient.
Technique:

1. Place both arms/forearms through the patient's axillae (armpits), one on each side.
2. Grasp around the upper arms/shoulder girdle or ribcage.
3. Apply a gentle, steady upward (cephalad) traction through both axillae simultaneously to create longitudinal distraction of the thoracic spine.

Positive test: Reproduction or relief of the patient's thoracic pain.

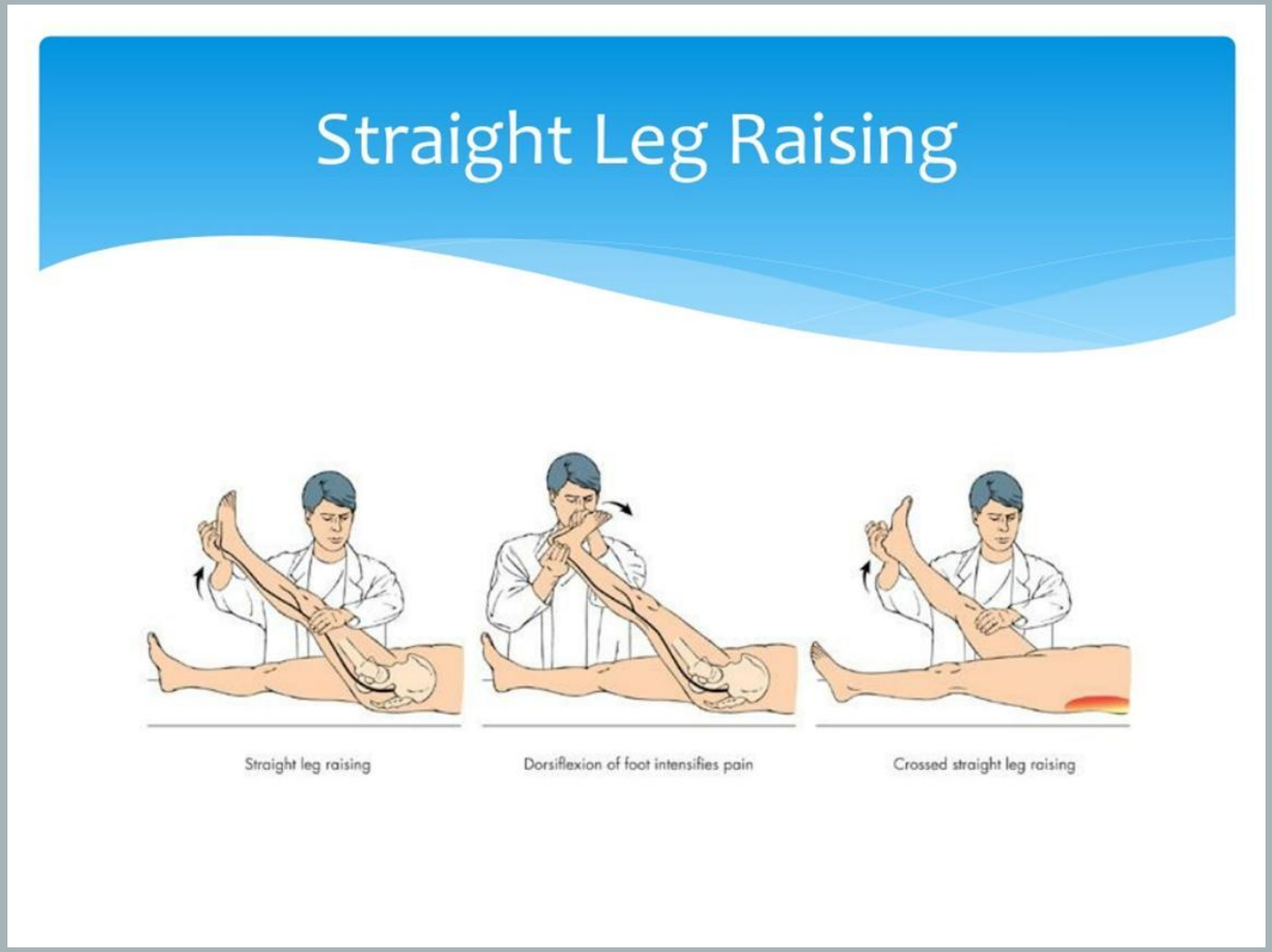
SEATED THORACIC DISTRACTION TEST



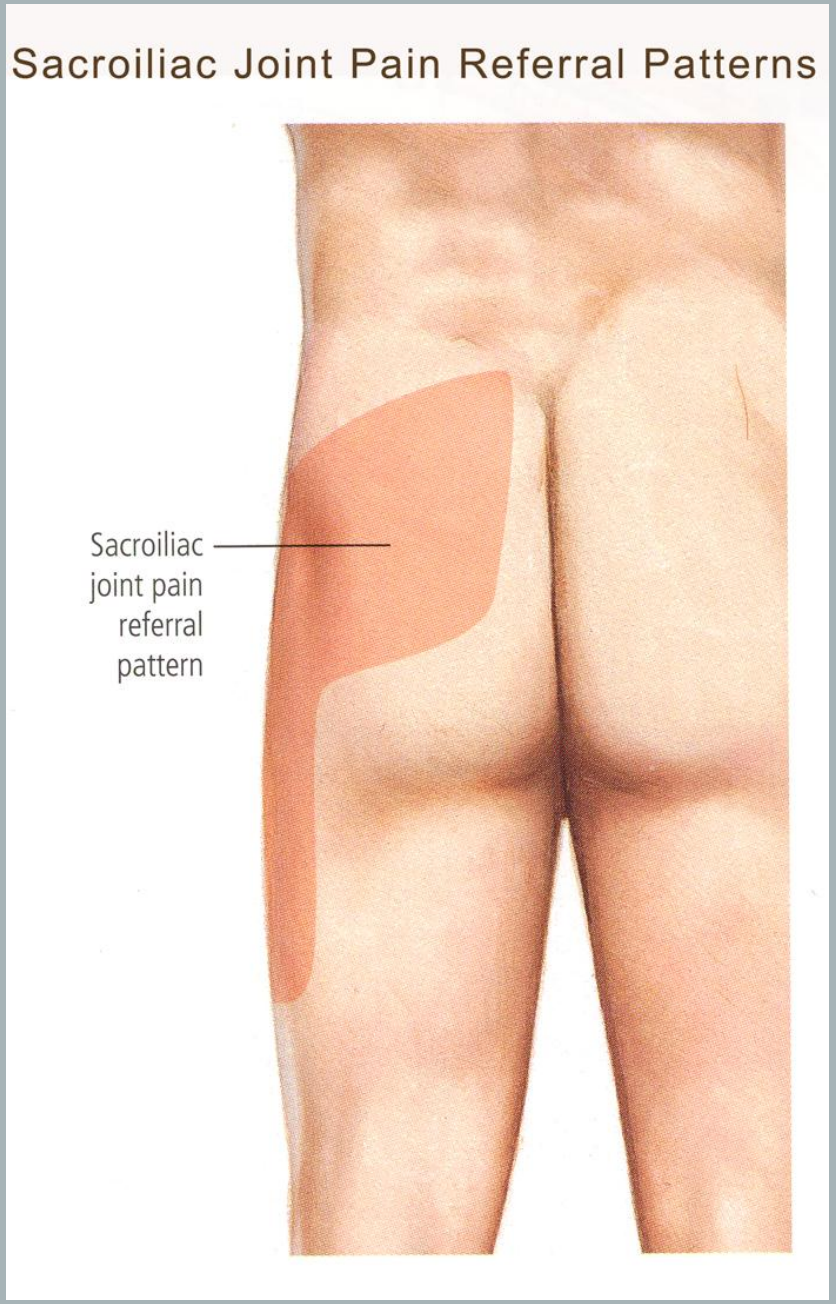
Technique:

1. Patient seated in a neutral position.
2. Examiner stands behind the patient and places arms around the patient's arms, just above the elbows.
3. Gently lift and pull upward and slightly backward, leaning the patient backward to distract the thoracic spine.
4. Assess for reproduction or relief of symptoms.

