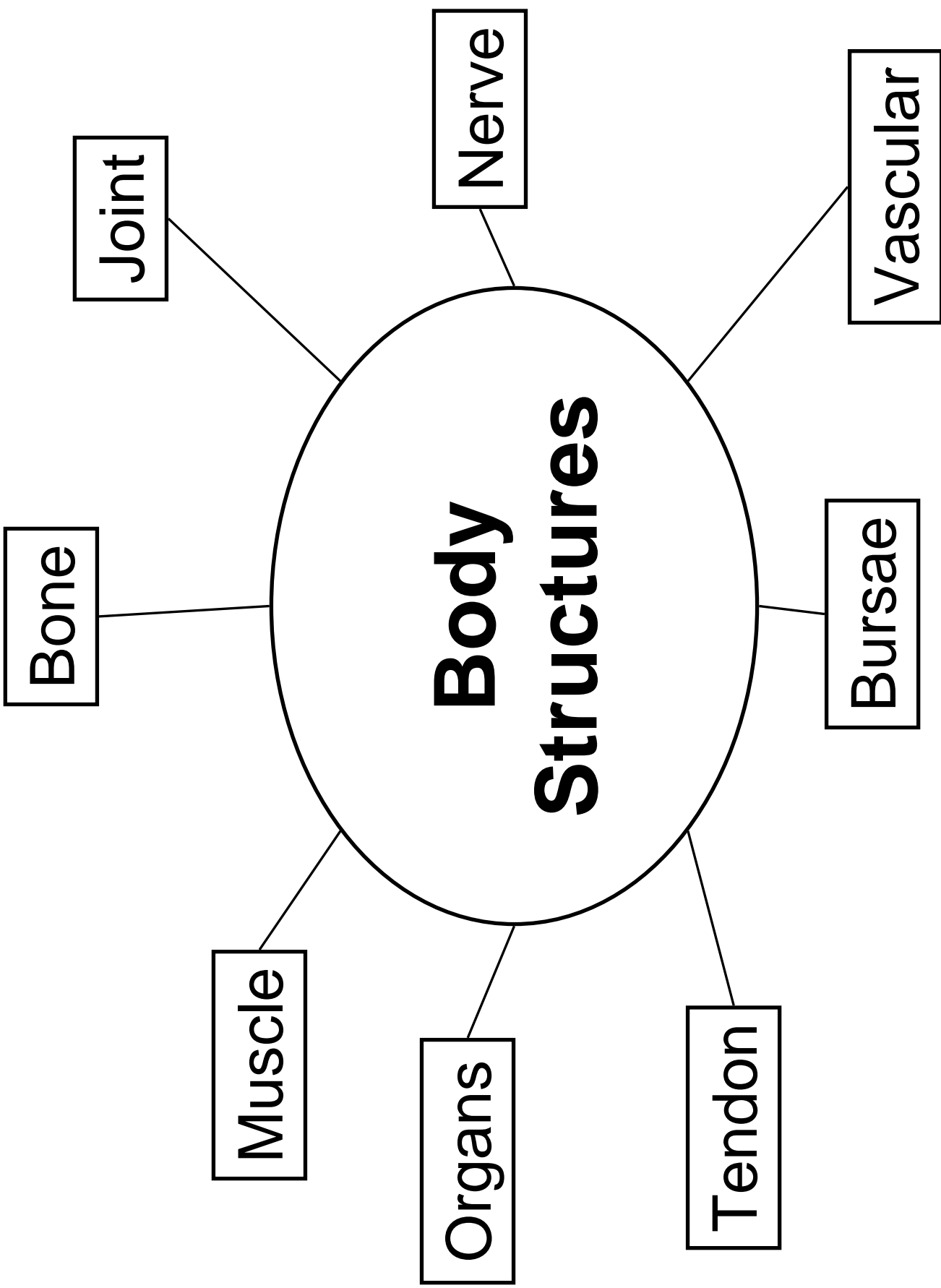


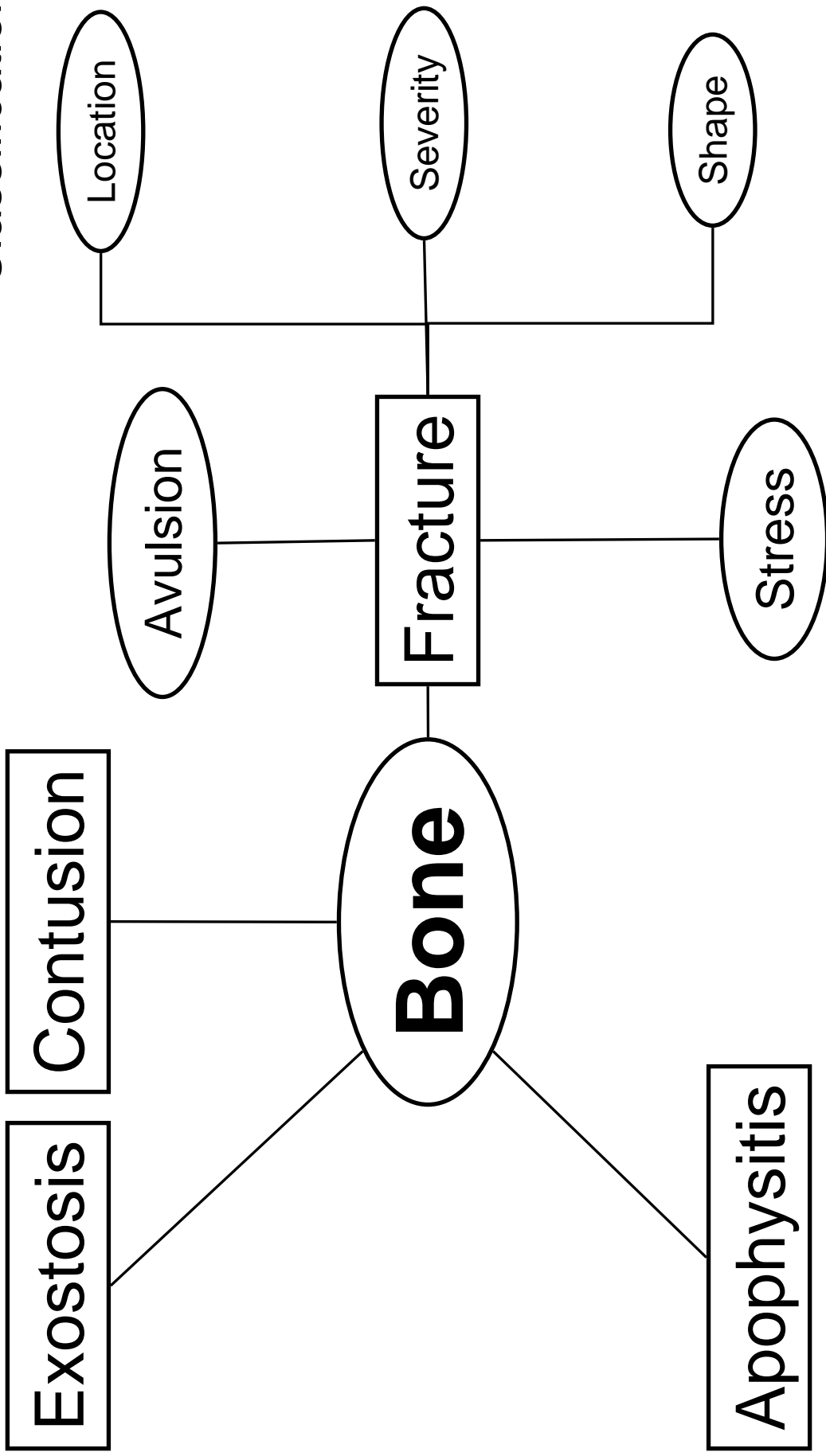
Kinesiology 339/L  
Upper Extremity Evaluations

**Sean P. Flanagan, PhD, ATC, CSCS**  
**Department of Kinesiology**  
**California State University, Northridge**

# Introduction



# Classification



# **FRACTURE CLASSIFICATIONS**

## A. By Location

1)

2)

3)

## B. Severity

1)

2)

3)

4)

## C. Shape

1)

2)

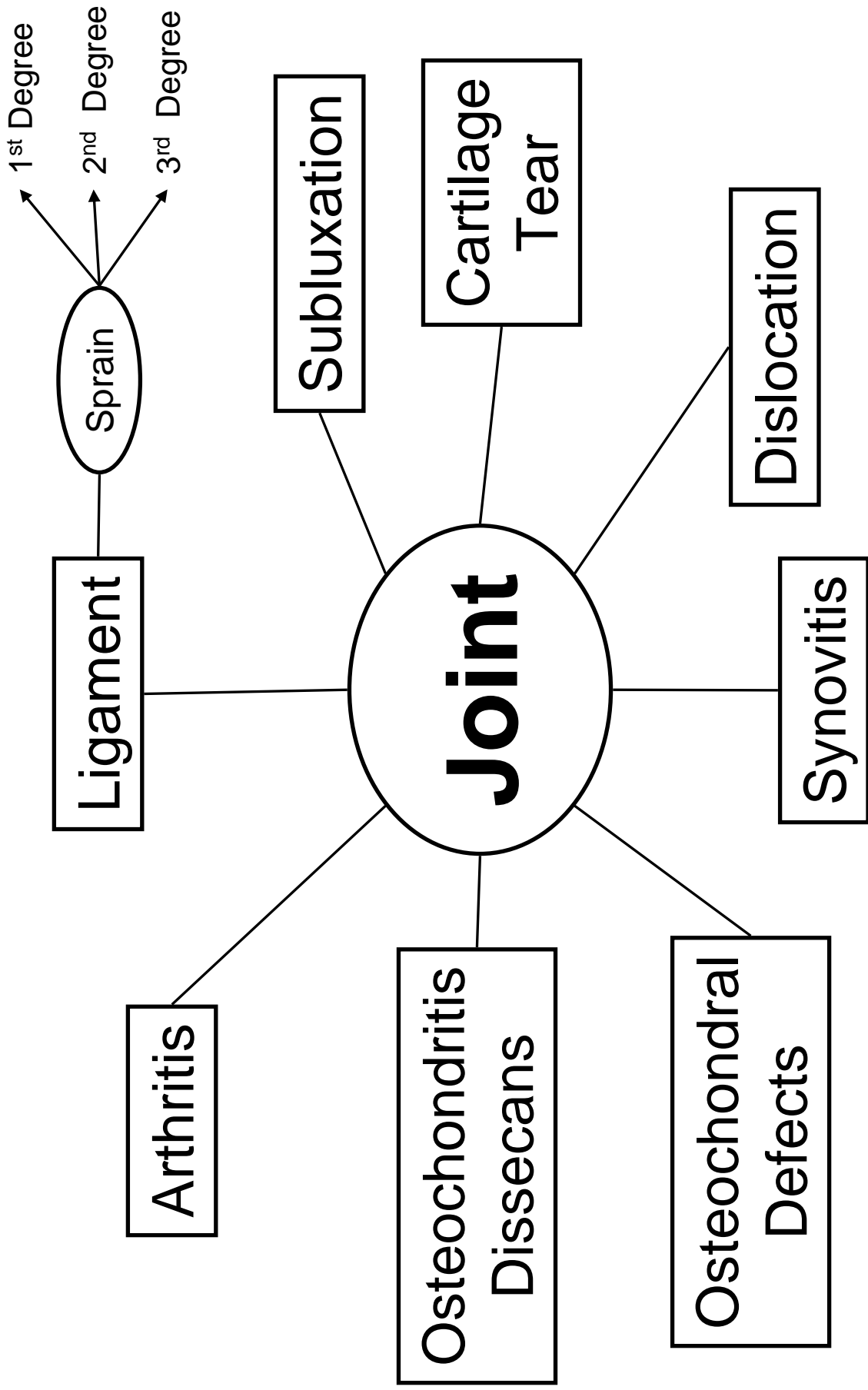
3)

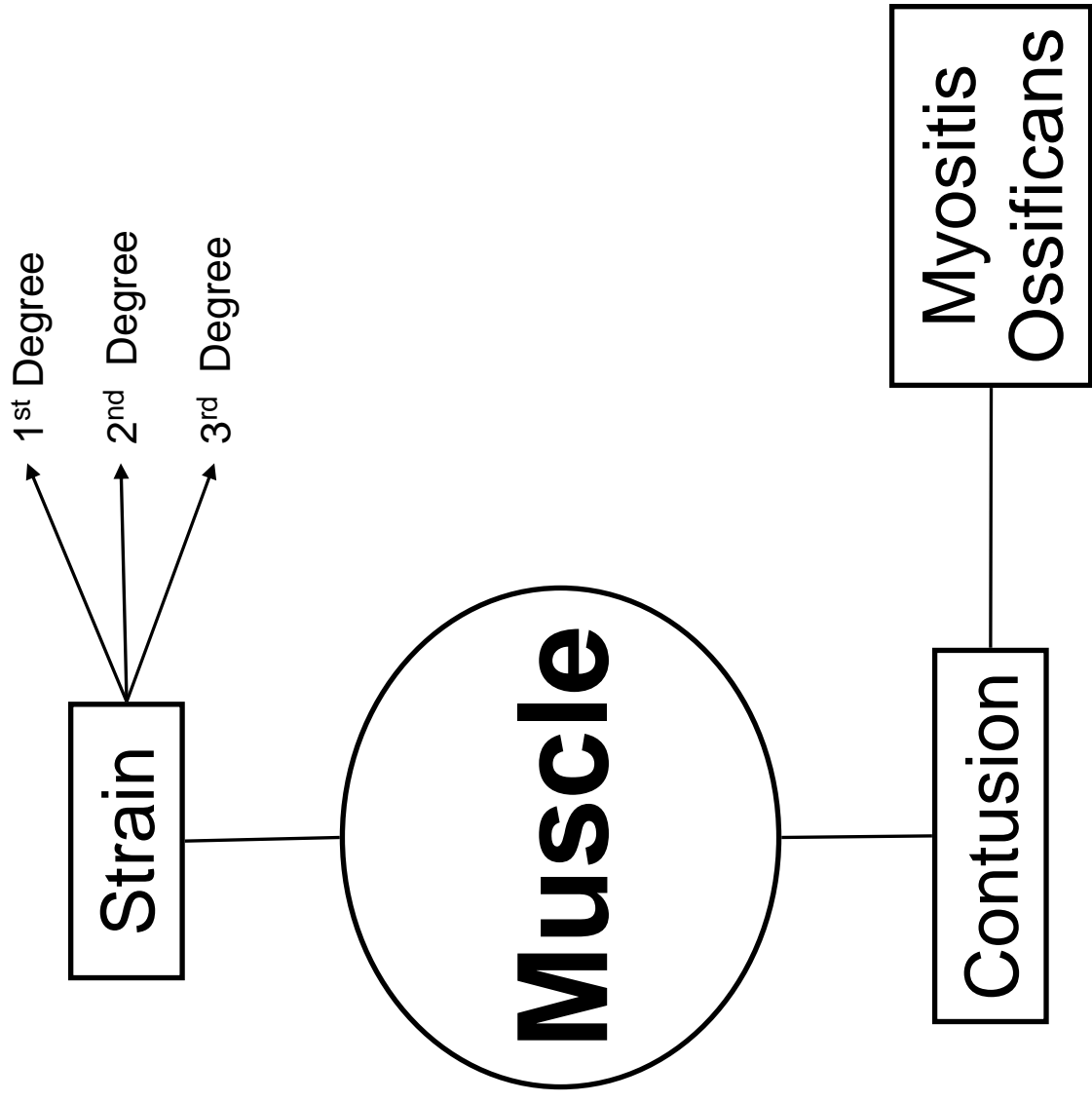
4)

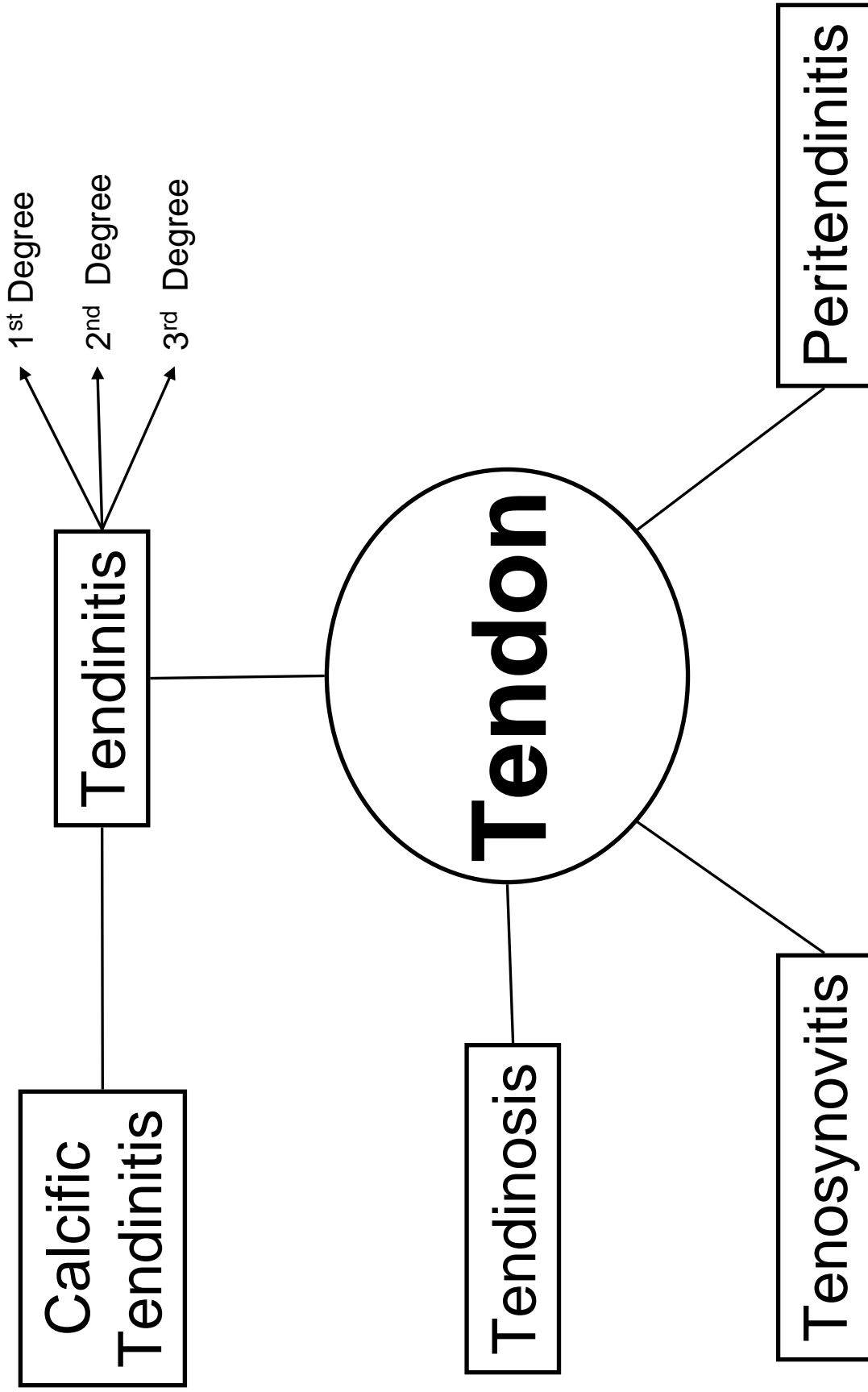
5)

