

# Cervicothoracic Regional Exam

Check normal, circle & describe abnormal

Patient: \_\_\_\_\_ date: \_\_\_\_\_

Insurance: \_\_\_\_\_ (dd/mm/yr)

Date of birth: \_\_\_\_\_ M/F

Chief complaint & significant history: \_\_\_\_\_

Vital Signs: Height: \_\_\_\_\_, Weight: \_\_\_\_\_, Blood Pressure: L \_\_\_\_\_ / \_\_\_\_\_, R \_\_\_\_\_ / \_\_\_\_\_, Resp: \_\_\_\_\_ /min, VBI: L \_\_\_\_\_ R \_\_\_\_\_

## Observation: WNL

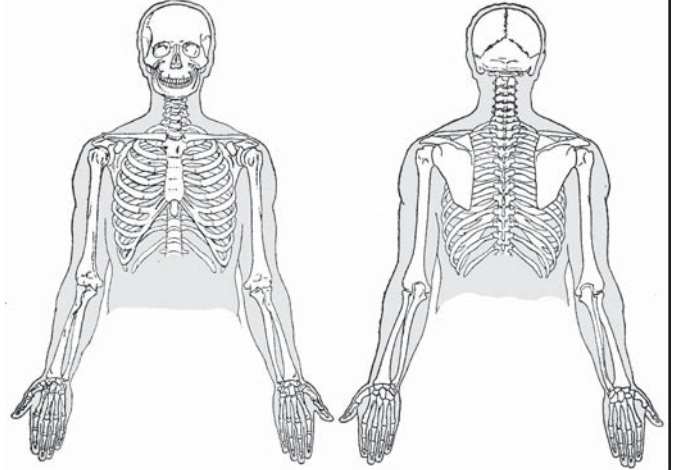
- Development:  good,  fair,  poor
- Posture: \_\_\_\_\_
- Skin (bruising, scars): \_\_\_\_\_
- Antalgia: \_\_\_\_\_
- Asymmetry: \_\_\_\_\_

Observation		L	R
Cervical	Head tilt		
	Head rotation		
	Head carriage (ant. / post.)		
	Lordosis (hyper / hypo)		
Thoracic	High shoulder		
	Scoliosis		
	Kyphosis (hyper / hypo)		
	Adam's sign		

## Palpation: WNL

Palpation	L	R
Skin (masses, temp)		
Lymph nodes		
Temporalis		
Masseter		
TMJ		
Scalenes		
SCM		
Levator scapulae		
Trapezius/rhomboids		
Suboccipitals		
Posterior c-spine muscles		
Trachea mobility		
Thyroid gland		
Clavicle / thoracic outlet		
Rotator cuff		

Mark on drawing  pain (circle),  spasm (s),  edema (e),  fibrotic (f),  
 MFTP (x),  ache (a),  burning (b),  tingling (t)



## ROM & Joint Play: WNL

Cervical spine	Active		Passive	
	L	R	L	R
Flexion (50°)				
Extension (60°)				
Lateral flexion (45°)				
Rotation (80°)				

Shoulder	L	R	L	R
	Flexion (180°)			
Extension (50°)				
Abduction (180°)				
Adduction (30°)				
Internal rotation (90°)				
External rotation (80°)				
Scapulocostal rhythm				

TMJ	
Depression/elevation	
Lateral deviation	

## Neurologic: WNL

Sensation <input type="checkbox"/> WNL	L	R
Light touch		
Sharp/dull		
Vibration		

Reflexes (0-5) <input type="checkbox"/> WNL	L	R
Biceps (C5)(musculocut.)		
Brachioradialis(C6)(radial)		
Triceps (C7)(radial)		

Motor (0-5) <input type="checkbox"/> WNL	L	R
Cervical flexion (C1-C2)		
Cervical extension (C2, C3, XI)		
Cervical lat. flexion (C3)		
Cervical rotation (C1-4, XI)		
Trapezius (CN XI)(accessory)		
Deltoid (C5)(axillary)		
Biceps (C6)(musculocut.)		
Triceps (C7, C8)(radial)		
Wrist extensors (C6)(radial)		
Wrist flexors (C7)(med./ulnar)		
Interossei (C8, T1)(ulnar)		

Cranial nerves <input type="checkbox"/> WNL	
<input type="checkbox"/> I (smell)	<input type="checkbox"/> VII (facial expres)
<input type="checkbox"/> II (light, vision)	<input type="checkbox"/> VIII (Weber, Rinne)
<input type="checkbox"/> III, IV, VI (gaze)	<input type="checkbox"/> IX, X (ahhhh)
<input type="checkbox"/> V (bite, sensation)	<input type="checkbox"/> XI (trap/SCM)
<input type="checkbox"/> V, VII (corneal ref.)	<input type="checkbox"/> XII (tongue)

## Orthopedic: WNL

Screening	L	R	L	R
Valsalva				C0
Cervical compression				C1
Max. compression				C2
Cervical distraction				C3
Soto Hall				C4
Jull's test				C5
Brachial stretch				C6
Shoulder depression				C7
TOS				T1
Eden's				T2
Wright's				T3
Adson's				T4
Roo's				T5
				T6

## Additional procedures: WNL

- Abdominal exam: \_\_\_\_\_
- Auscultation (heart, lungs): \_\_\_\_\_
- Ophthalmoscopic exam: \_\_\_\_\_
- Otoscopic exam: \_\_\_\_\_
- Other: \_\_\_\_\_

DDx: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_