SLR; Braggard's; CSLR



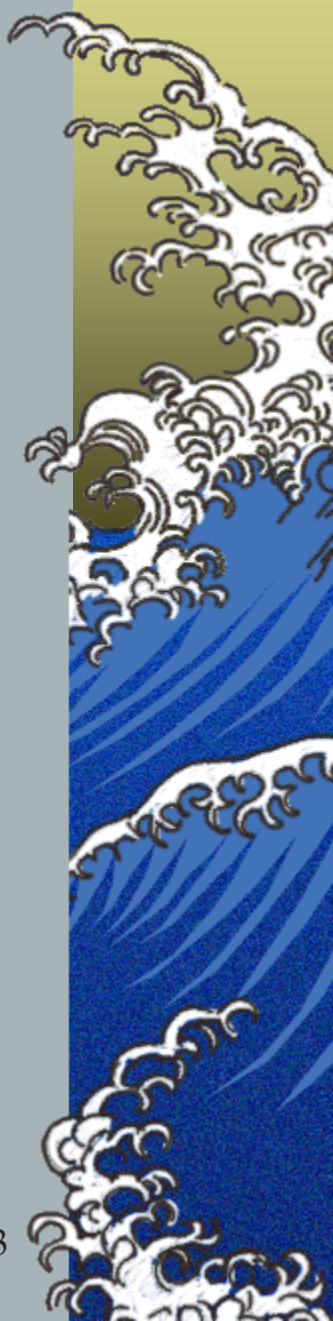
Sacroiliac Joint Pain Referral Patterns



Diagnosing Painful SI Joints

Laslett et al, Australian Journal of Physiotherapy 49: 89-97, 2003

- ***Need 3:***
  - Iliac distraction (1)
  - Gaenslen tested bilaterally (1 max)
  - Thigh thrust (1)
  - Iliac compression (1)
  - Sacral thrust (1)