6)

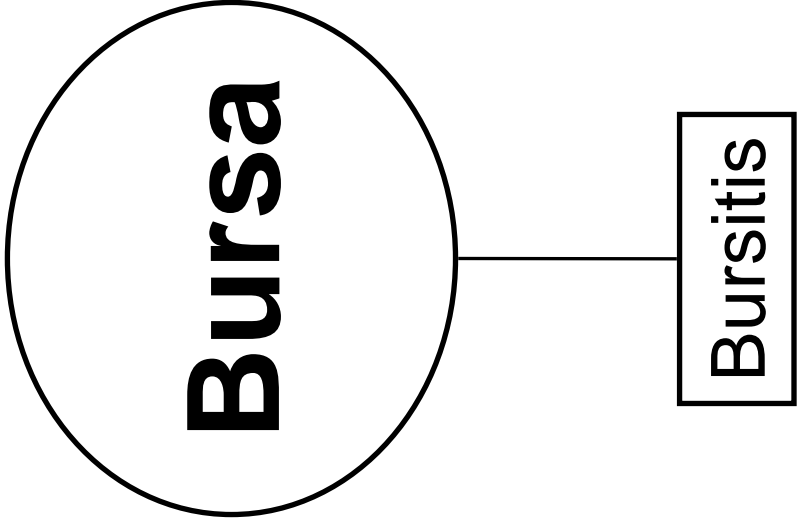
7)

