

## 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:

(-)  
(+)  
(-)  
(+)  
(+)  
(-)  
(-)

Difficulty opening the mouth?  
 Audible noises from the jaw joints?  
 Does the jaw get "stuck" or "locked"?  
 Pain about the ears or cheeks?  
 Pain chewing / yawning or wide opening?  
 Does the bite feel uncomfortable or unusual?  
 History of loose teeth?

After this accident:

(+)  
(+)  
(-)  
(+)  
(+)  
(+)  
(-)

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<br>Biceps                            | Biceps          | Lateral arm<br>Axillary nerve                                       |
| C6   | C5-C6 | Biceps<br>Wrist extensors                    | Brachioradialis | Lateral forearm<br>Musculocutaneous nerve                           |
| C7   | C6-C7 | Triceps<br>Wrist flexors<br>Finger extensors | Triceps         | Middle finger   |
| C8   | C7-T1 | Hand intrinsic<br>Finger flexors             |                 | Medial forearm<br>Medial antibrachial branch of the cutaneous nerve |
| T1   | T1-T2 | Hand intrinsic                               |                 | Medial arm<br>Medial brachial cutaneous nerve                       |