Iliac Distraction



Gaenslen's Test



Thigh Thrust





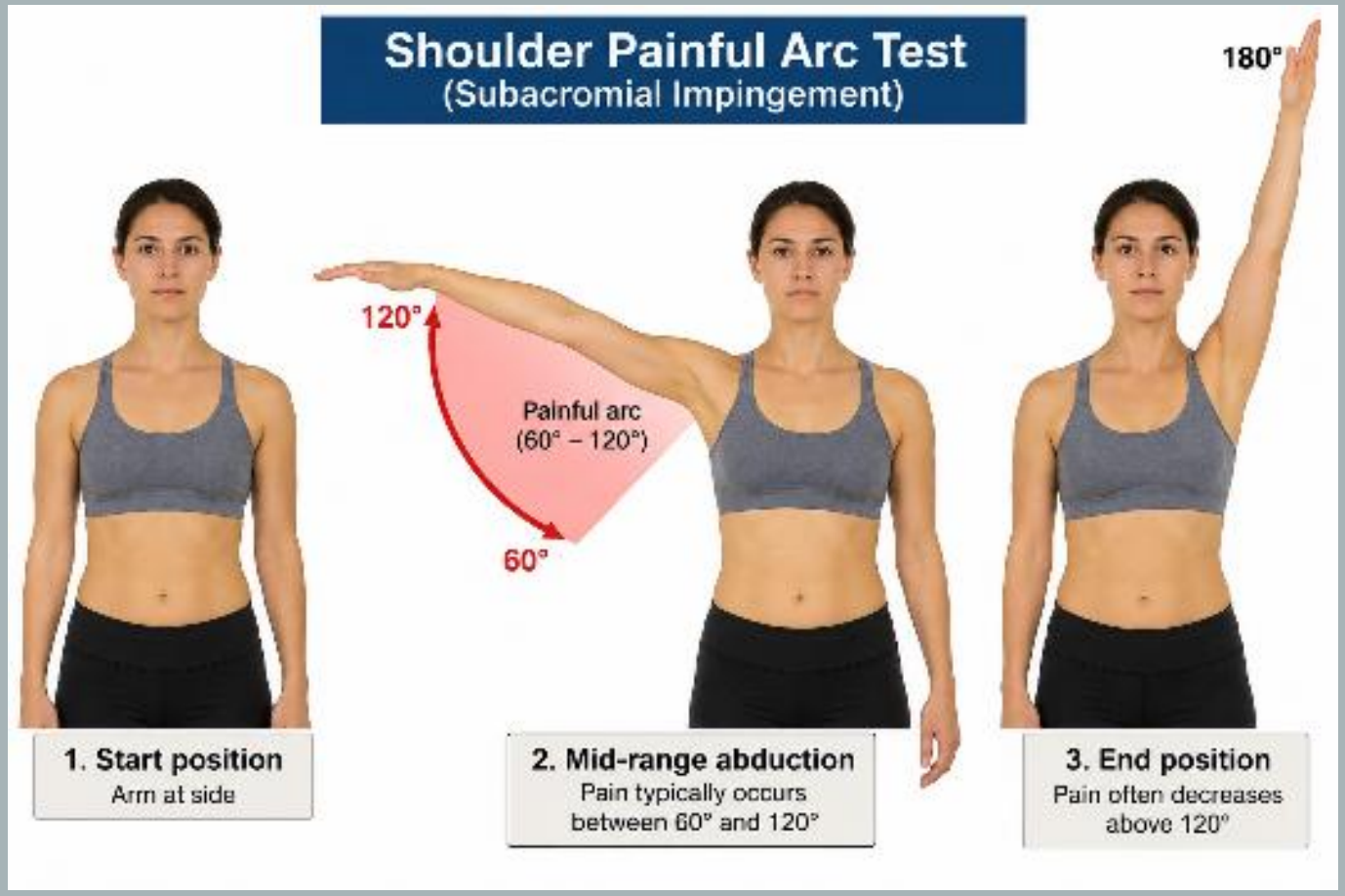
Iliac Compression



Sacral Thrust



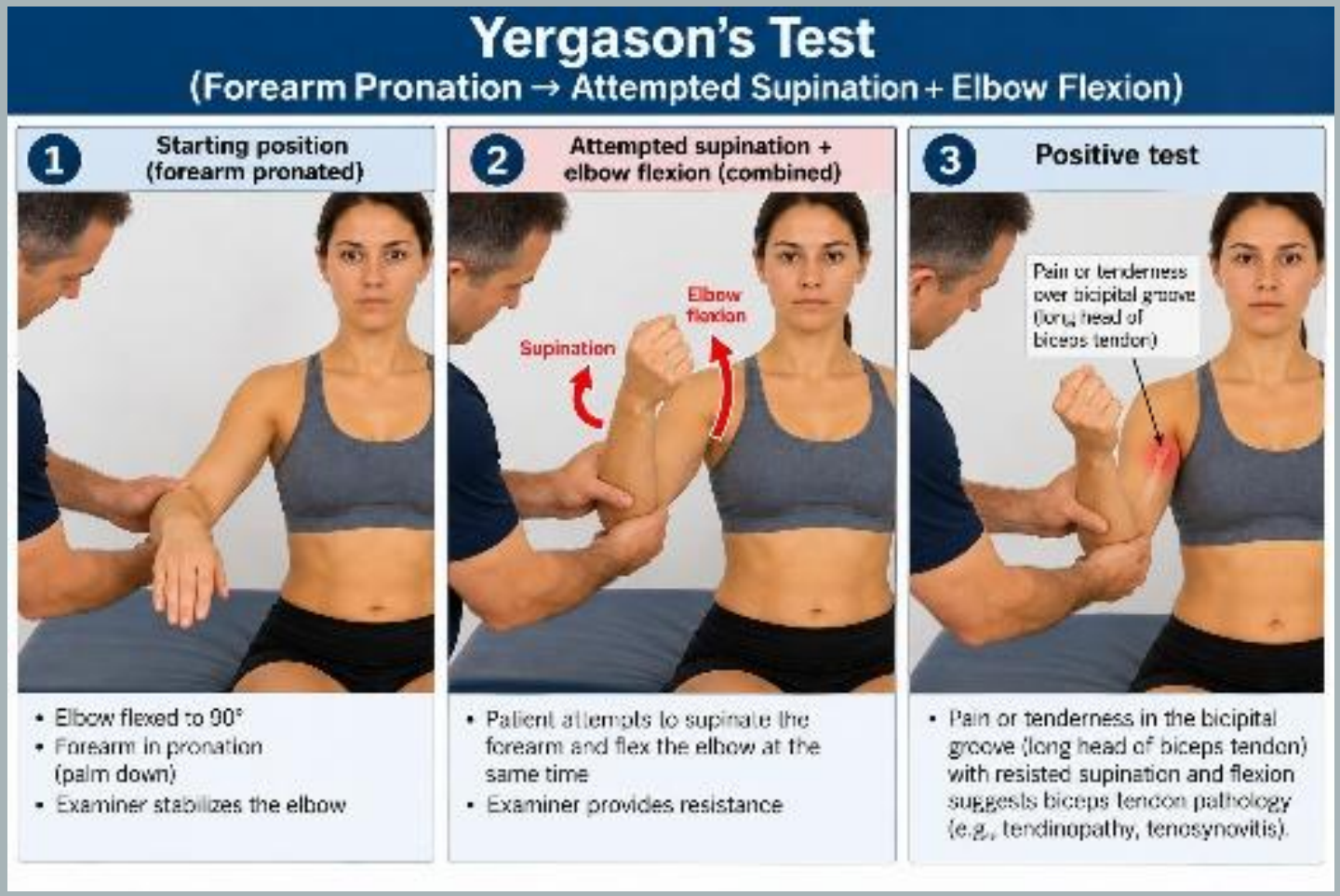
Subacromial: Painful Arc Test



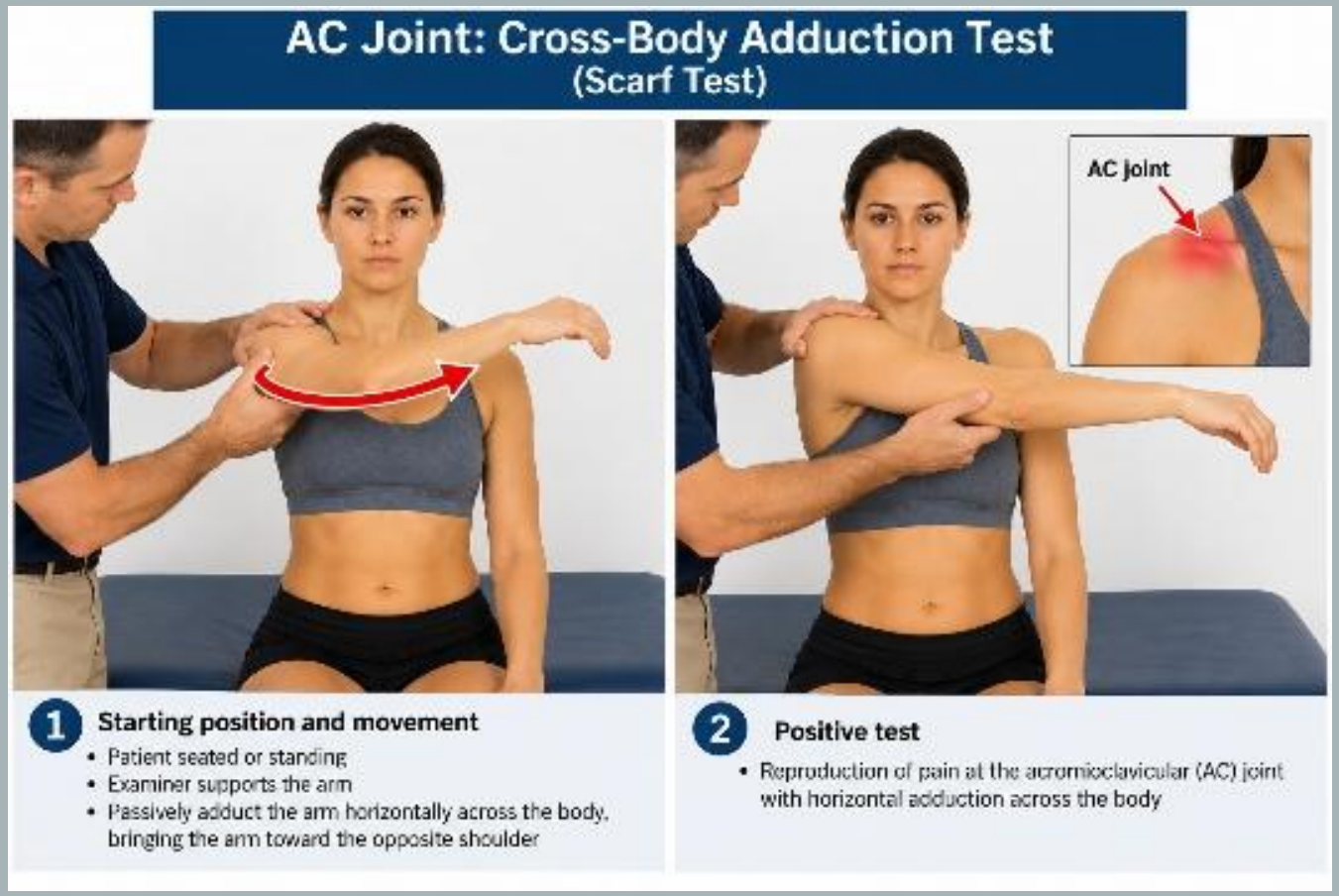
Supraspinatus: Empty Can (Jobe)