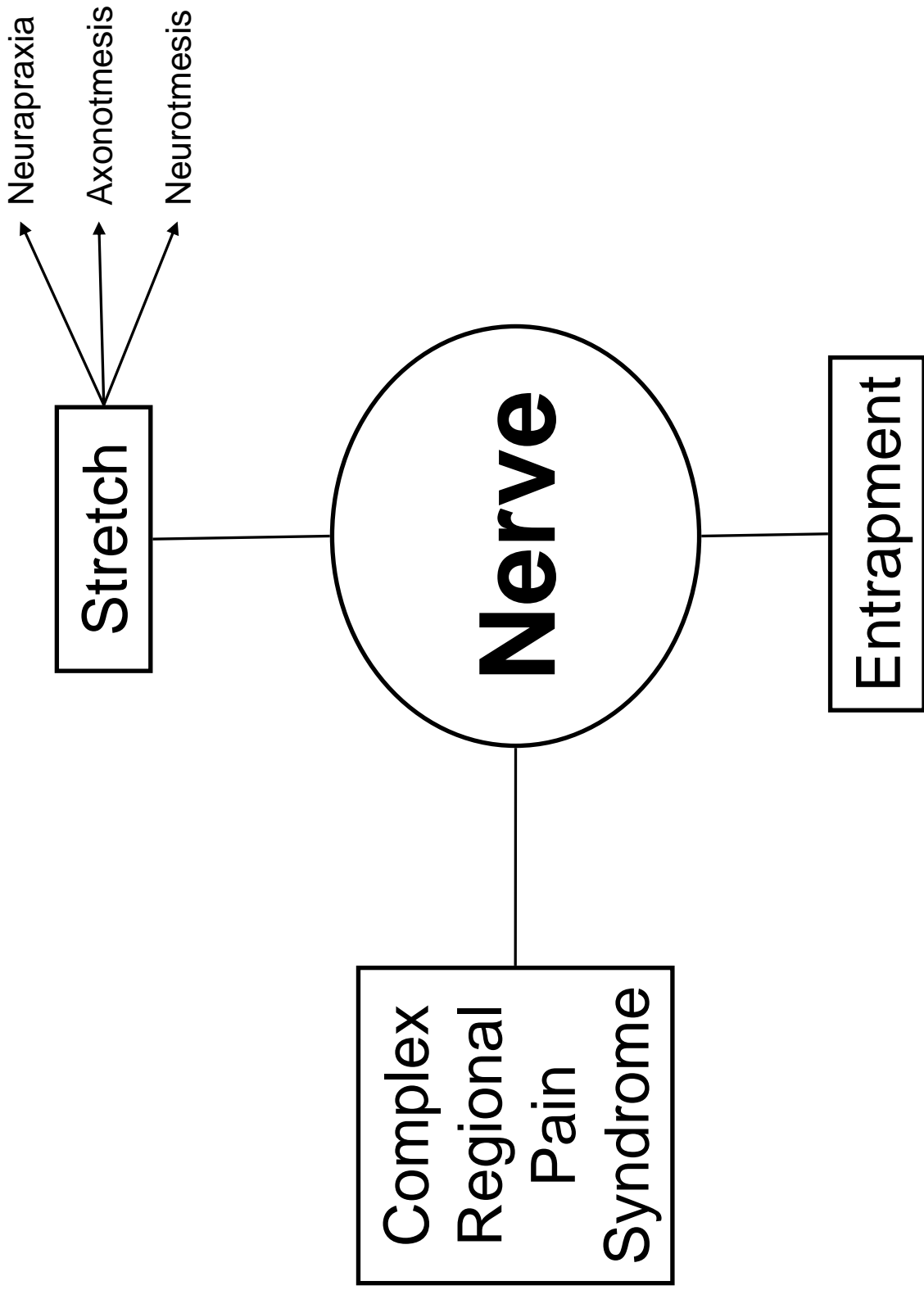






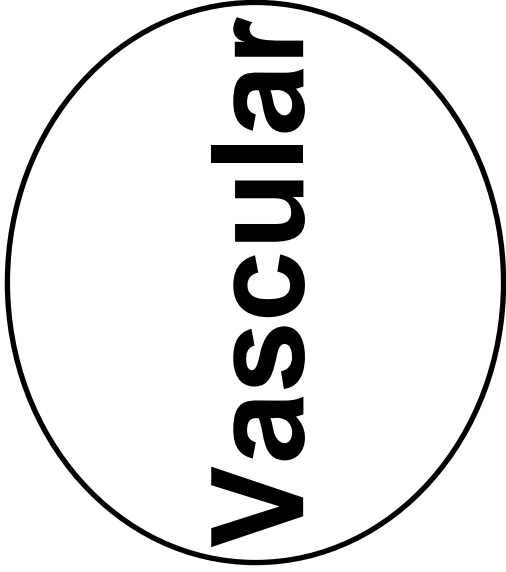






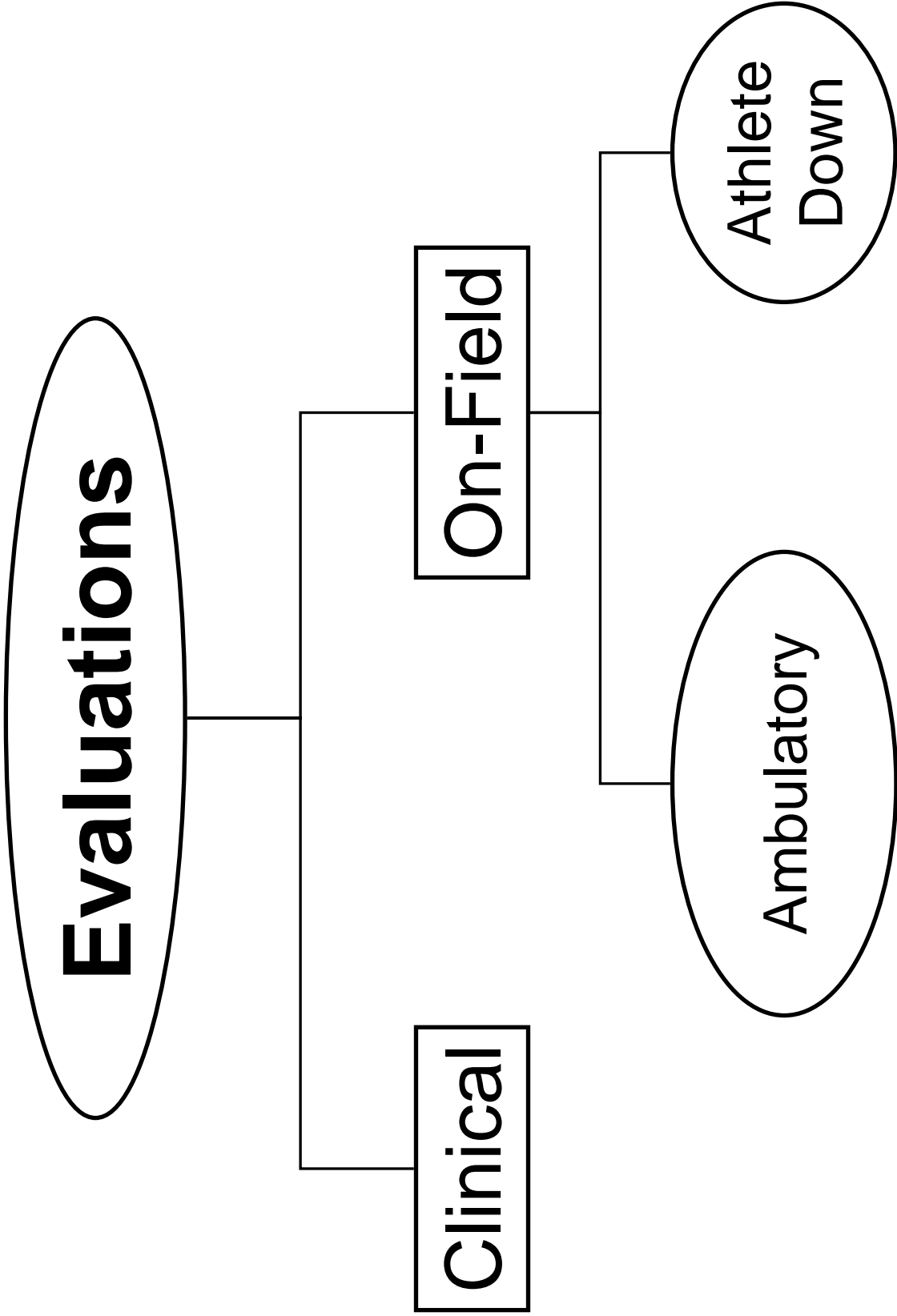
## COMPARING TISSUE INJURIES

Structure	Nomenclature	Description
Ligament		
Muscle		
Tendon		
Nerve		



**Vascular**

# Injury Evaluation Principles



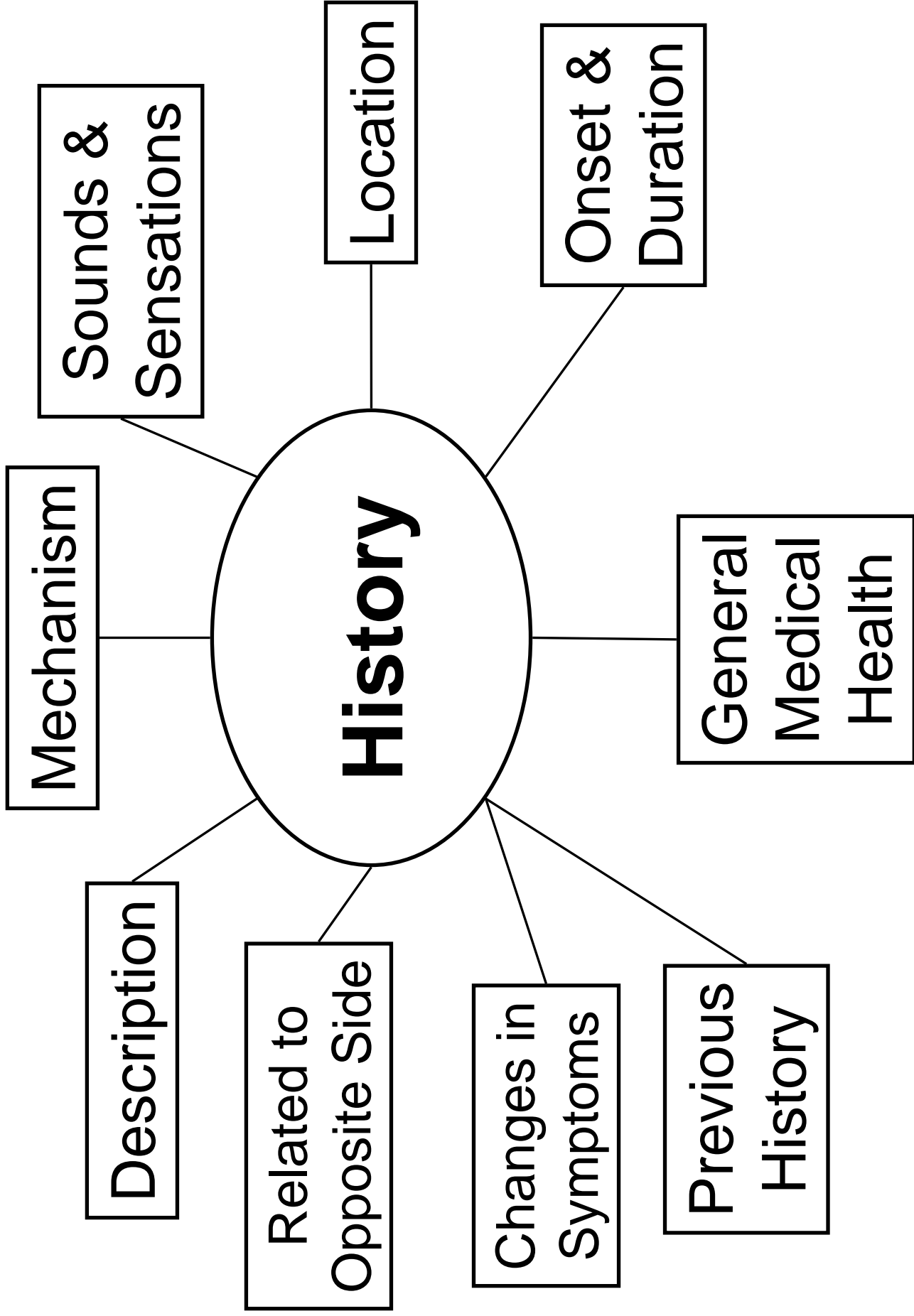
# Injury Evaluation Process

H

O

P

S





## **COMMON DESCRIPTIONS OF PAIN**

A.BONE

B.FRACTURE

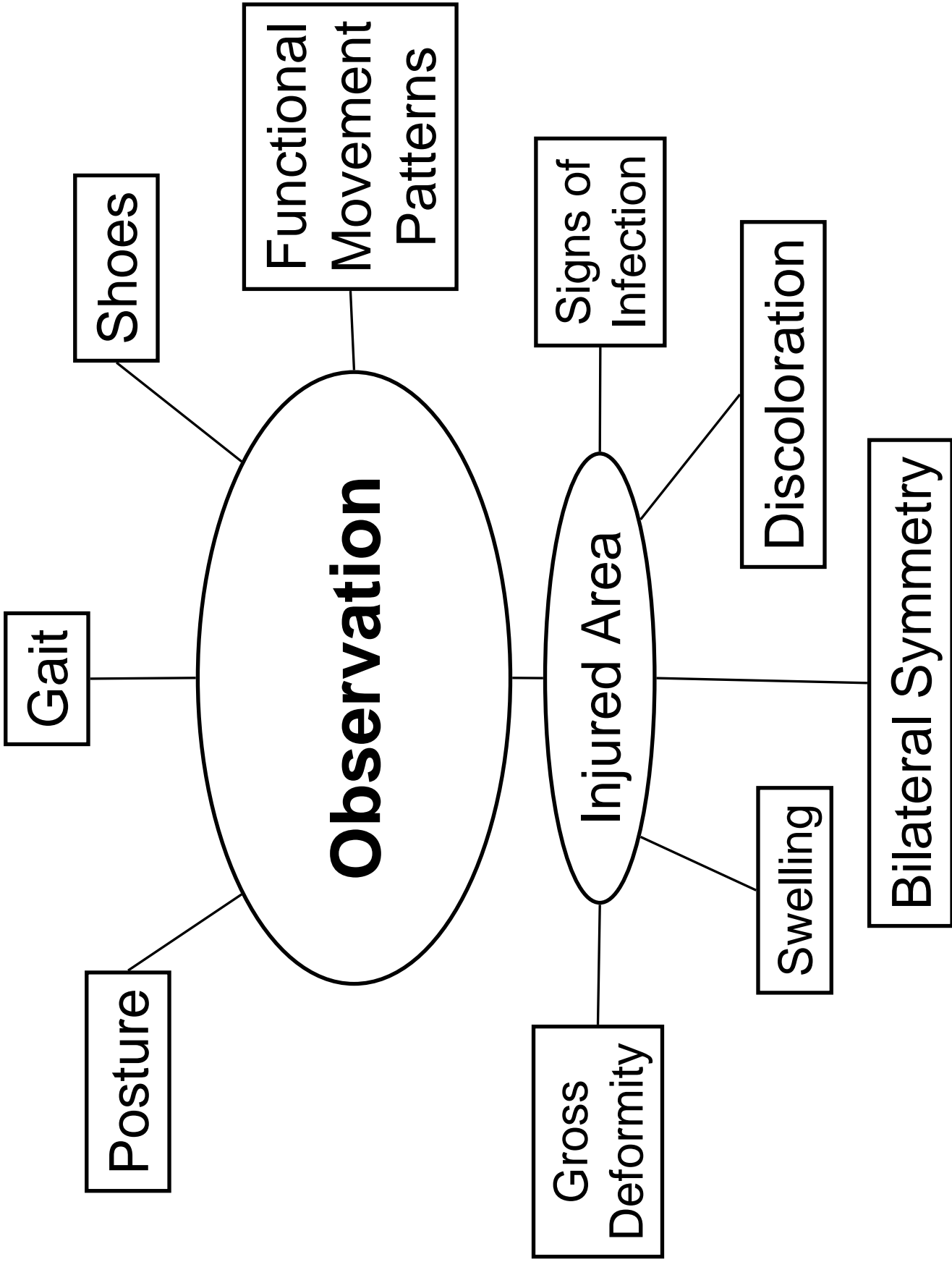
C.JOINT

D.MUSCLE / TENDON

E. BURSAE

F. NERVE

G.VASCULAR



## **SIGNS OF INFECTION**

A. Pain

B. Redness

C. Swelling

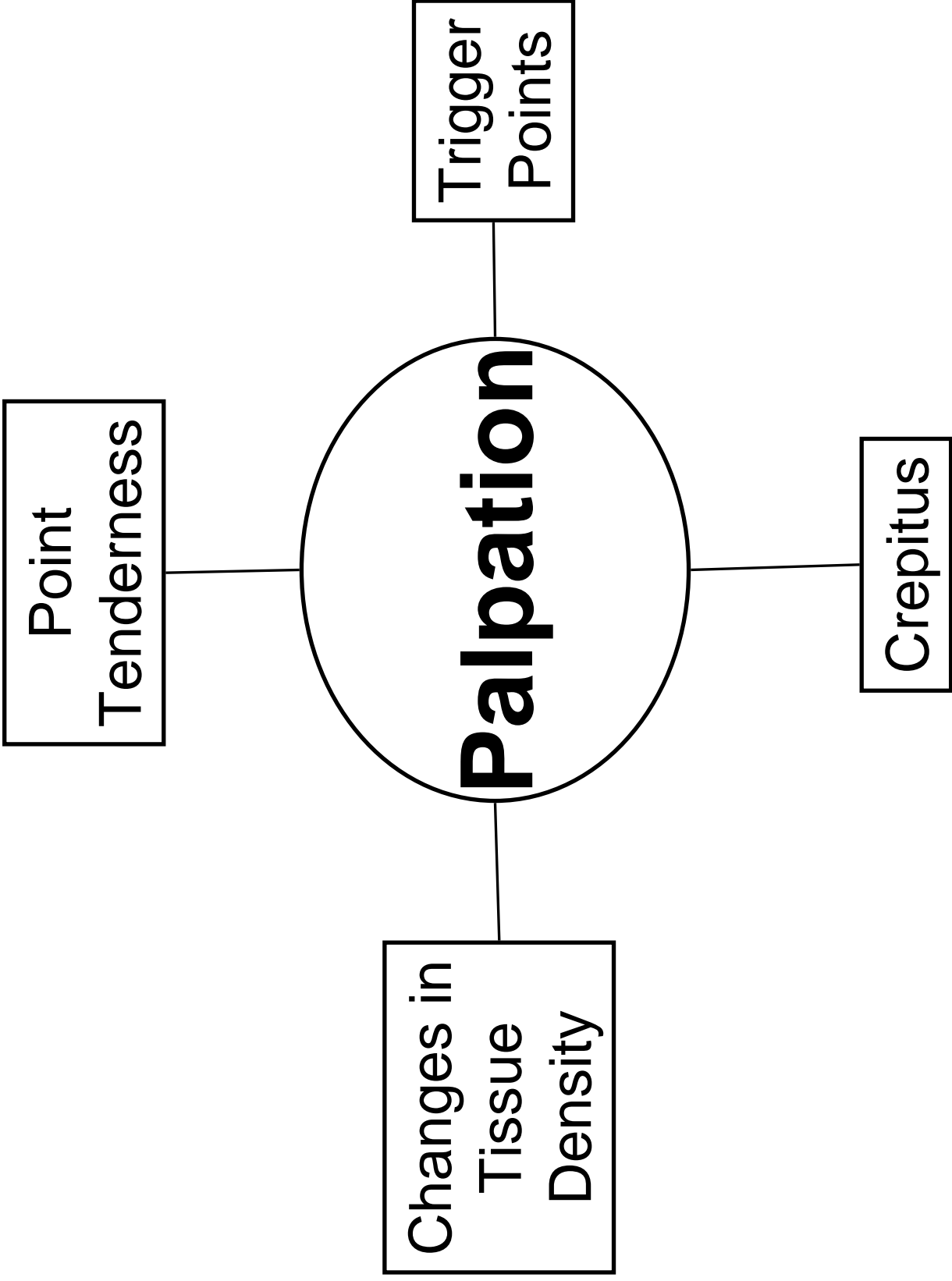
D. Pus

E. Foul Odor Drainage

F. Heat to Site

G. Fever

H. Swollen Lymph Nodes



# **PALPATION GUIDELINES**

A. Practice Self Palpation

B. Less is More

C. Movement vs. Stillness

D. Develop a Sequence

1) Structures

2) Areas

E. Begin on Opposite Side / Away from Pain

# Stress Tests

**Bone**

**Joint**

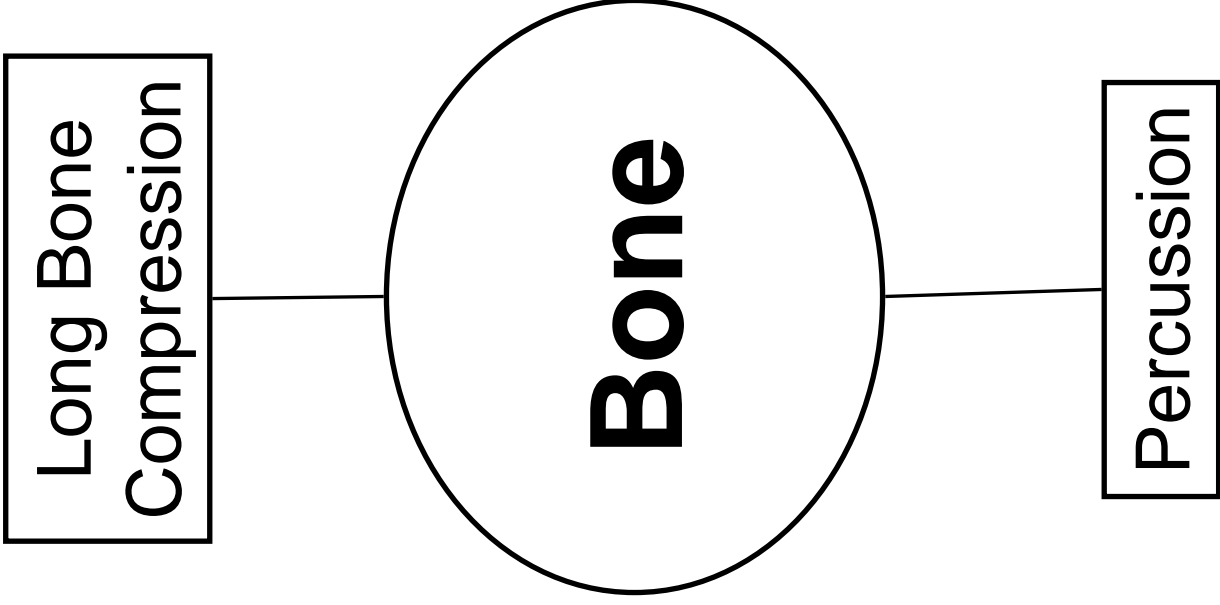
**Muscle /Tendon**

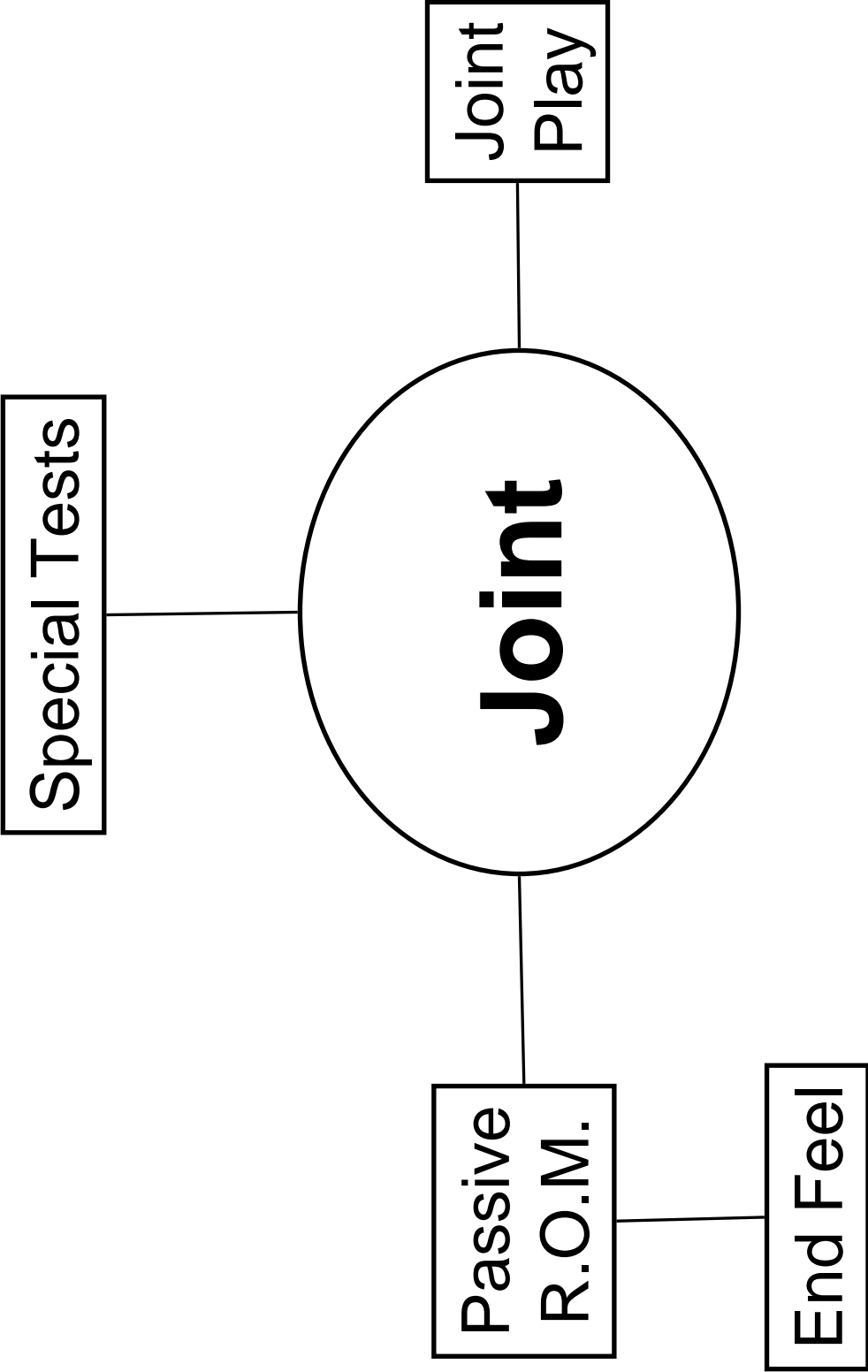
**Bursa**

**Nerve**

**Vascular**

**Organs**







# **END FEELS**

## A. Normal

1)

2)

3)

## B. Abnormal

1)

2)

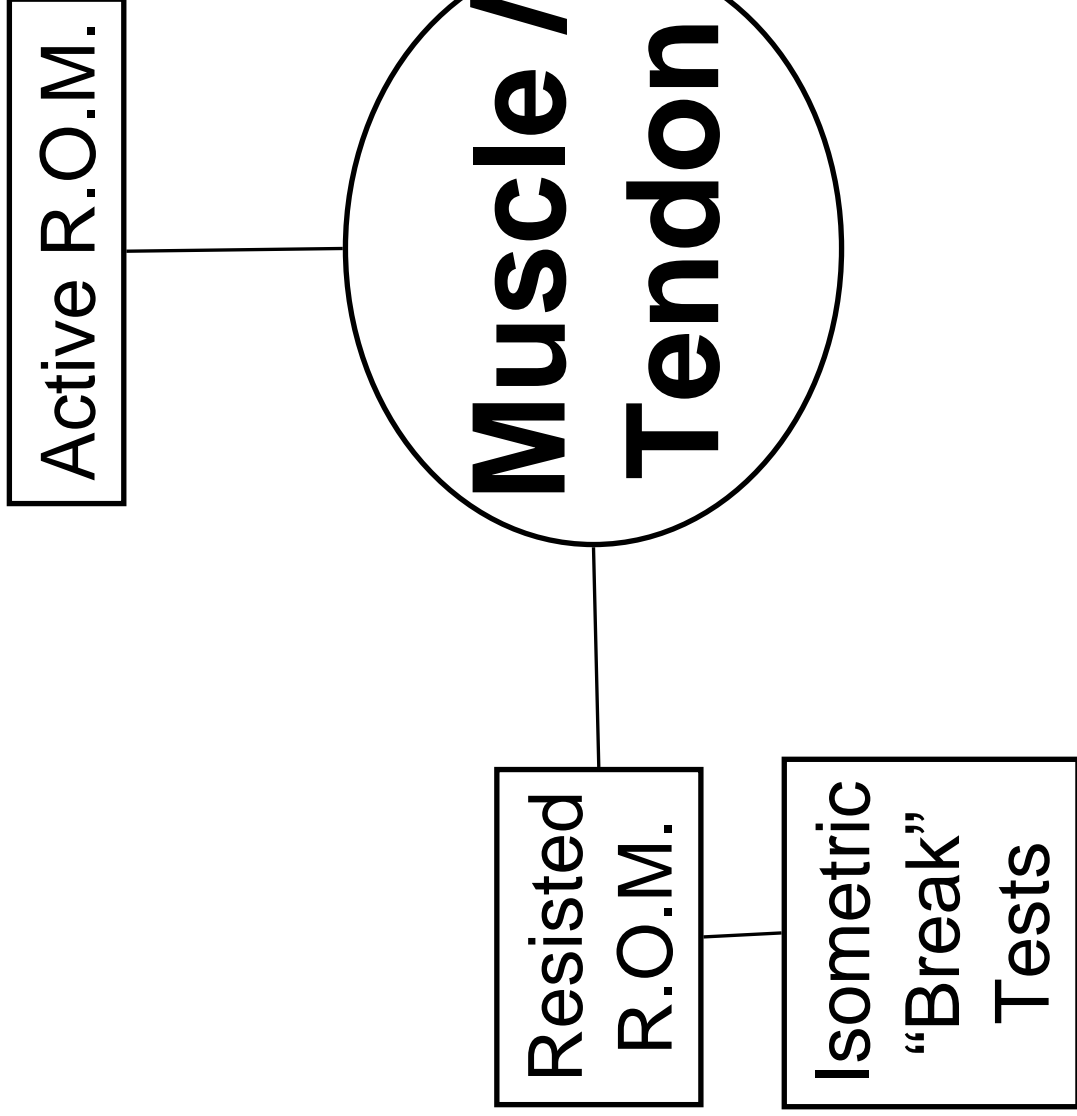
3)

4)

5)

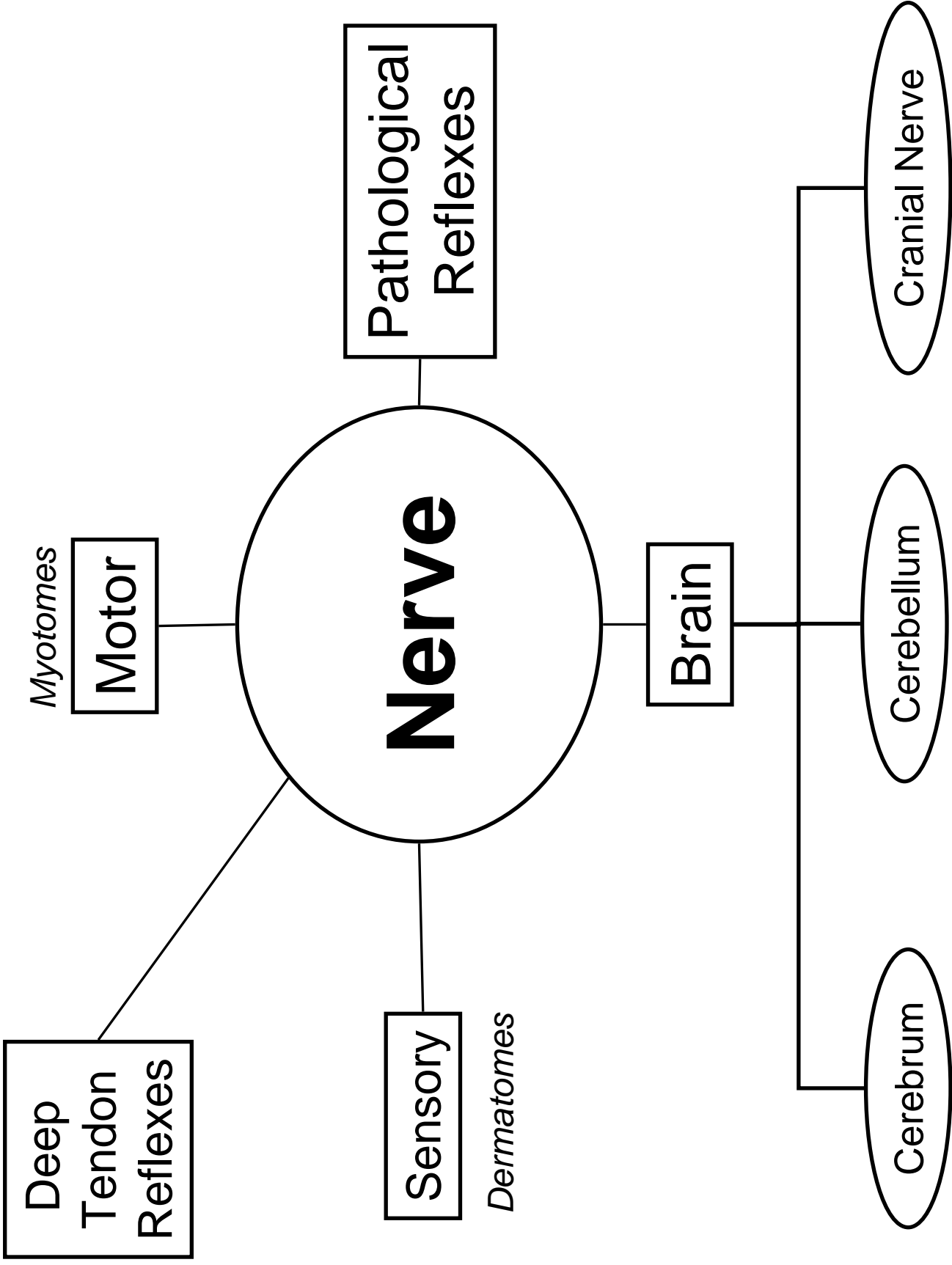
## GONIOMETRY – SFTR METHOD

Plane	1 <sup>st</sup> Number	2 <sup>nd</sup> Number	3 <sup>rd</sup> Number
Sagittal (S)			
Frontal (F)			
Transverse (T)			
Rotation (R)			
Hypomobility			
Fixed Joint Ankylosis			