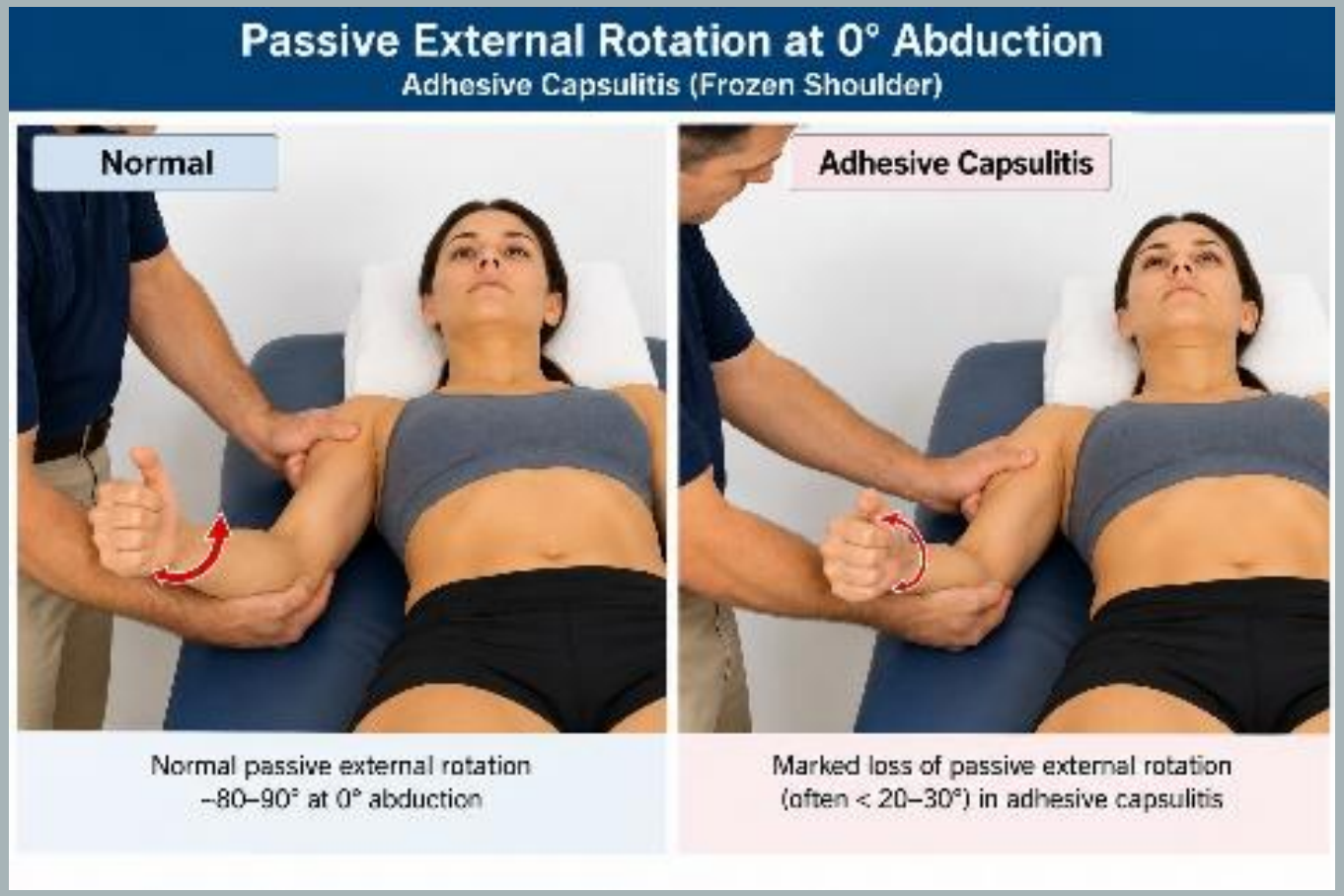
Biceps: Yergason's Test



AC Joint: Cross-Body Adduction



Adhesive Capsulitis:
Marked Loss of Passive External Rotation



Lateral Epicondylitis

Cozen's Test/Tennis Elbow

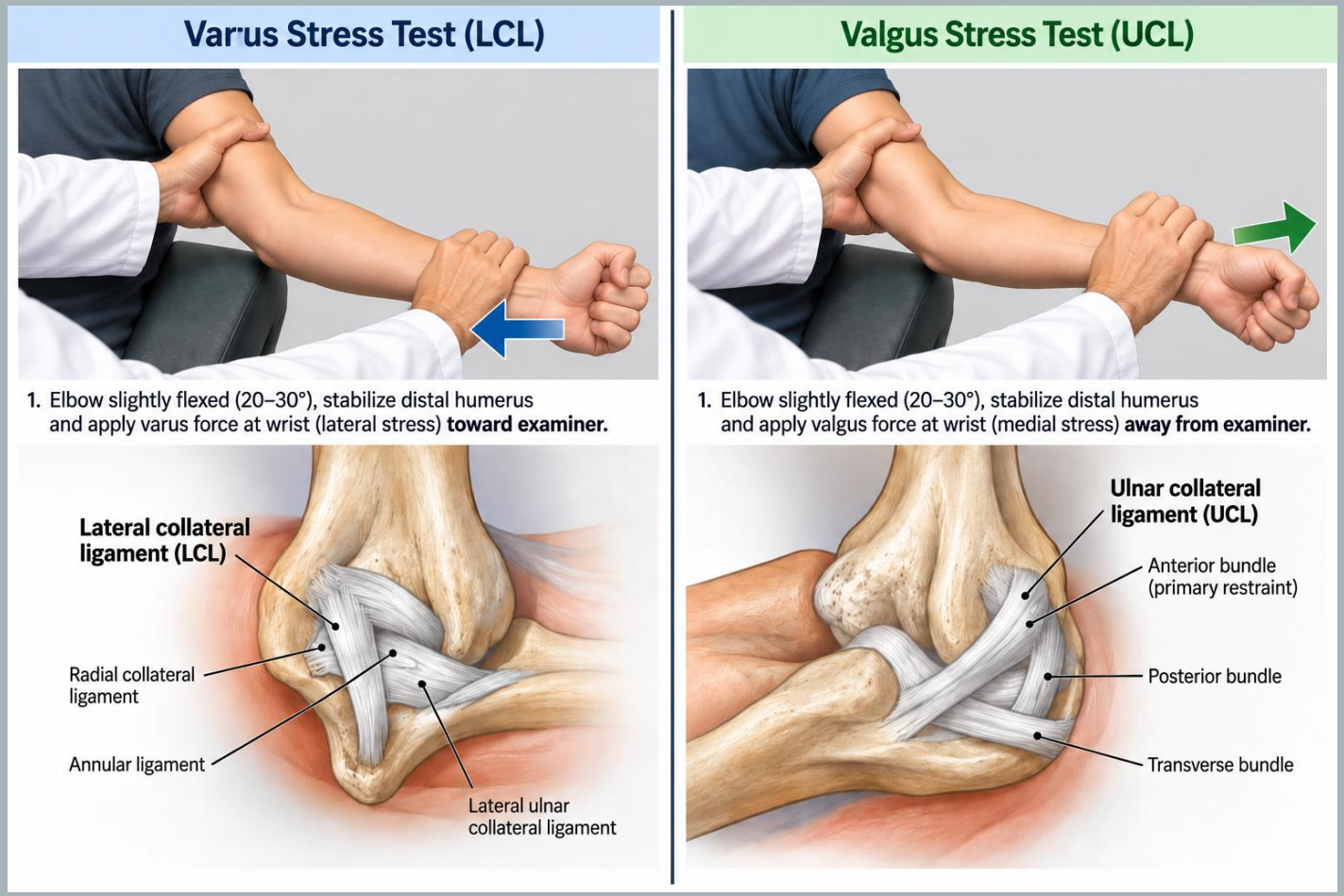


Medial Epicondylitis

Golfer's Elbow

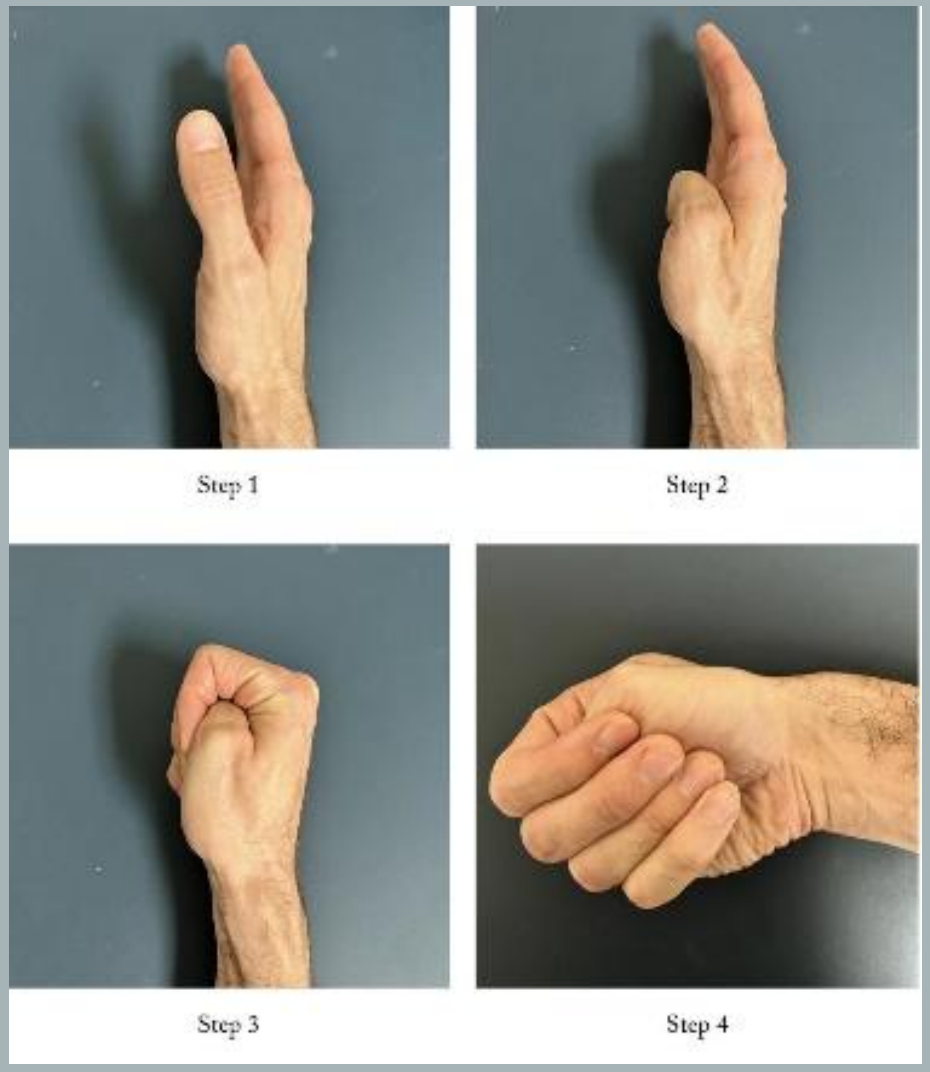


Lateral Collateral Ligament (LCL): Varus Stress Test
Ulnar Collateral Ligament (UCL): Valgus Stress Test



De Quervain Tenosynovitis:

Finkelstein Test





Phalen & Reverse Phalens Tests

Carpal Tunnel Syndrome

Phalen's Test
(Wrist Flexion Test)

Volar surface of the wrists are pressed together in maximal flexion and held for 30–60 seconds.



Positive test: Reproduction of numbness, tingling, or pain in the median nerve distribution (thumb, index, middle, and radial half of ring finger).

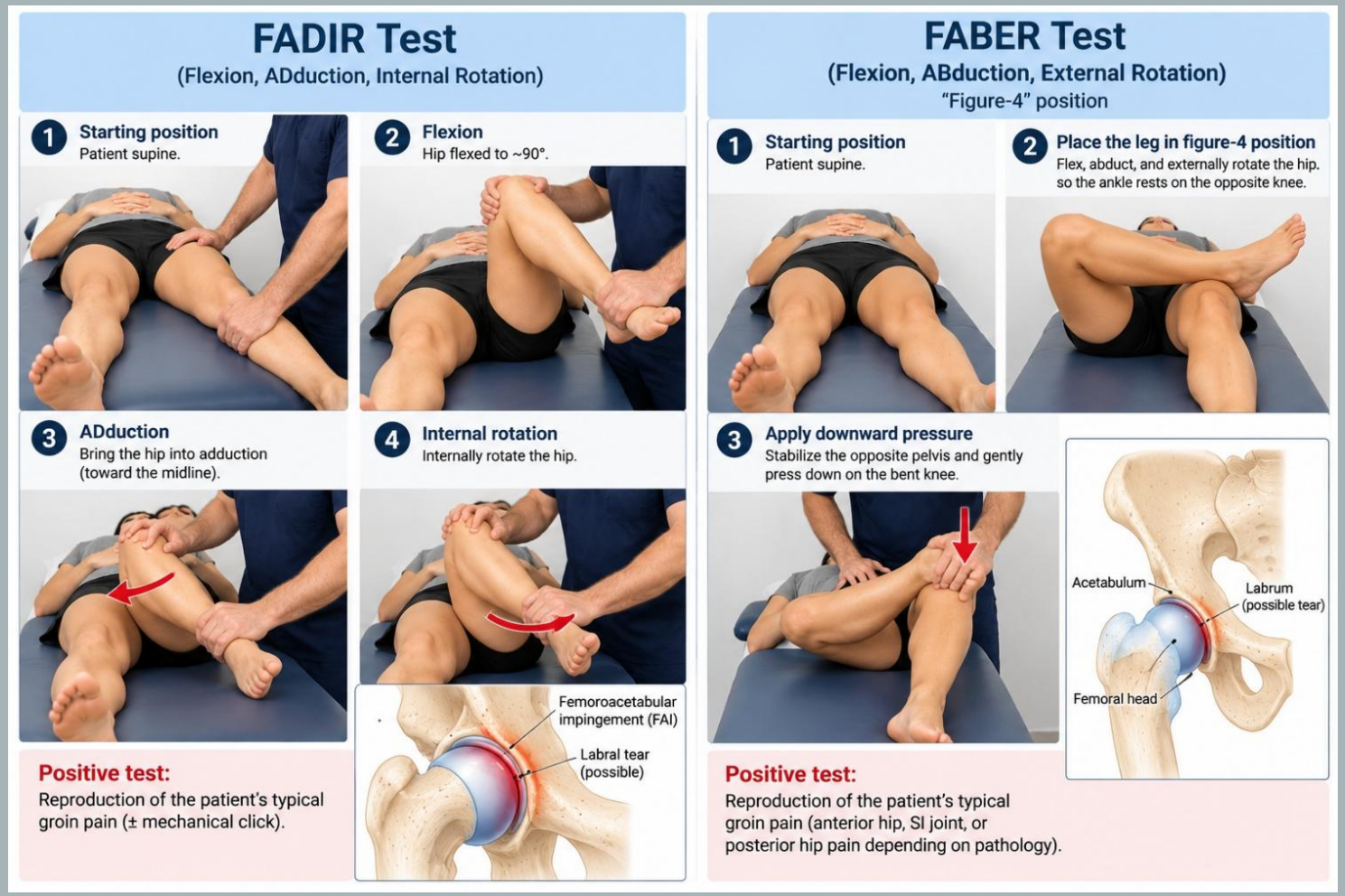
Reverse Phalen's Test
(Wrist Extension Test)

Dorsal surfaces of the hands are pressed together in maximal extension and held for 30–60 seconds.