## MUSCLE TEST GRADING

GRADE	VALUE	MOVEMENT



## **DEEP TENDON REFLEX GRADING**

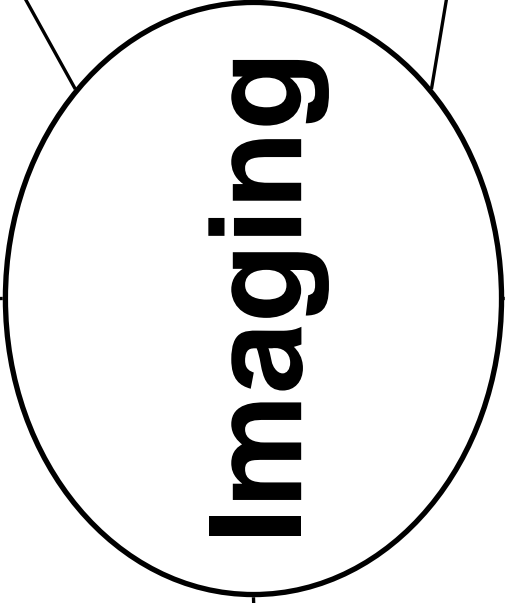
GRADE	VALUE	PATHOLOGY

**Vascular**

Distal  
Pulses

X-Ray

Bone Scan



Ultrasound

Magnetic  
Resonance  
Imaging

Computed  
Tomography



Head

&

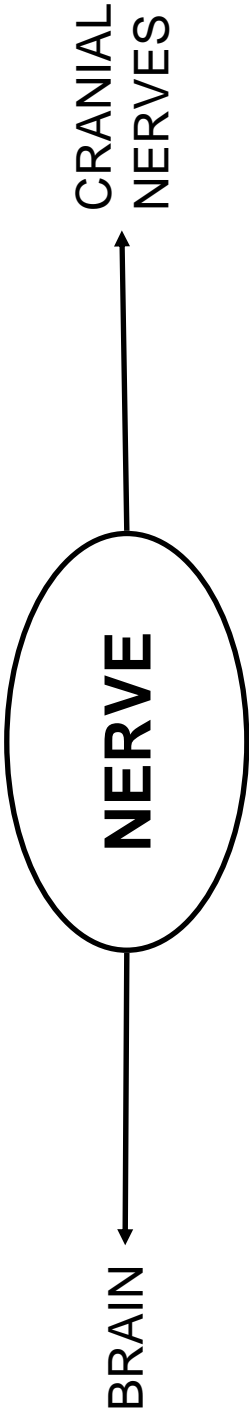
Neck

Cerebrum

Diencephalon

Cerebellum

Brain Stem



BONE

*Blood Vessels*

EPIDURAL SPACE

*Fat*

DURA MATER

ARACHNOID MATER

*CSF*

*CSF*

SUBARCHNOID SPACE?

PIA MATER

GREY MATTER

WHITE MATTER

## 12 CRANIAL NERVES

NERVE	NAME	FUNCTION
I	OLFACTORY	
II	OPTIC	
III	OCULOMOTOR	
IV	TROCHLEAR	
V	TRIGEMINAL	
VI	ABDUCENS	
VII	FACIAL	
VIII	VESTIBULOCOCHLEAR (ACOUSTIC)	
IX	GLOSSOPHARYNGEAL	
X	VAGUS	
XI	ACCESSORY	
XII	HYPOGLOSSAL	

**THE BRACHIAL PLEXUS**

Randy - Roots

Travis - Trunks

Drinks - Divisions

Coors - Chords

Beer - Branches

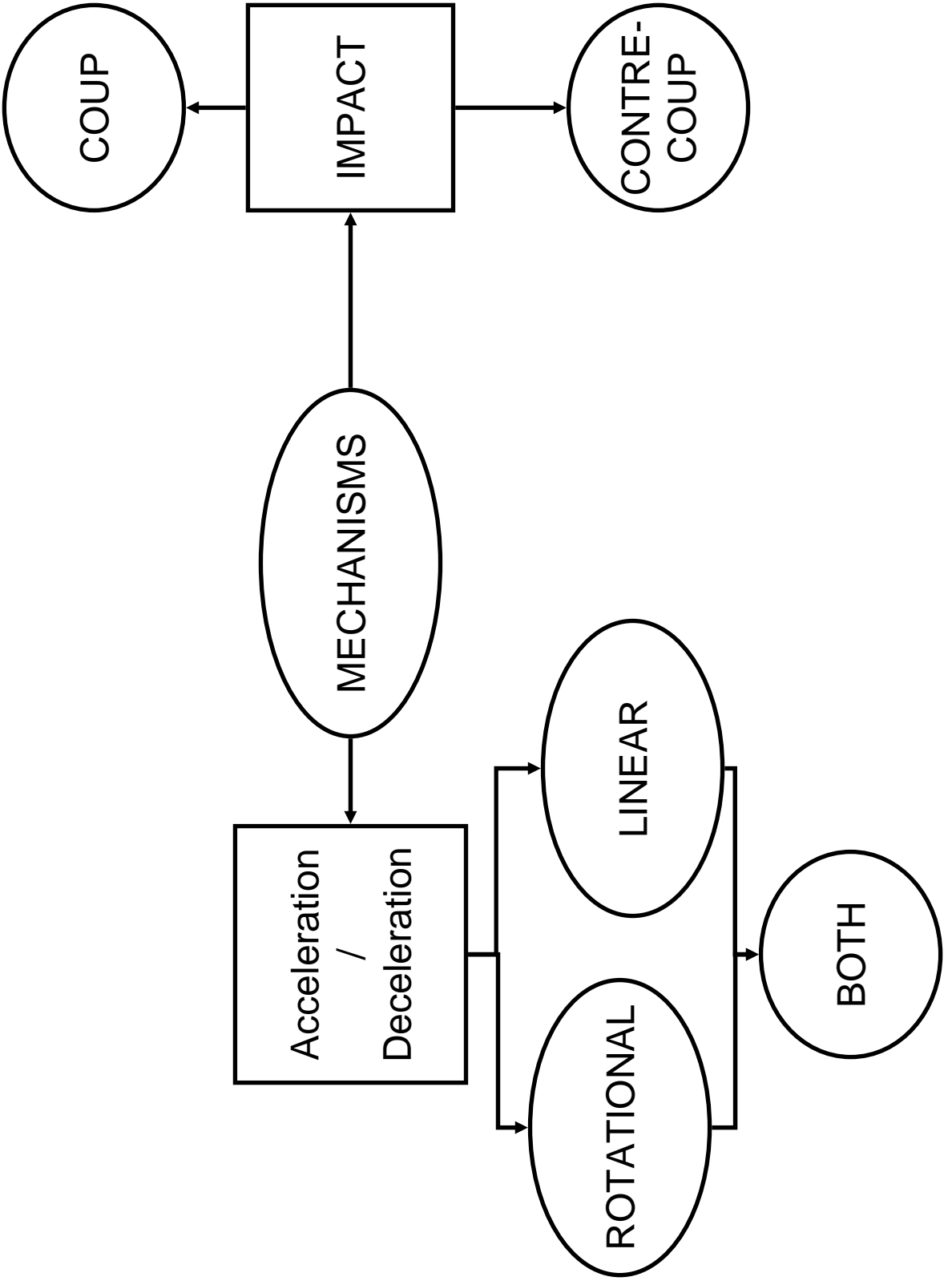
Nightly - Nerves

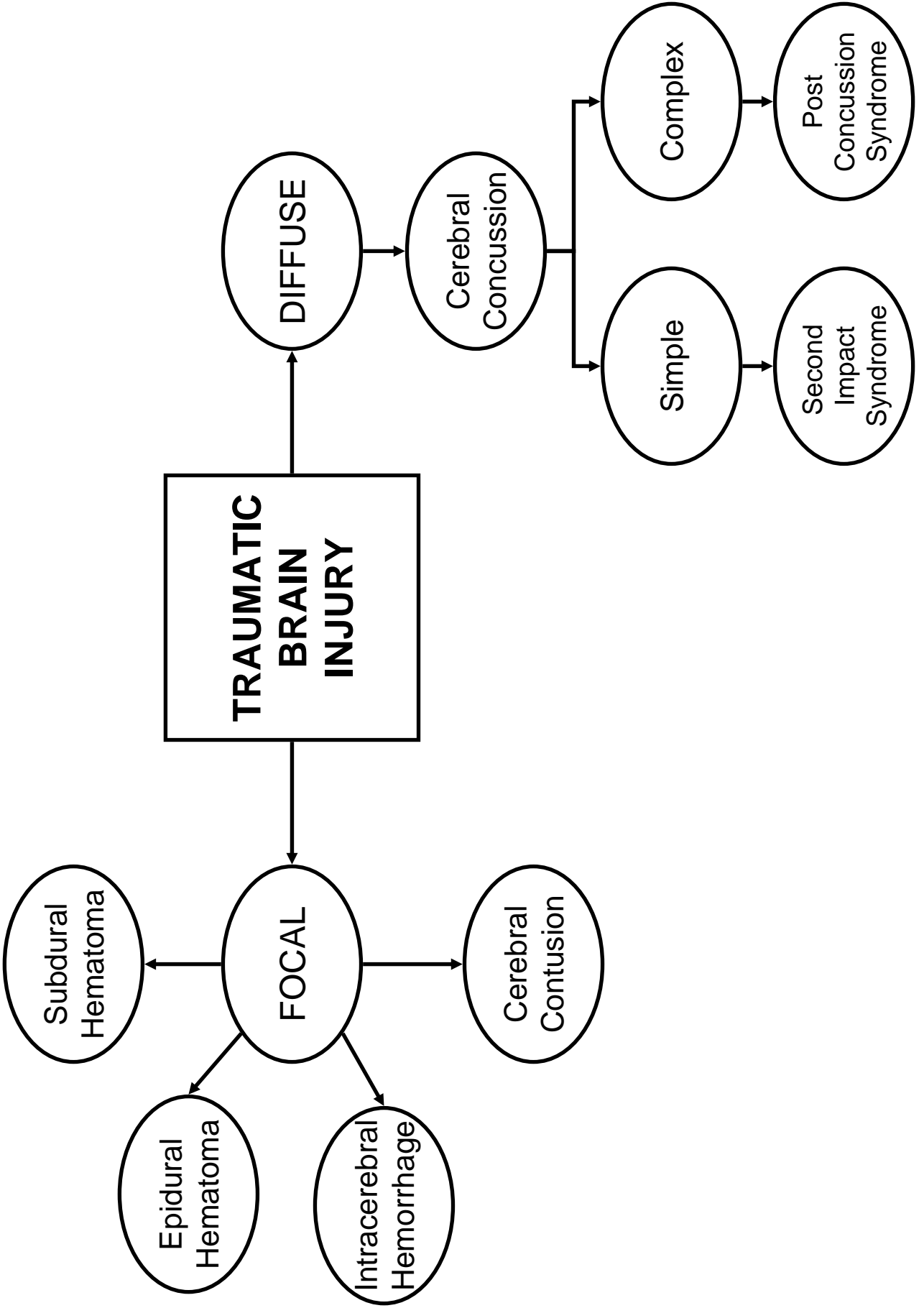


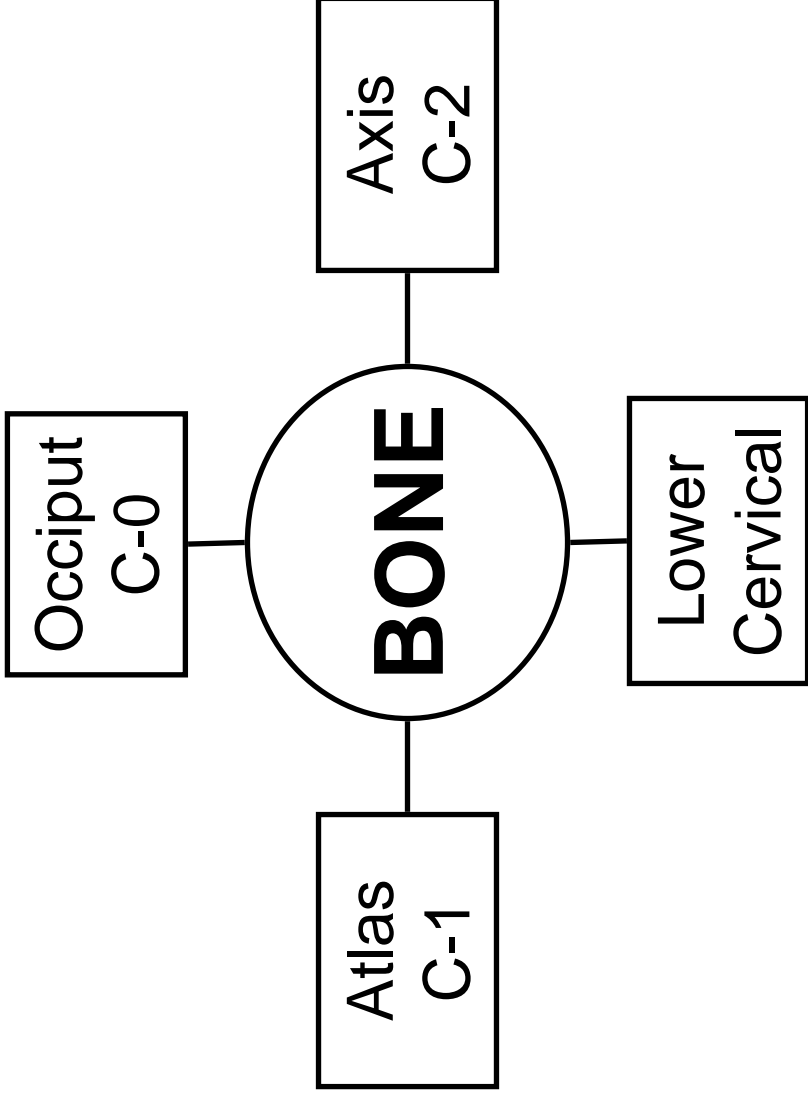
## Important Parts of the Vertebrae

- Vertebral Body
- End Plate
- Foramen
  - Vertebral
  - Intervertebral
- Neural Arch
  - Pedicle, Lamina, Pars Interarticularis
- Intervertebral Disc
  - Annulus Fibrosus
  - Nucleus Pulposus