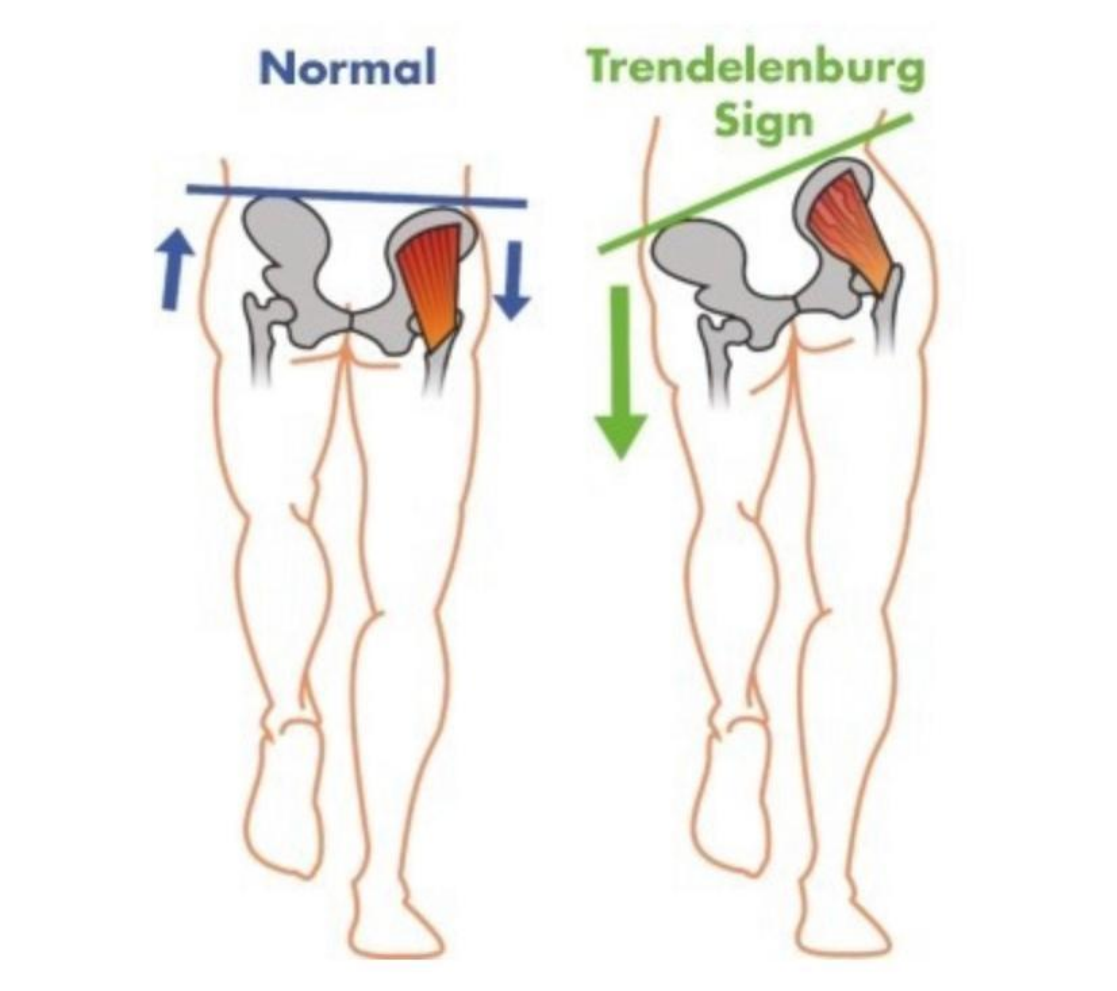
Positive test: Reproduction of numbness, tingling, or pain in the median nerve distribution (thumb, index, middle, and radial half of ring finger).

FADIR & FABER


FADIR Test
(Flexion, ADduction, Internal Rotation)
1 Starting position
Patient supine.
2 Flexion
Hip flexed to ~90°.
3 ADduction
Bring the hip into adduction (toward the midline).
4 Internal rotation
Internally rotate the hip.
Femoroacetabular impingement (FAI)
Labral tear (possible)
Positive test:
Reproduction of the patient's typical groin pain (± mechanical click).
FABER Test
(Flexion, ABduction, External Rotation)
"Figure-4" position
1 Starting position
Patient supine.
2 Place the leg in figure-4 position
Flex, abduct, and externally rotate the hip. so the ankle rests on the opposite knee.
3 Apply downward pressure
Stabilize the opposite pelvis and gently press down on the bent knee.
Acetabulum
Labrum (possible tear)
Femoral head
Positive test:
Reproduction of the patient's typical groin pain (anterior hip, SI joint, or posterior hip pain depending on pathology).