*Transverse Foramen → Cervical Arteries*

# Spine Ligaments

**Anterior  
Longitudinal  
Ligament**

**Body**

**Posterior  
Longitudinal  
Ligament**

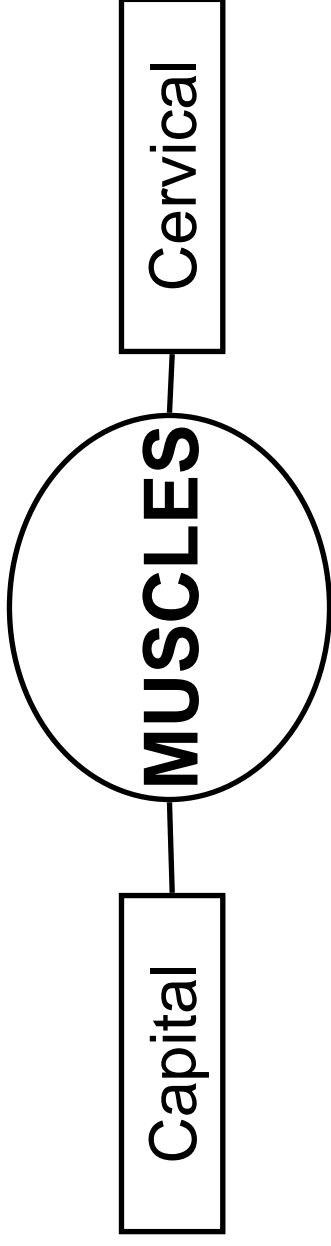
**Ligamentum  
Flavum**

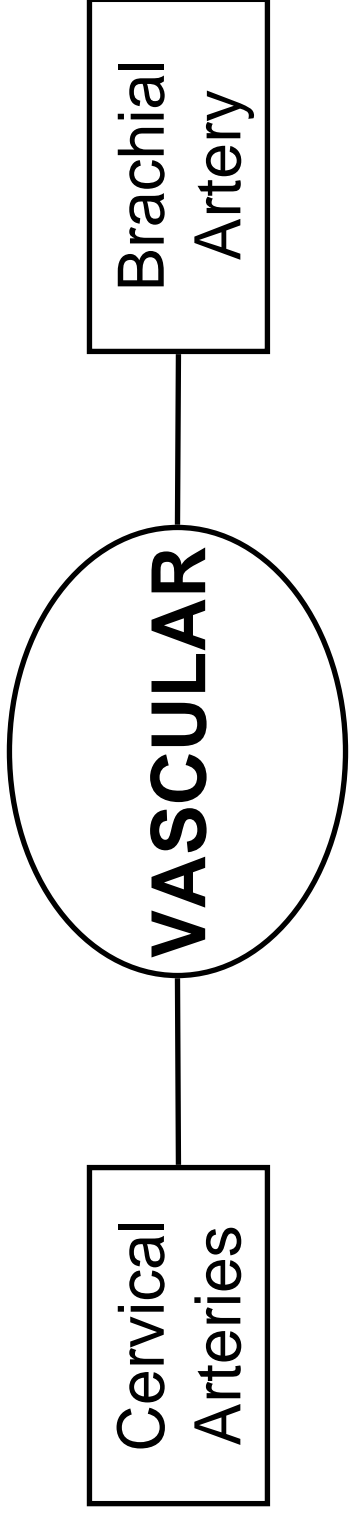
**Supra-  
Spinous  
Ligament**

**Spinous  
Process**

**Inter-  
Spinous  
Ligament**

**Inter-  
Transverse  
Ligament**





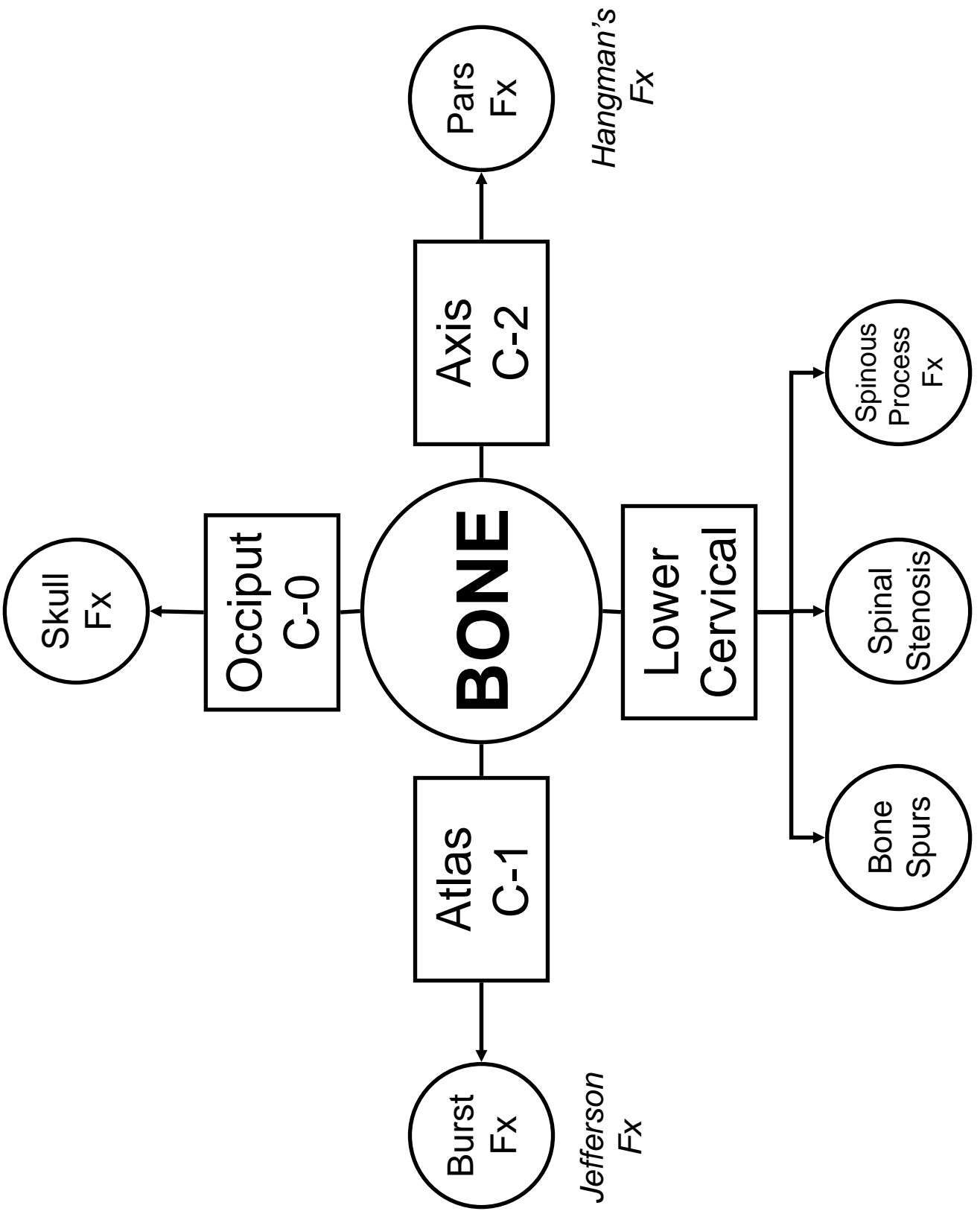
# Spine Ligaments

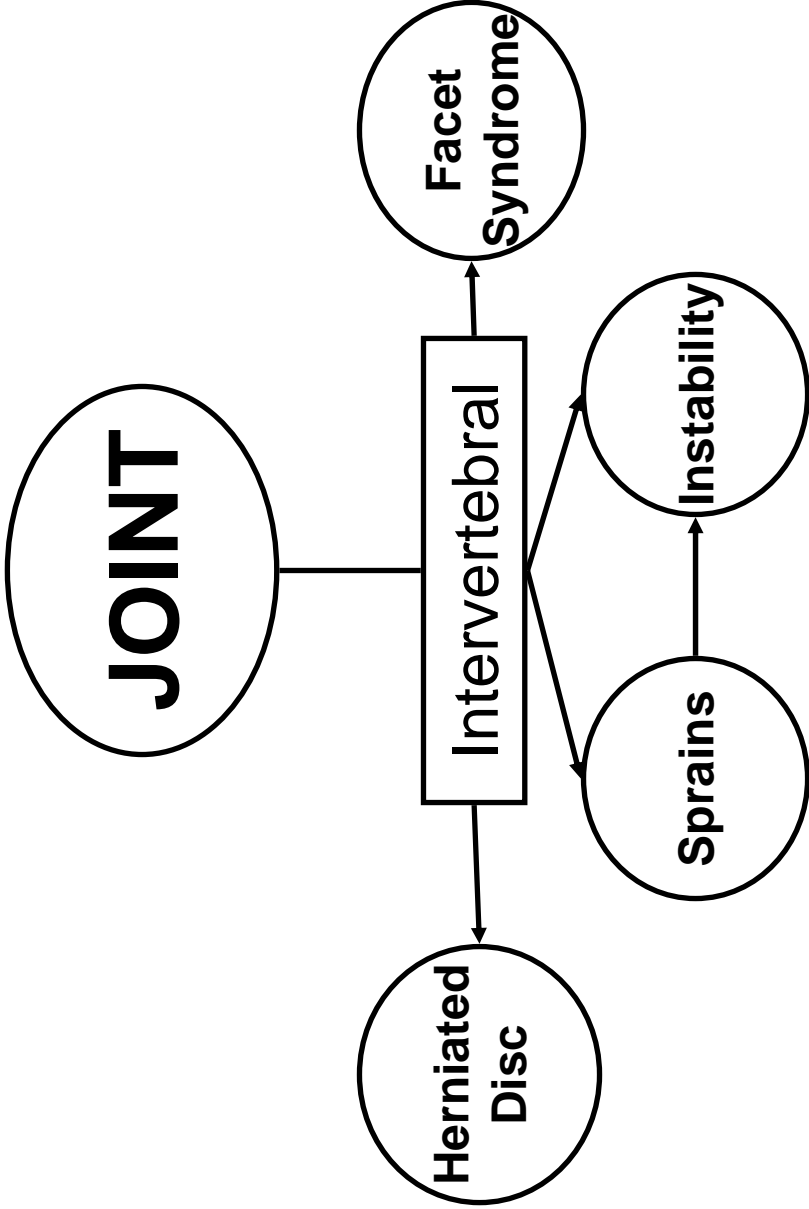
Ligament	Connects		Restrains
ALL			
PLL			
Ligamentum Flavum			
Ligamentum Nuchae			
Interspinous Ligament			
Intertransverse Ligament			

# Spine Muscle – Joint Interaction

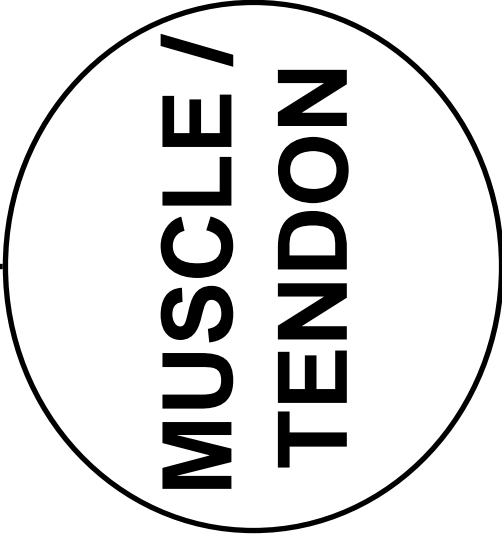
Motion	Prime Mover(s)
Flexion	
Extension	
Rotation	
Lateral Flexion	

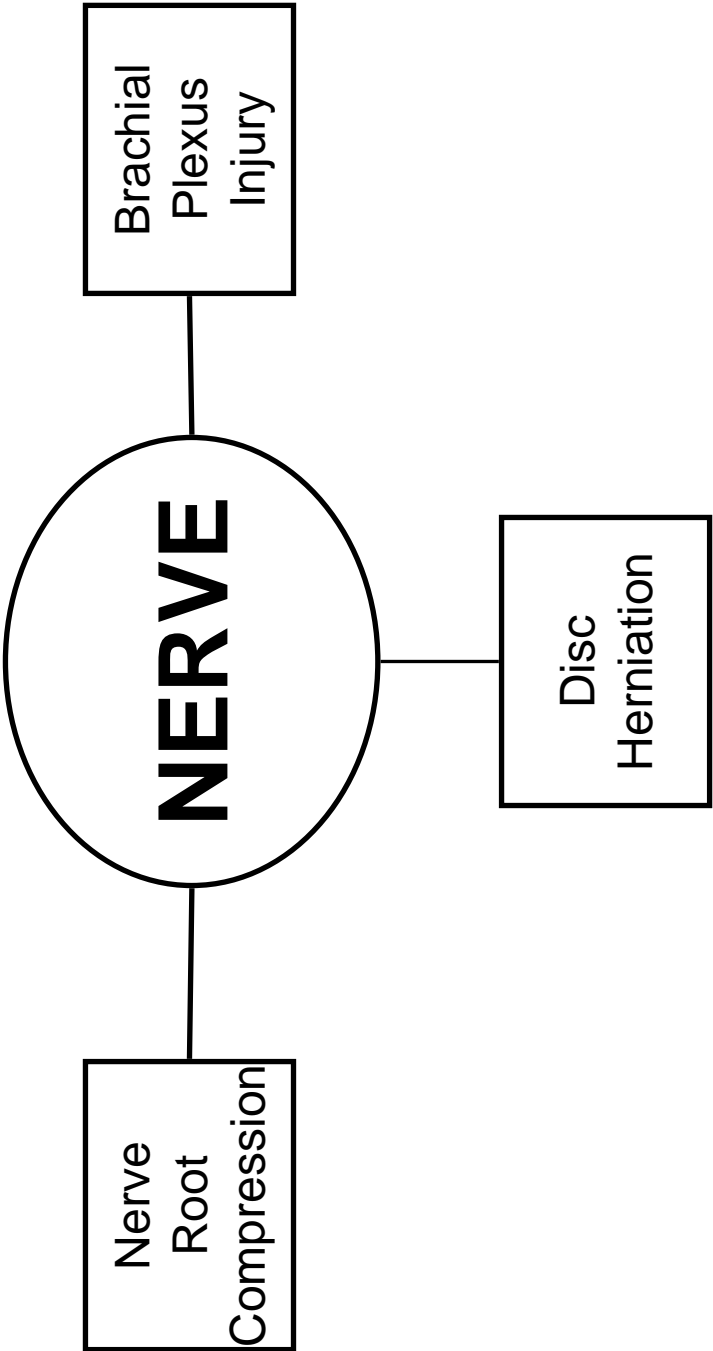






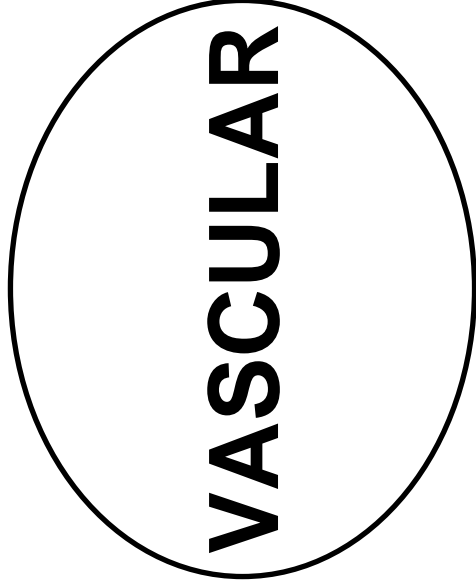
Strains

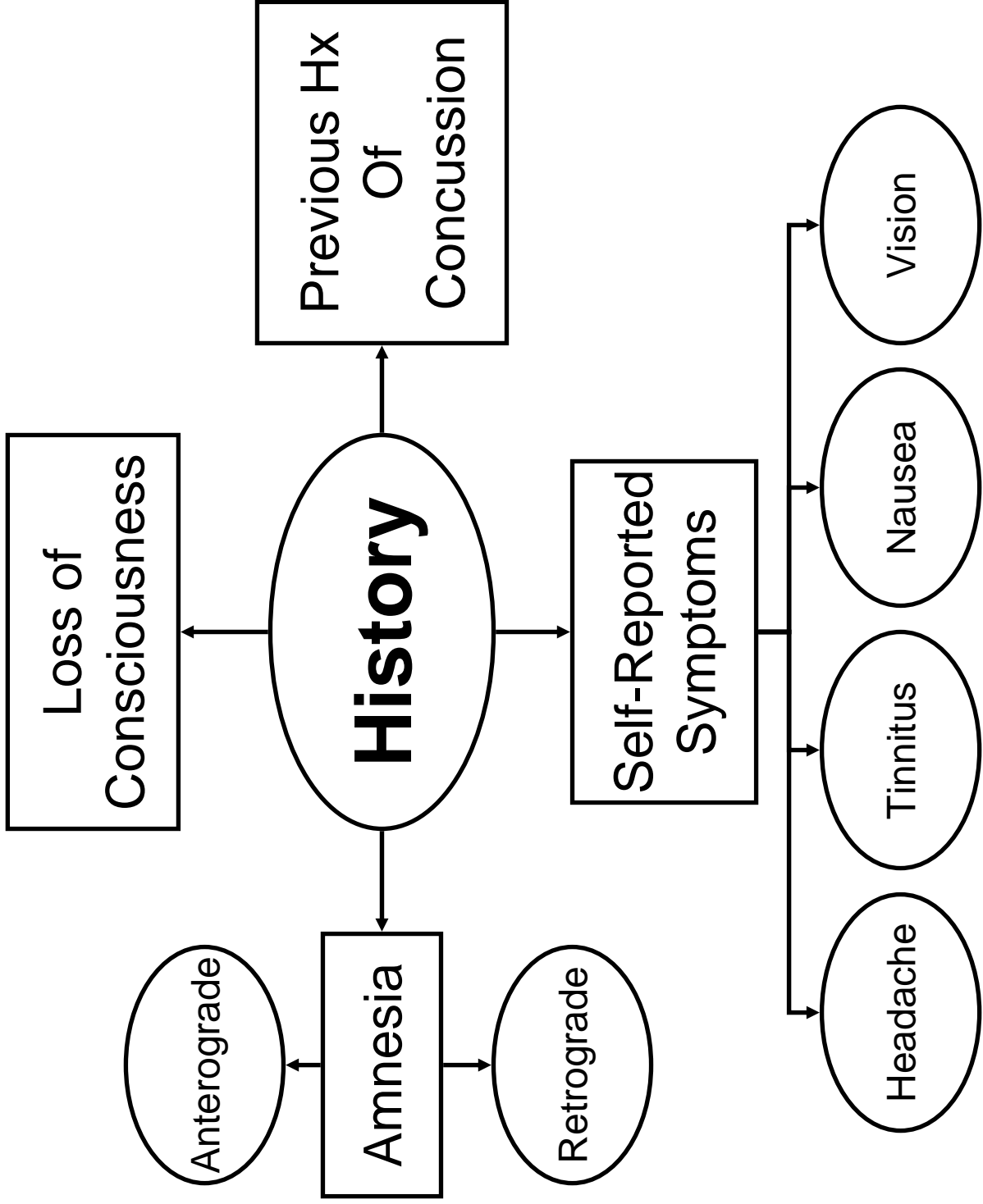


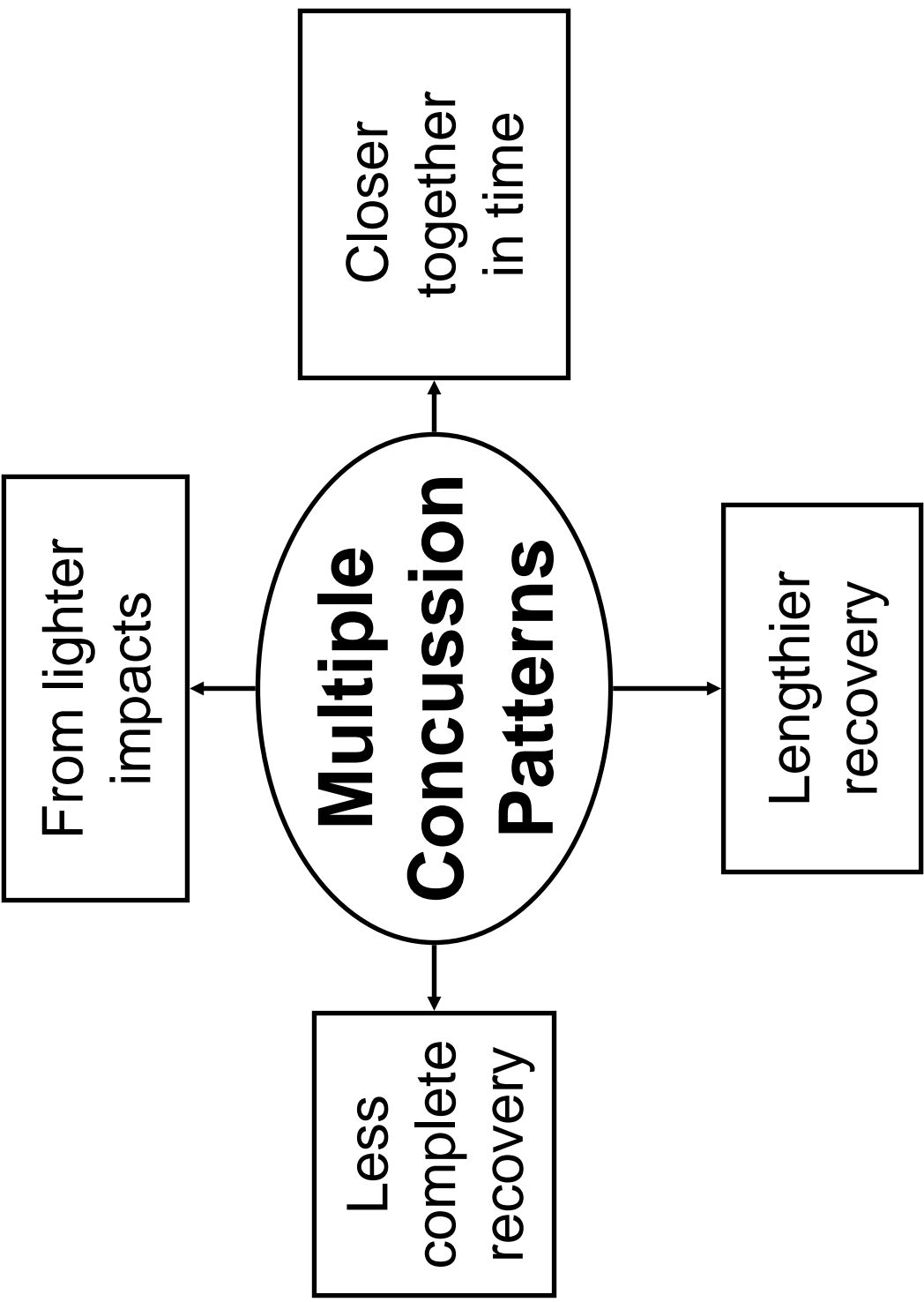


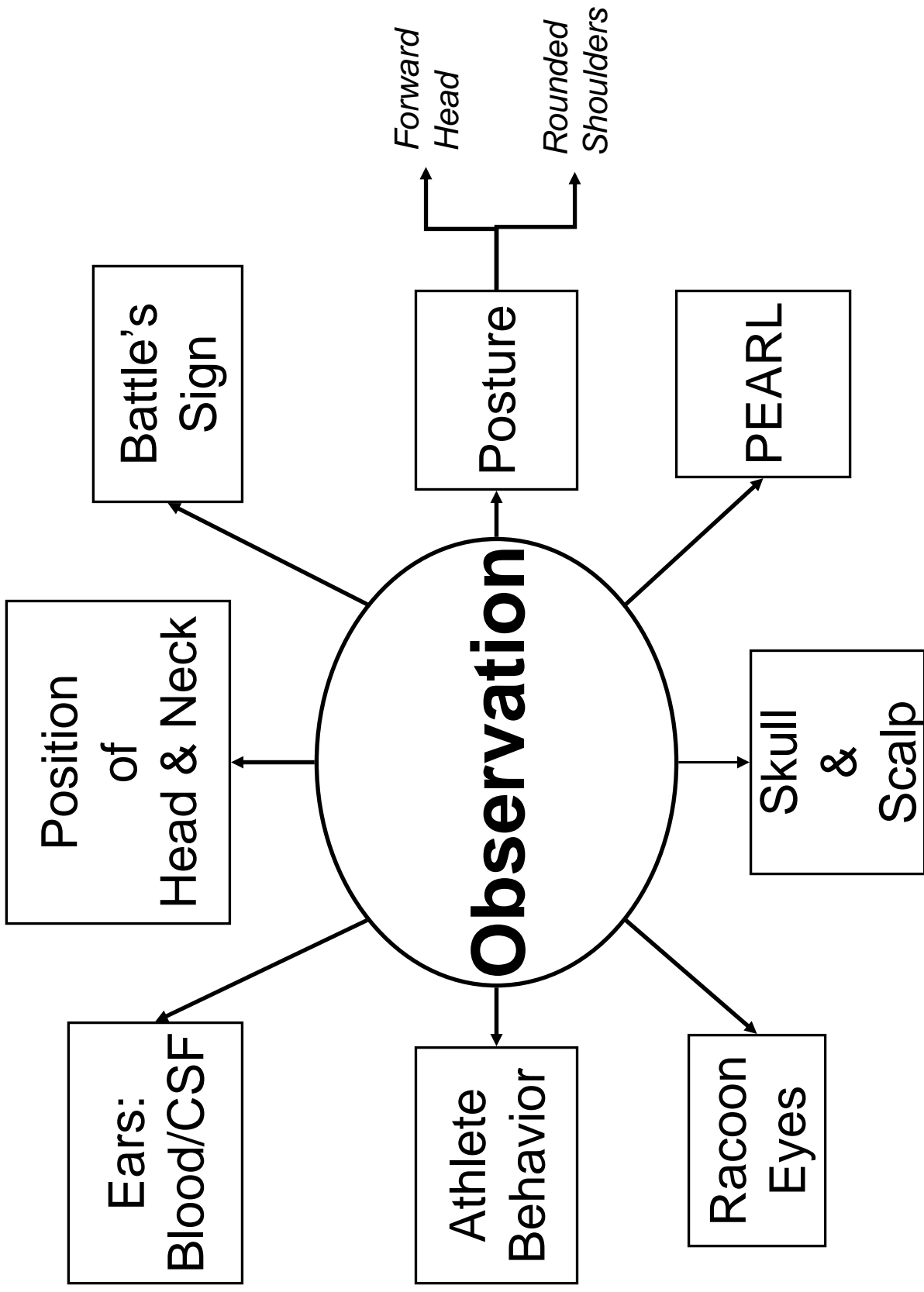
Thoracic  
Outlet  
Syndrome

**VASCULAR**











## HEAD AND C-SPIN PALPATION GUIDE

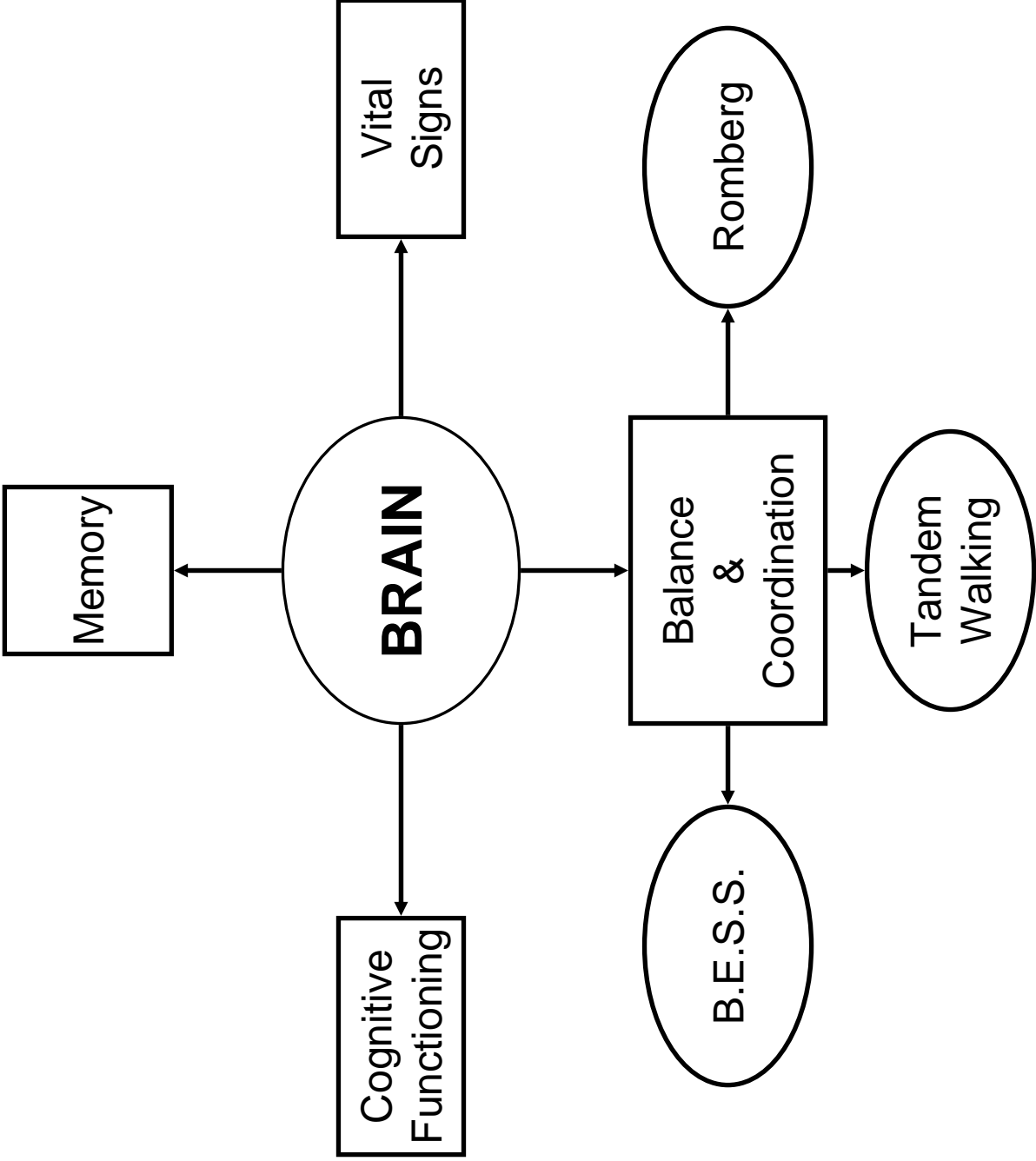
Warning: Rule out Skull and C-Spine Fractures!!!

### Anterior

- Hyoid Bone
- Thyroid Cartilage
- Cricoid Cartilage
- SCM
- Scalenes
- Carotid Artery
- Lymph Nodes

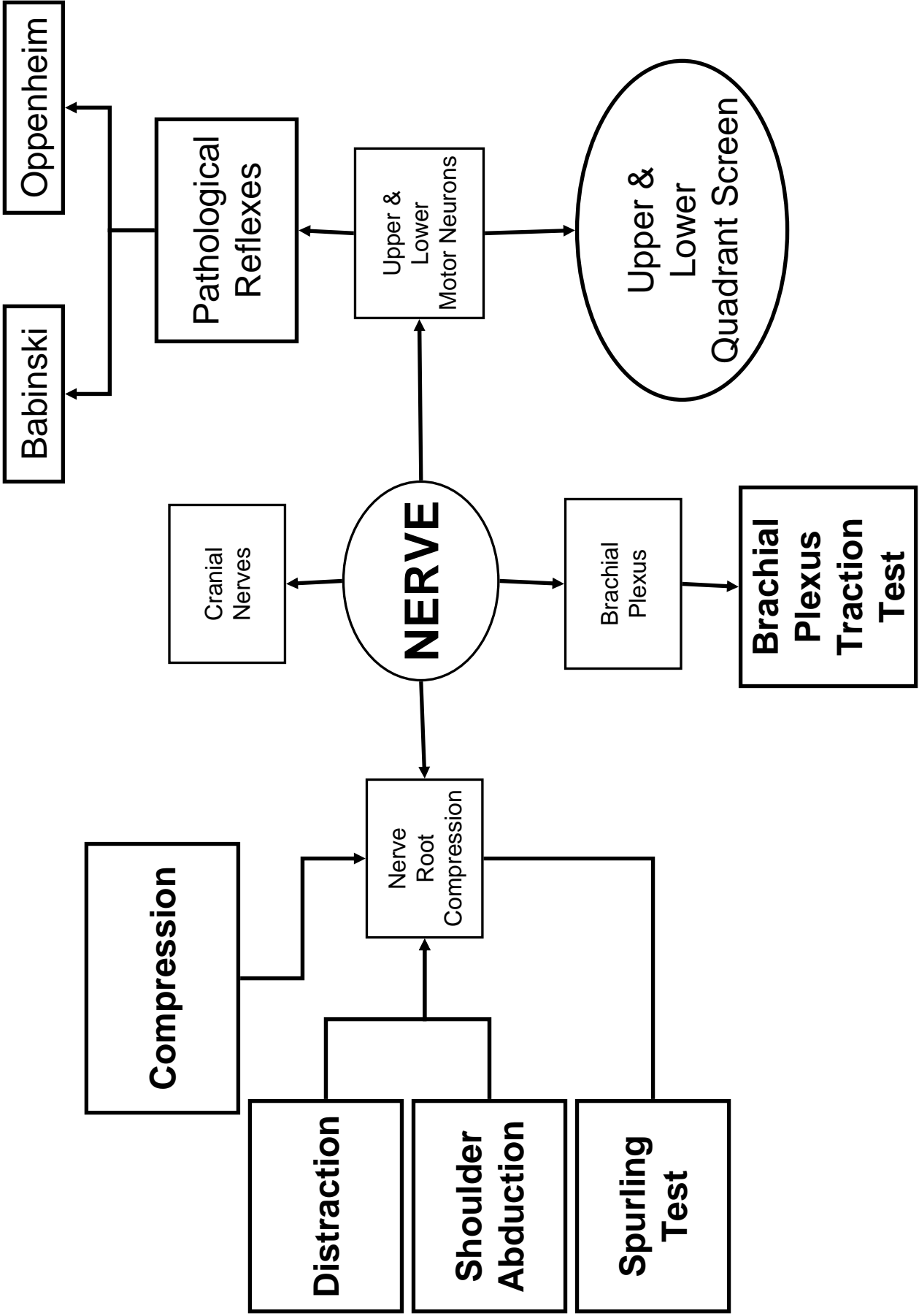
### Posterior

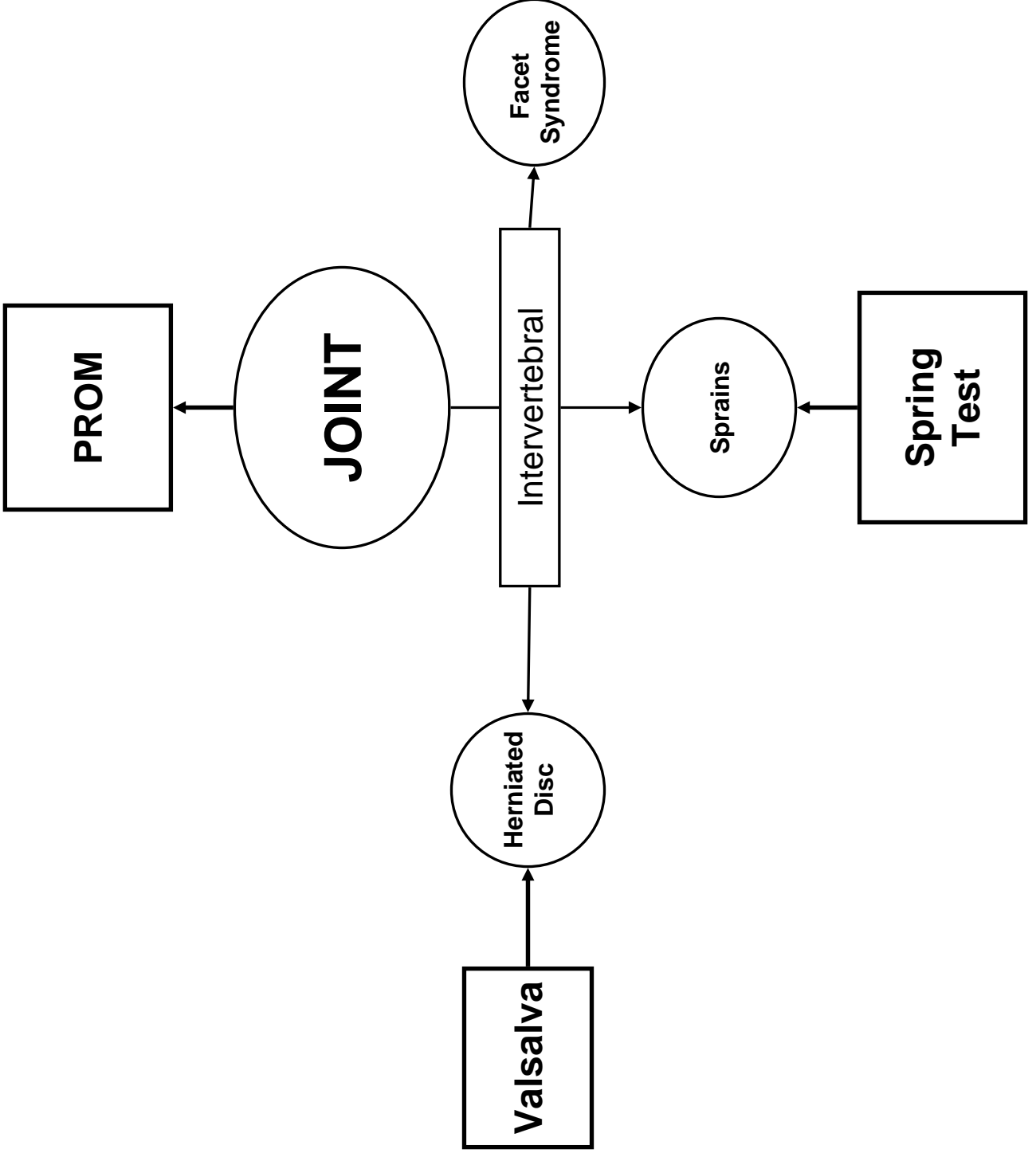
- Occiput
- Superior Nuchal Line
- Transverse Processes
- Spinous Processes
- Trapezius

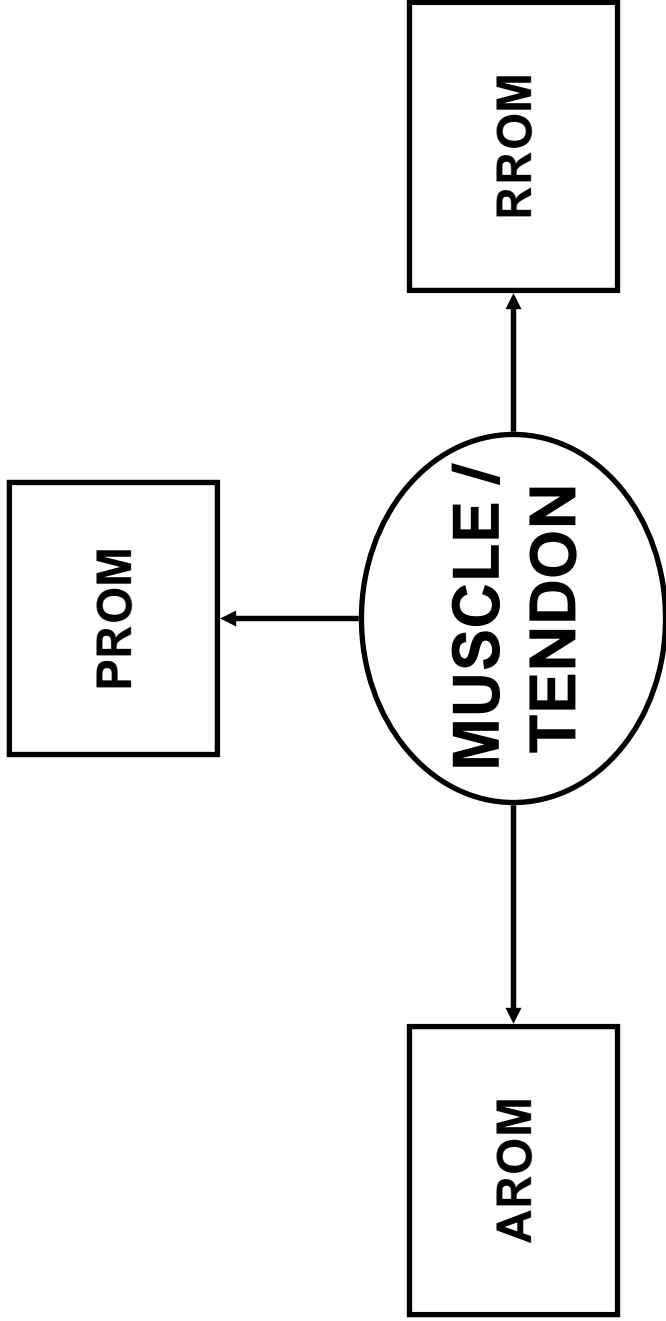


## CRANIAL NERVE ASSESSMENT

NERVE	NAME	ASSESSMENT
I	OLFACTORY	
II	OPTIC	
III	OCULOMOTOR	
IV	TROCHLEAR	
V	TRIGEMINAL	
VI	ABDUCENS	
VII	FACIAL	
VIII	VESTIBULOCOCHLEAR (ACOUSTIC)	
IX	GLOSSOPHARYNGEAL	
X	VAGUS	
XI	ACCESSORY	
XII	HYPOGLOSSAL	