Trendelenburg Test

Gluteus Medius Weakness



Single-Leg Stance Test

Greater Trochanteric Pain Syndrome



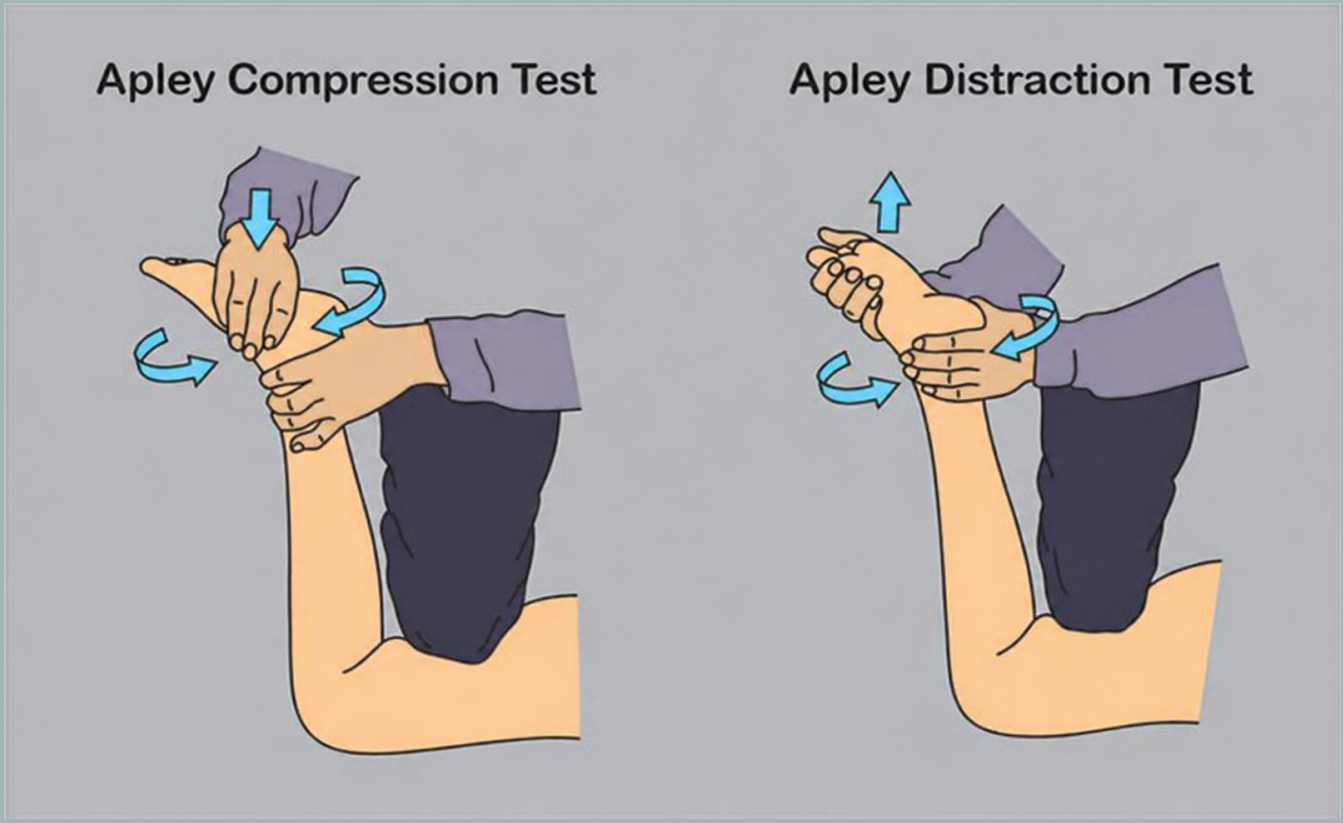
Your tex

Apley's Tests

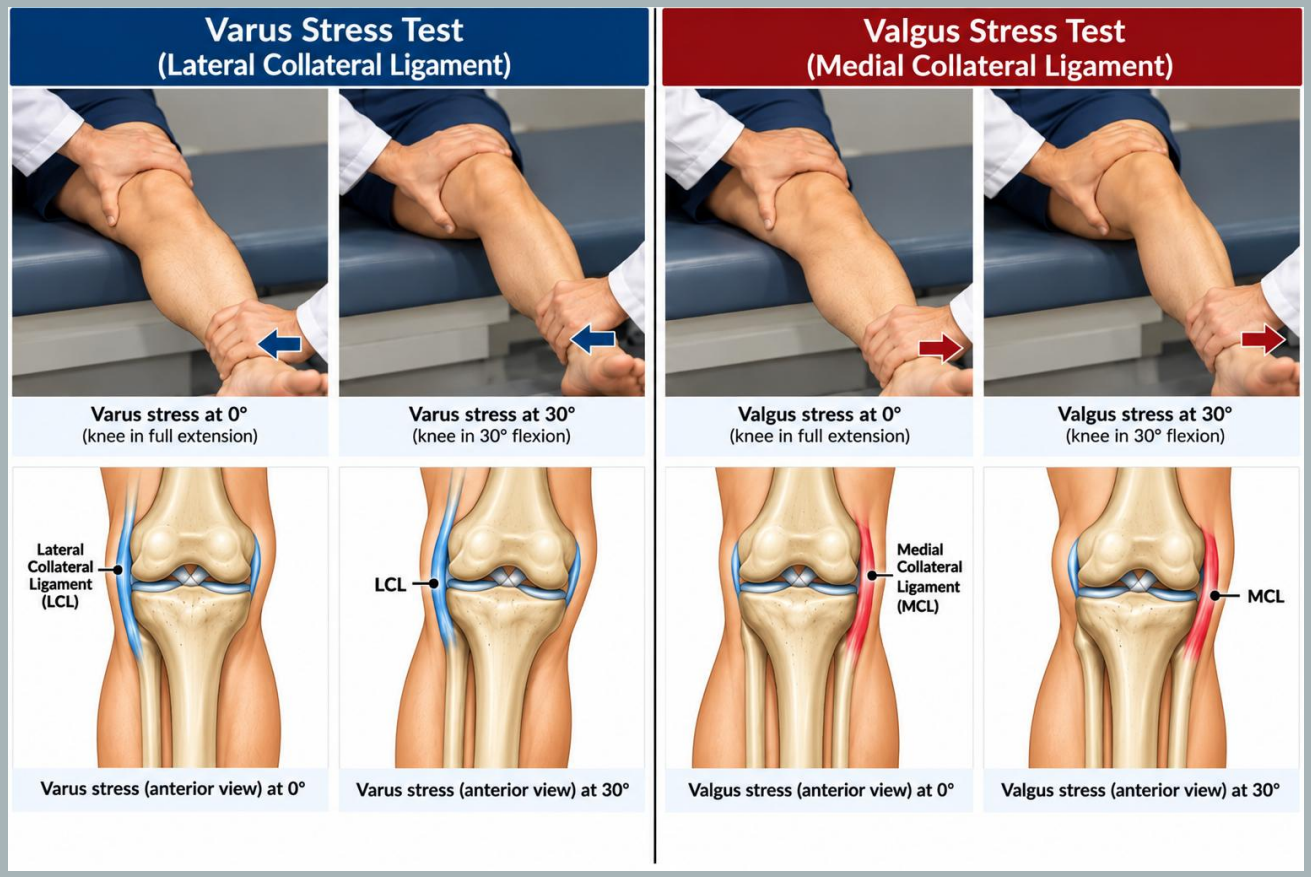
increased pain w/ compression: meniscus

decreased pain w/ distraction: meniscus

increased pain w/ distraction: ligament; capsule

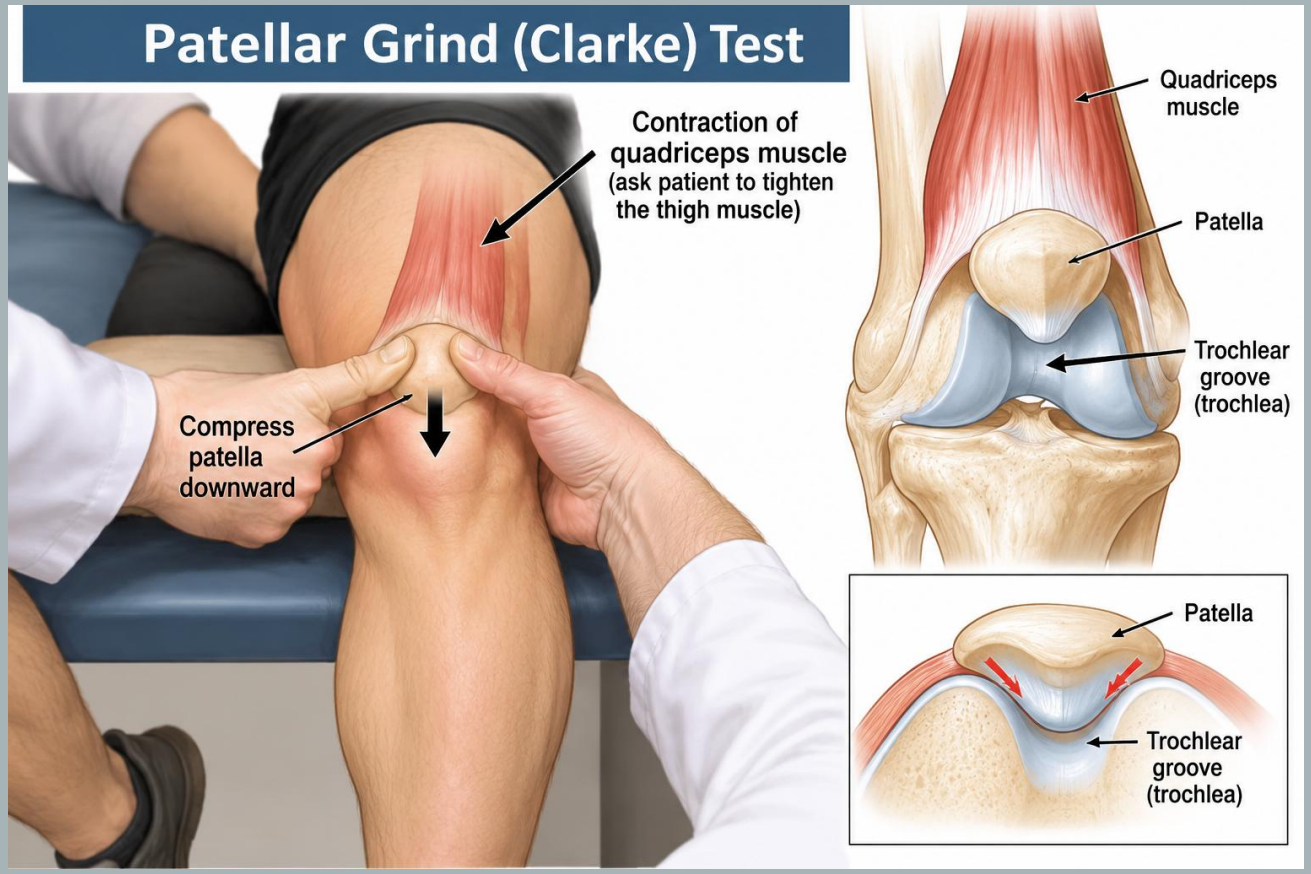