# Head and Neck Checklist

HISTORY

General History

Loss of consciousness

Amnesia

Self-reported symptoms

Previous history

---

INSPECTION

General Inspection

Position of head

Position of neck

Skull and scalp

Athlete behavior

Pupils - PEARL

Battle's Sign

Raccoon Eyes

Ears and Nose

Posture

---

PALPATION

Anterior

Hyoid Bone

Thyroid Cartilage

Cricoid Cartilage

SCM

---

- Scalenes
- Carotid Artery
- Lymph Nodes

Posterior

---

- Occiput
- Superior Nuchal Line
- Transverse Processes
- Spinous Processes
- Trapezius

**STRESS**

Brain

---

- Memory
- Cognitive
- Balance and Coordination
- Vital Signs

Cranial Nerves

---

- I
- II
- III
- IV
- V
- VI
- VII
- VIII



IX; X

XI

XII

Upper Motor Neurons \_\_\_\_\_

Babinski Test

Oppenheim Test

Lower Motor Neurons \_\_\_\_\_

Upper Quarter Screen

Lower Quarter Screen

Nerve Root/Plexus \_\_\_\_\_

Brachial Plexus Traction Test

Shoulder Abduction Test

Cervical Compression Test

Spurling Test

Cervical Distraction Test

Vascular \_\_\_\_\_

Vertebral Artery Test

Joint \_\_\_\_\_

Spring Test

Passive ROM

Muscle / Tendon \_\_\_\_\_

Active ROM

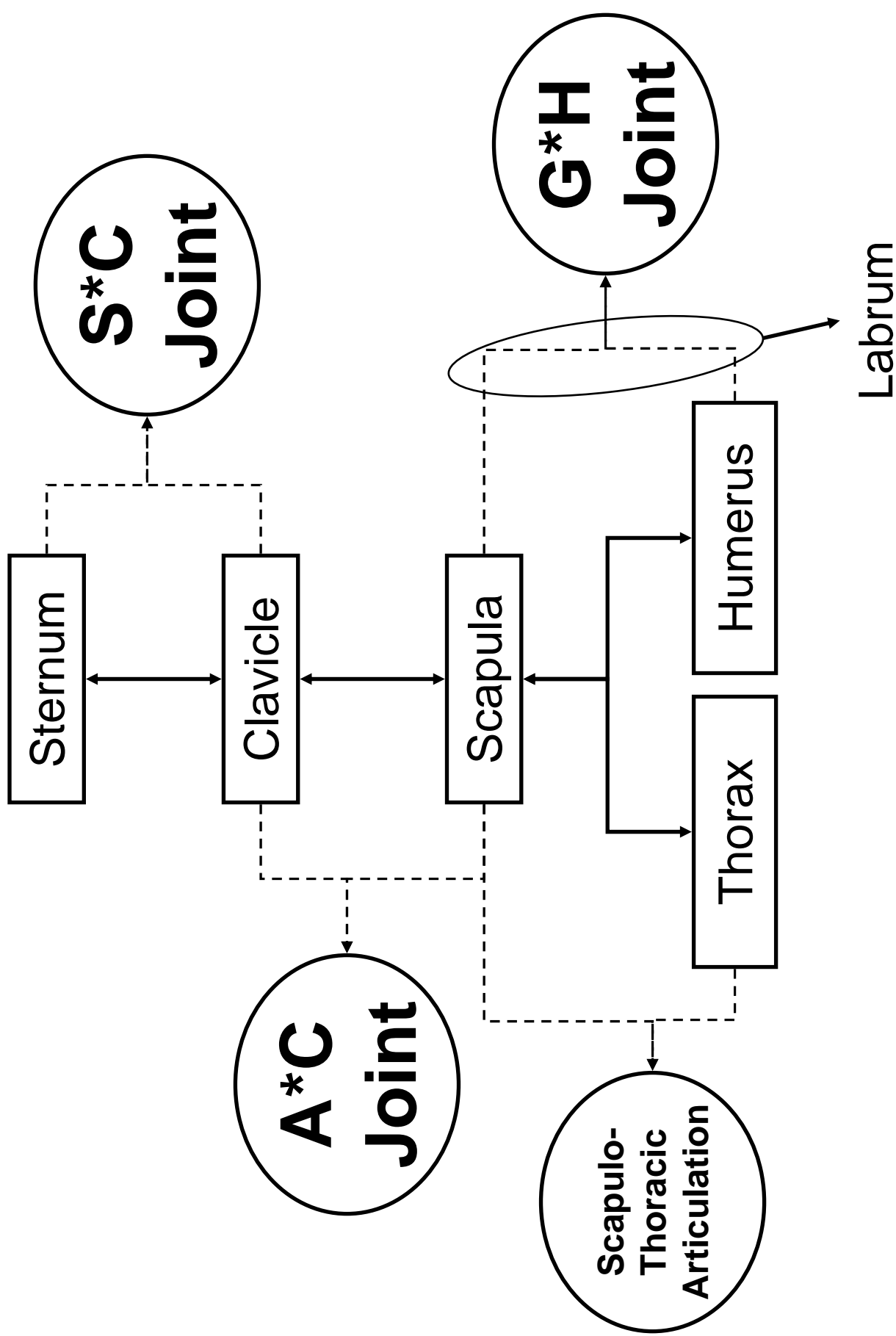
Resisted ROM

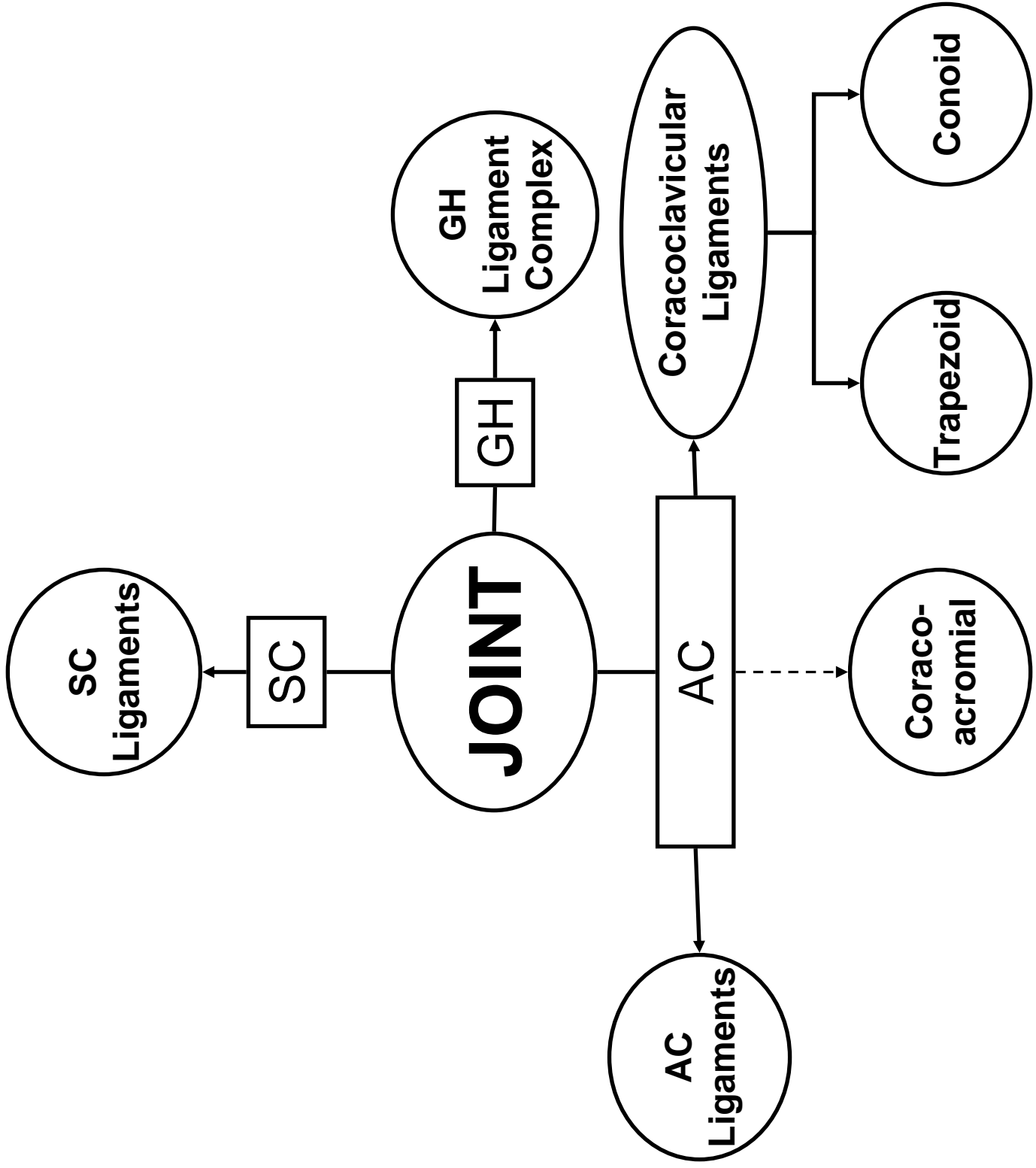
**Vascular**



Vertebral  
Artery  
Test

# The Shoulder Complex

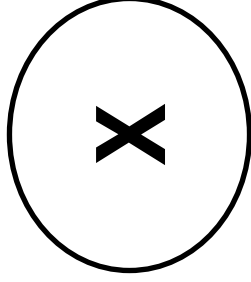




# Shoulder Joint

*Flex*

Anterior



Lateral

Medial

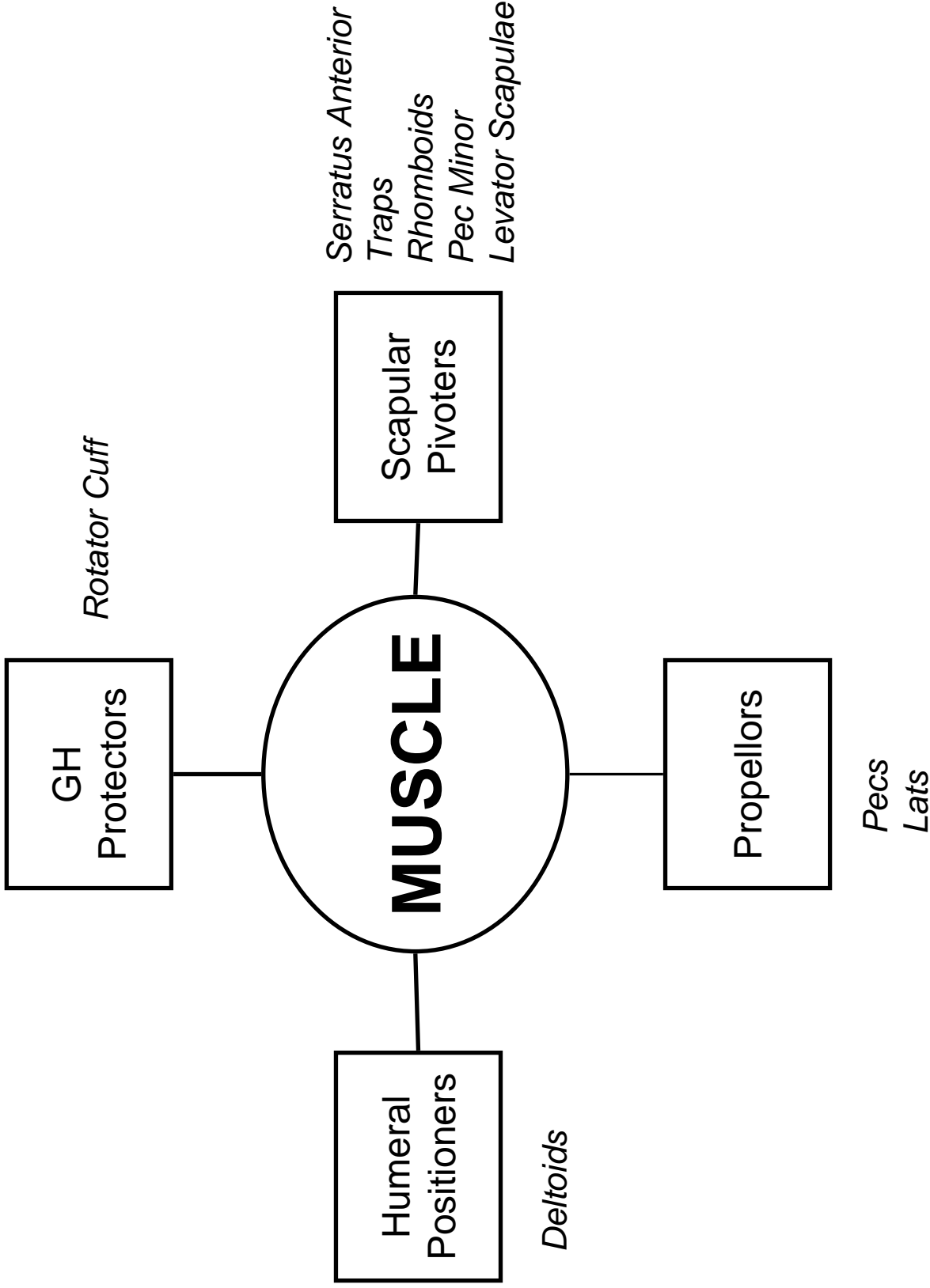
*Abduct*

*Adduct*

Posterior

*Extend*

*ER*  