Varus & Valgus Stress Tests

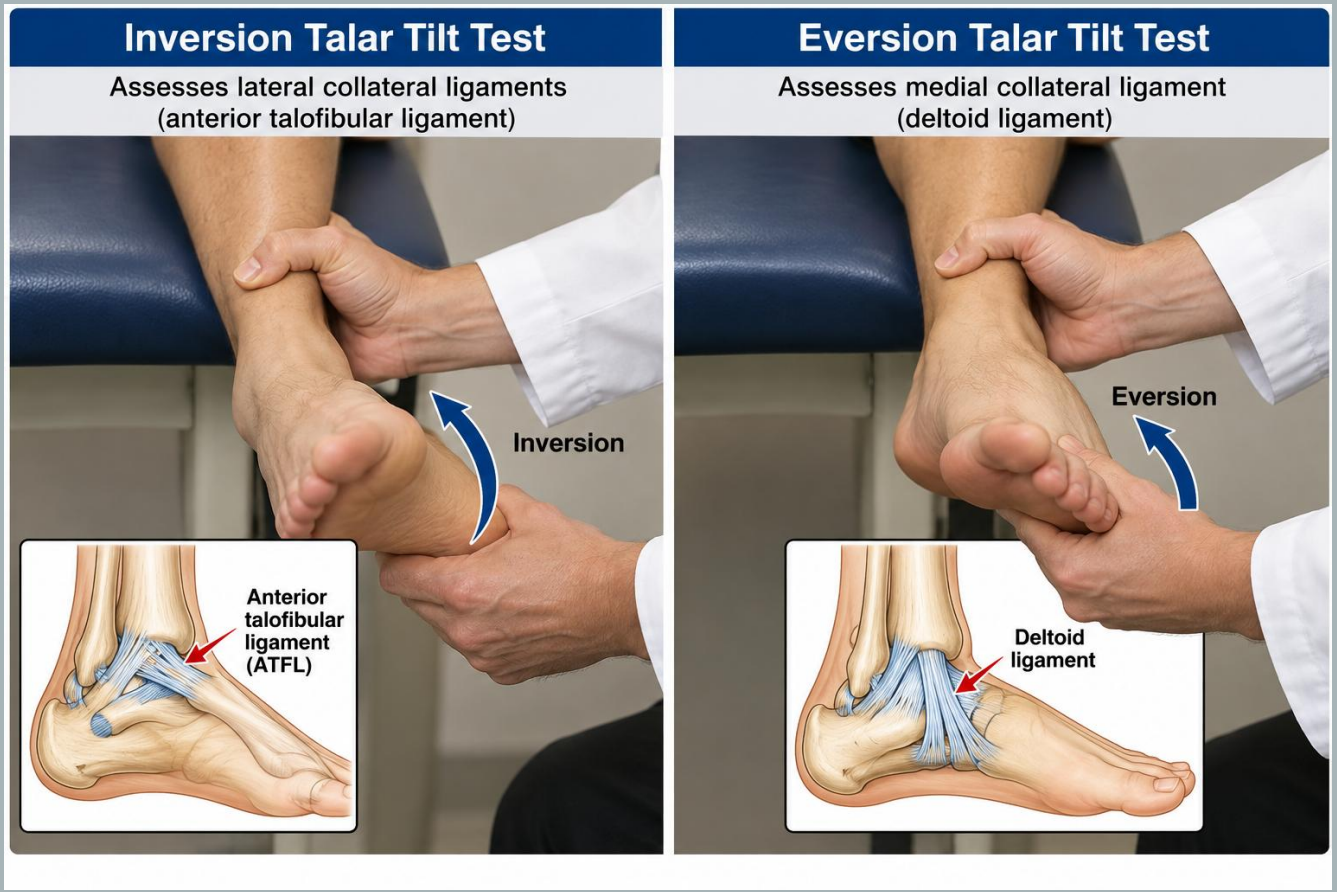


Patellar Grind (Clarke) Test

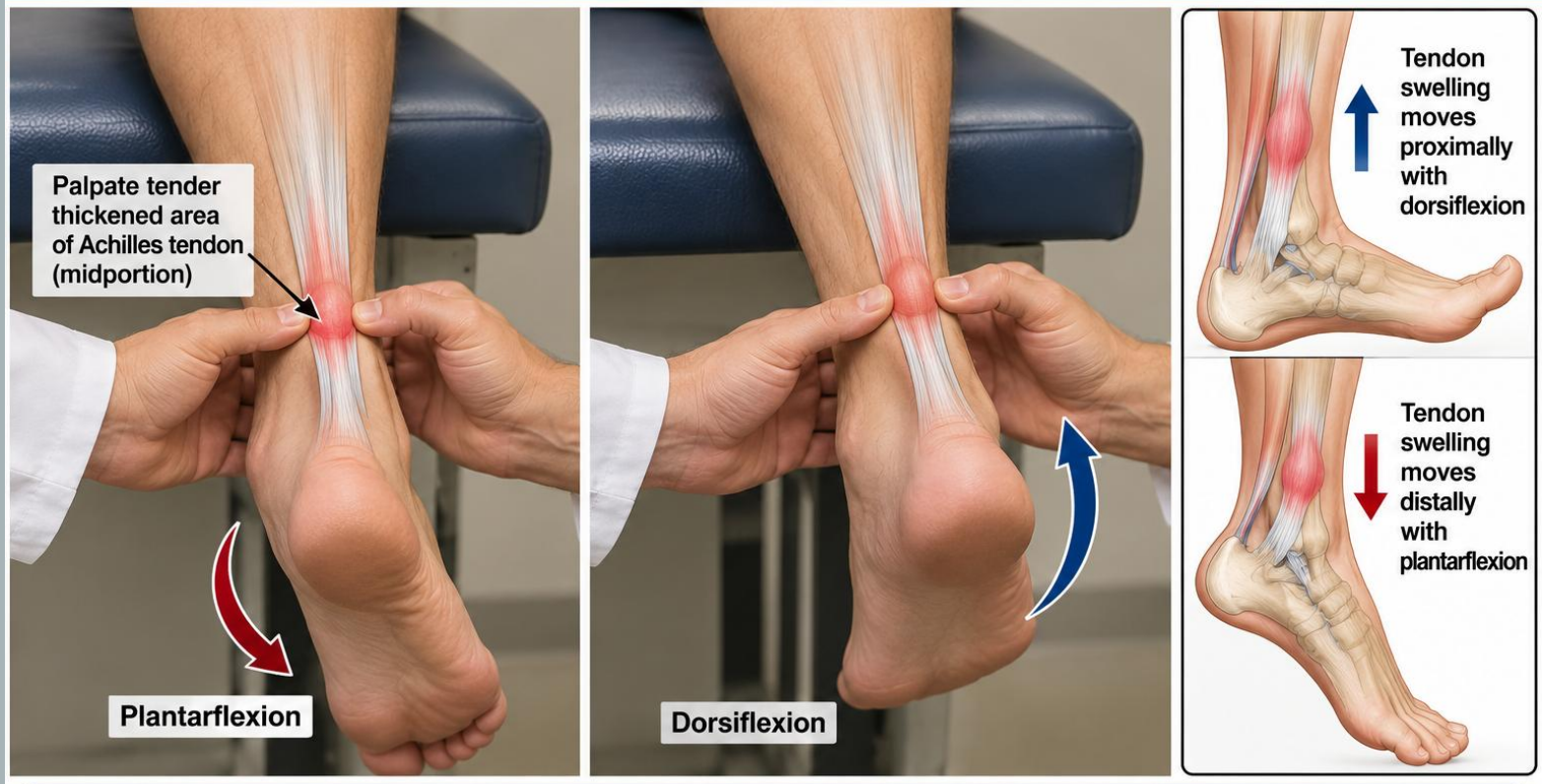
Patellofemoral Syndrome/Chondromalacia



Talar Tilt Tests



Achilles Tendinopathy: Painful Arc Test



Positive: Localized tendon swelling and tenderness moves with ankle motion (proximally with dorsiflexion and distally with plantarflexion).