*IR* } No consistent pattern



## The Rotator Cuff

S

I

T

S

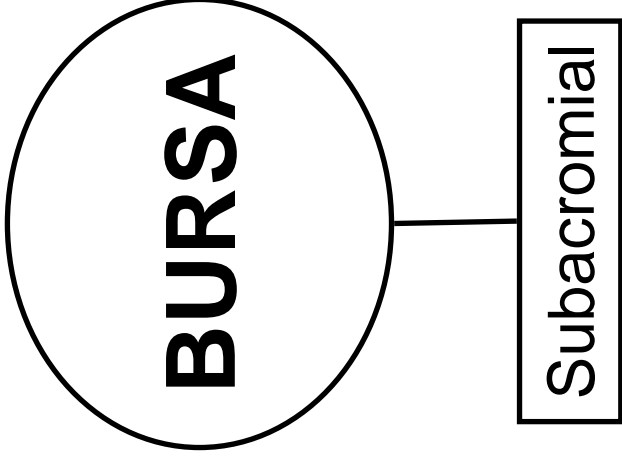


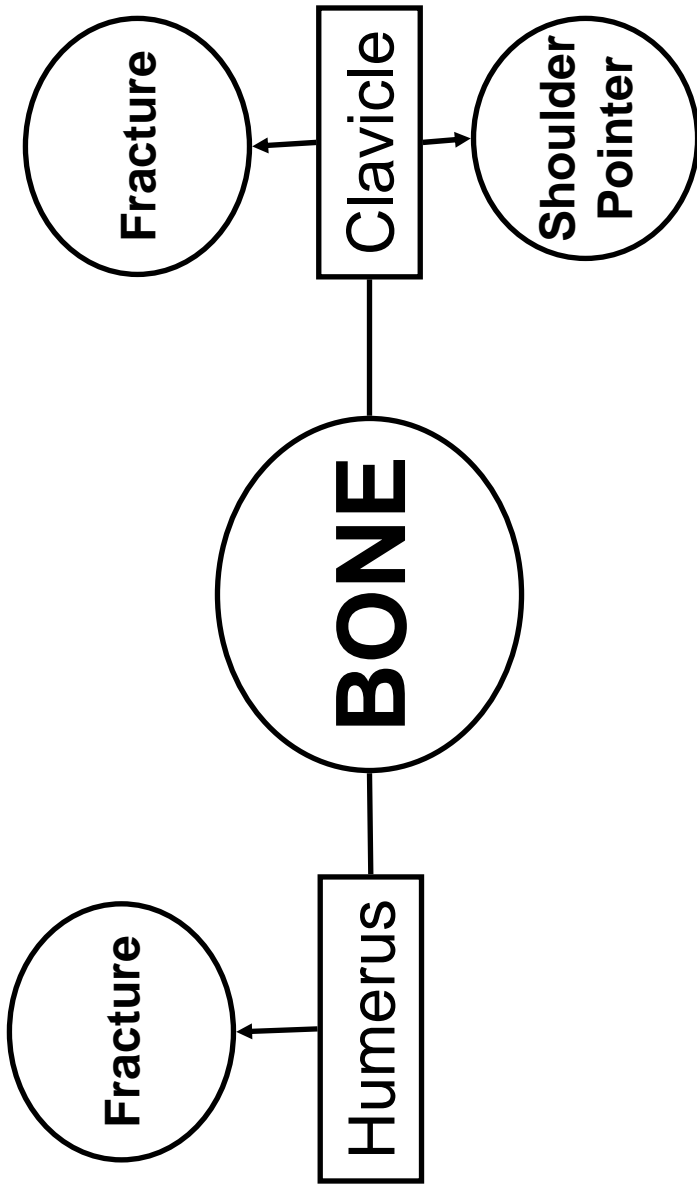
# Shoulder Muscle – Joint Interaction

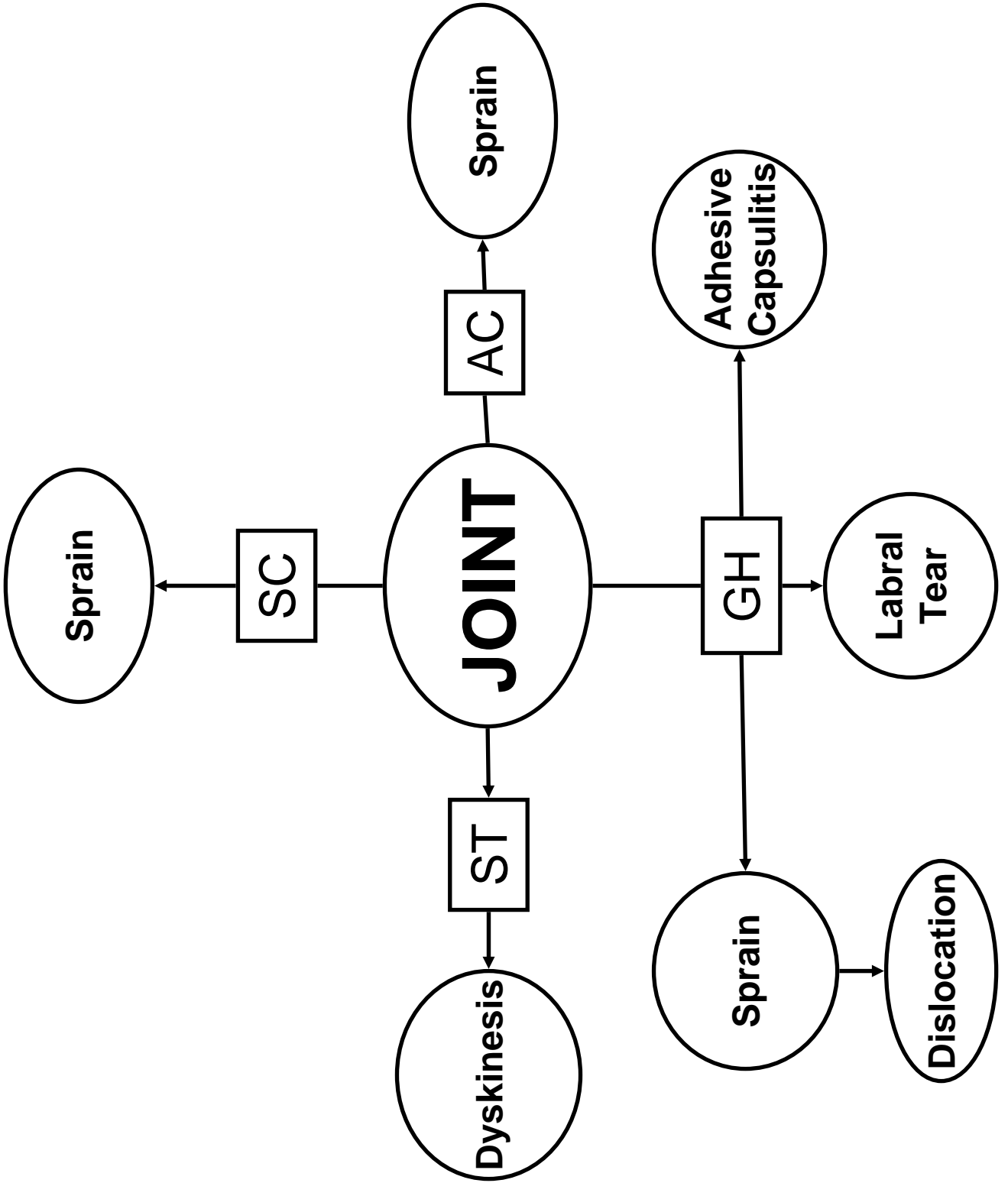
Motion	Prime Mover(s)
Flexion	
Extension	
IR	
ER	
Abduction	
Adduction	

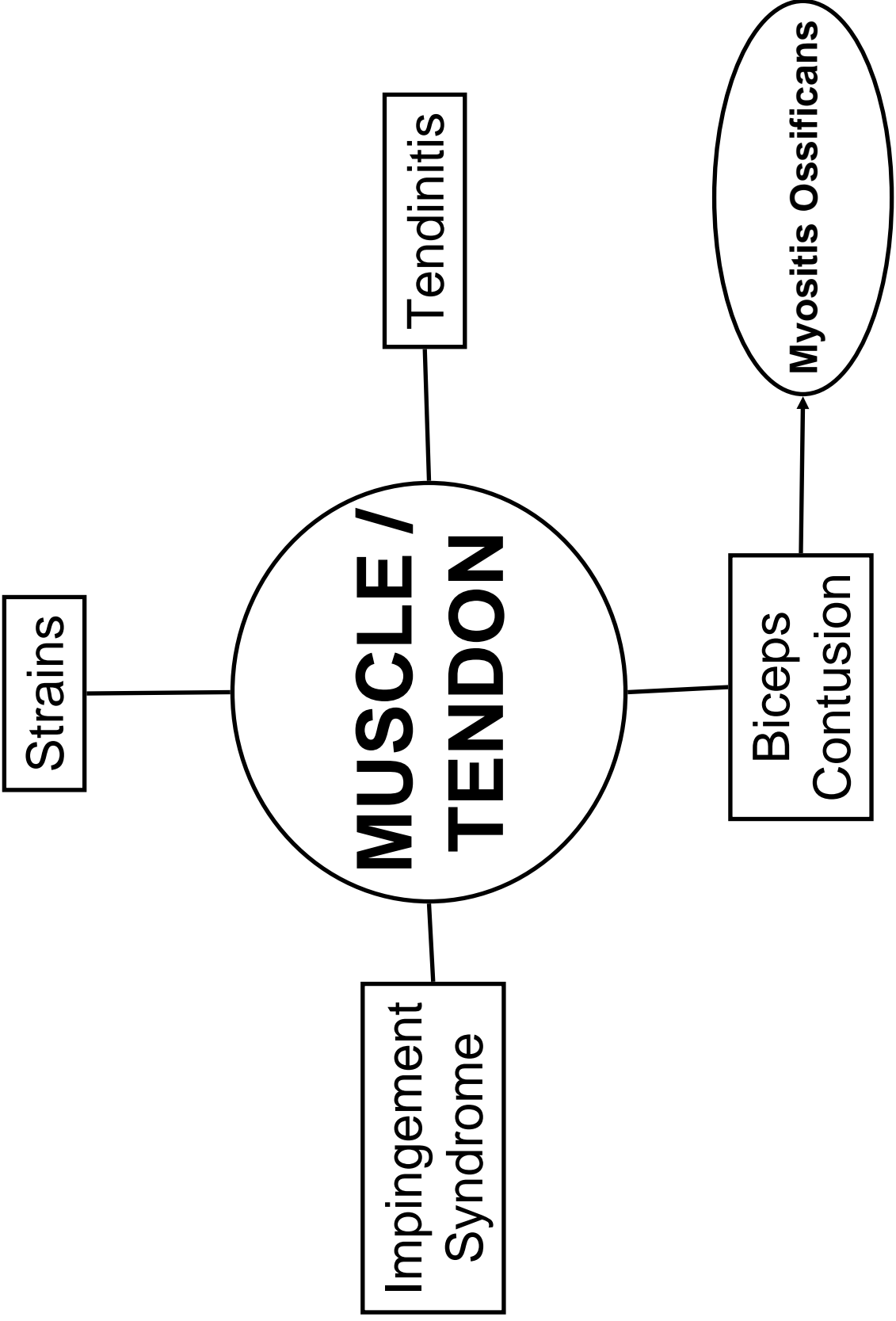
# Scapula Muscle – Joint Interaction

Motion	Prime Mover(s)
Upward Rotation	
Downward Rotation	
Protraction	
Retraction	

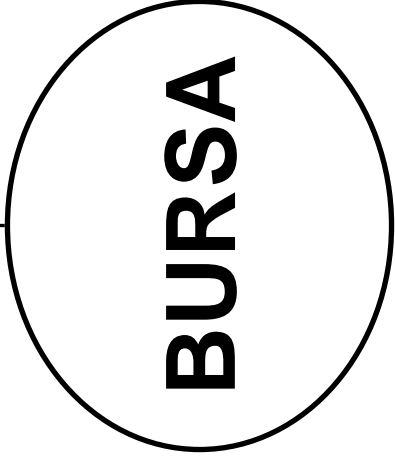


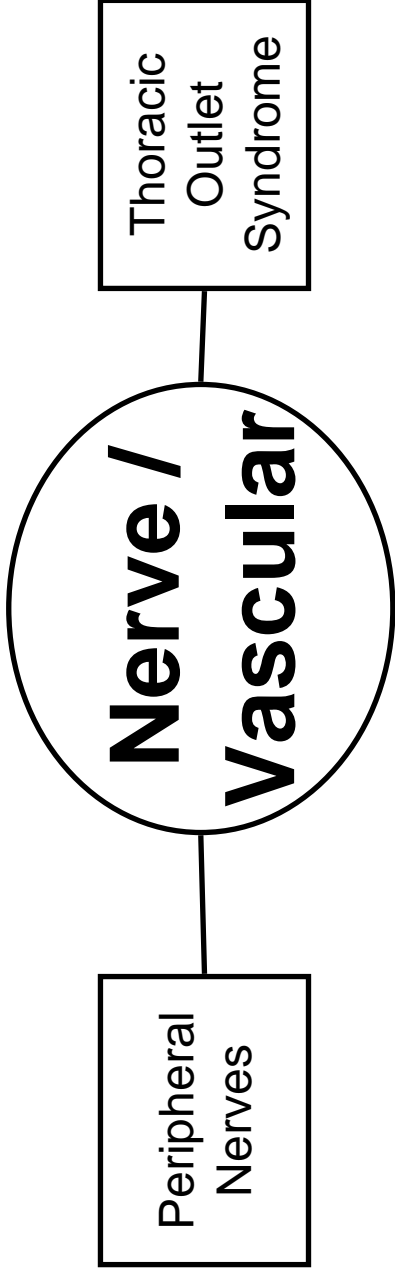






Impingement Syndrome







## Palpation Guide for the Shoulder

### Anterior Structures

Sternal end of clavicle	SC Joint
Shaft of clavicle	Deltoid Muscle Group Pectoralis Major
Coracoid process	Pectoralis Minor Biceps brachii - short head Coracobrachialis
Acromion process	AC Joint
Head of Humerus Greater Tuberosity Bicipital Groove	Biceps brachii - long head
Lesser Tuberosity Humeral shaft	Serratus Anterior

### Posterior Structures

Spine of Scapula	Rotator Cuff
Superior Angle Medial Border	Trapezius Levator scapulae
Inferior Angle	Teres Major Latissimus Dorsi Triceps brachii

# Palpation Strategies for the Shoulder

## Starkey and Ryan:

Anterior Structures

Humerus

Scapula

Posterior Structures

## Hoppenfeld:

Bony Palpation

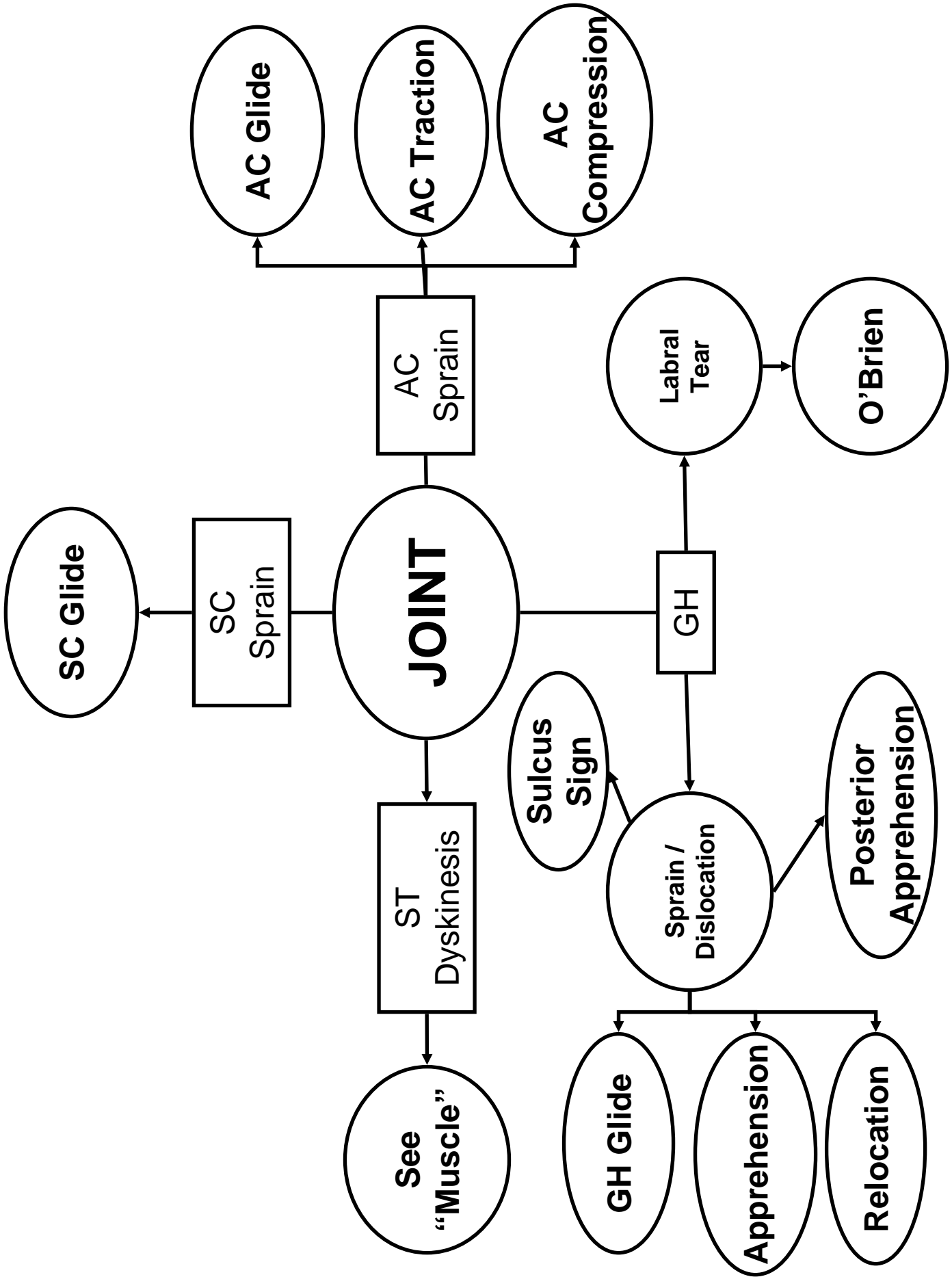
Soft Tissue Palpation

Zone I – Rotator Cuff

Zone II – Subacromial and Subdeltoid Bursa

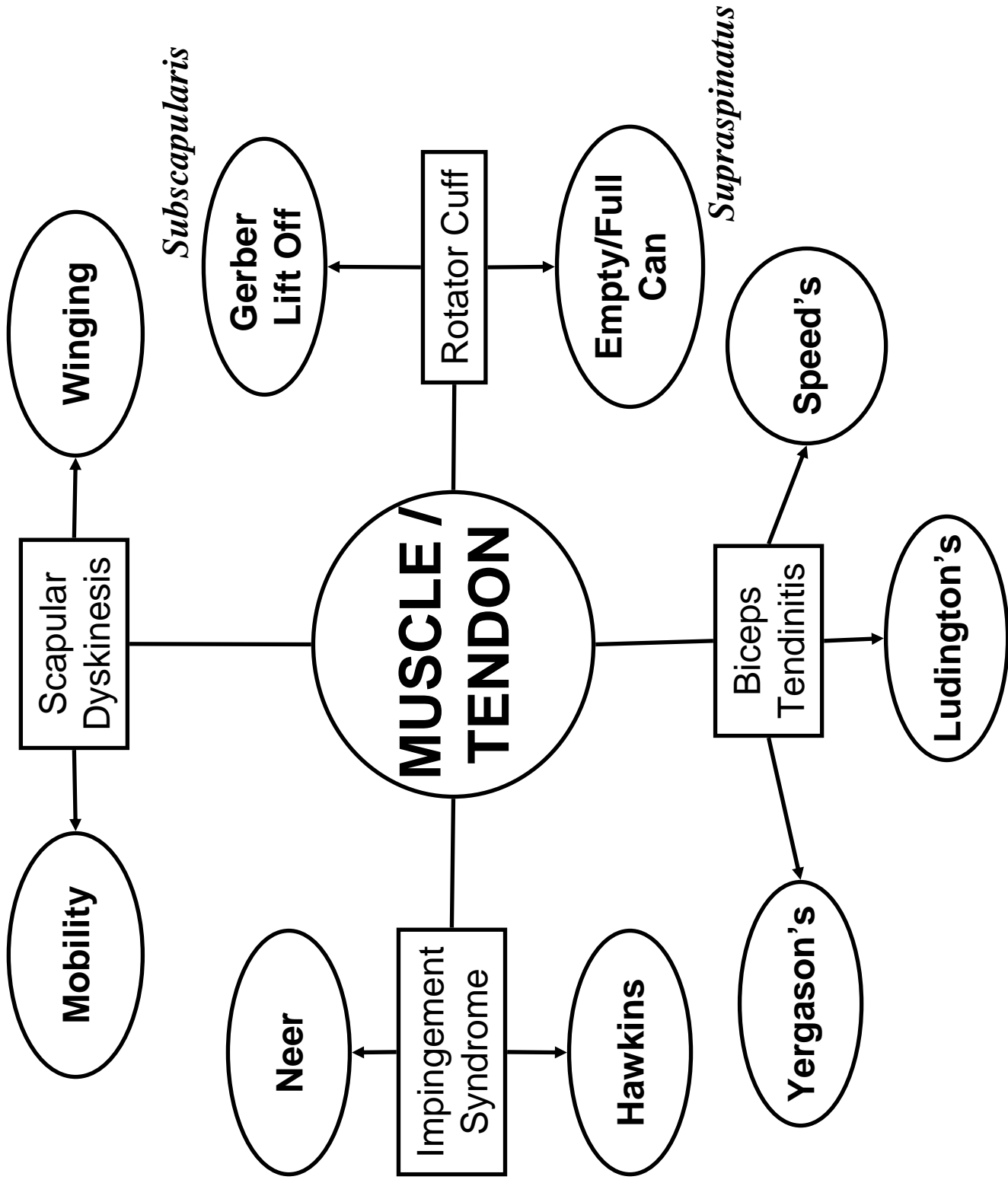
Zone III – Axilla

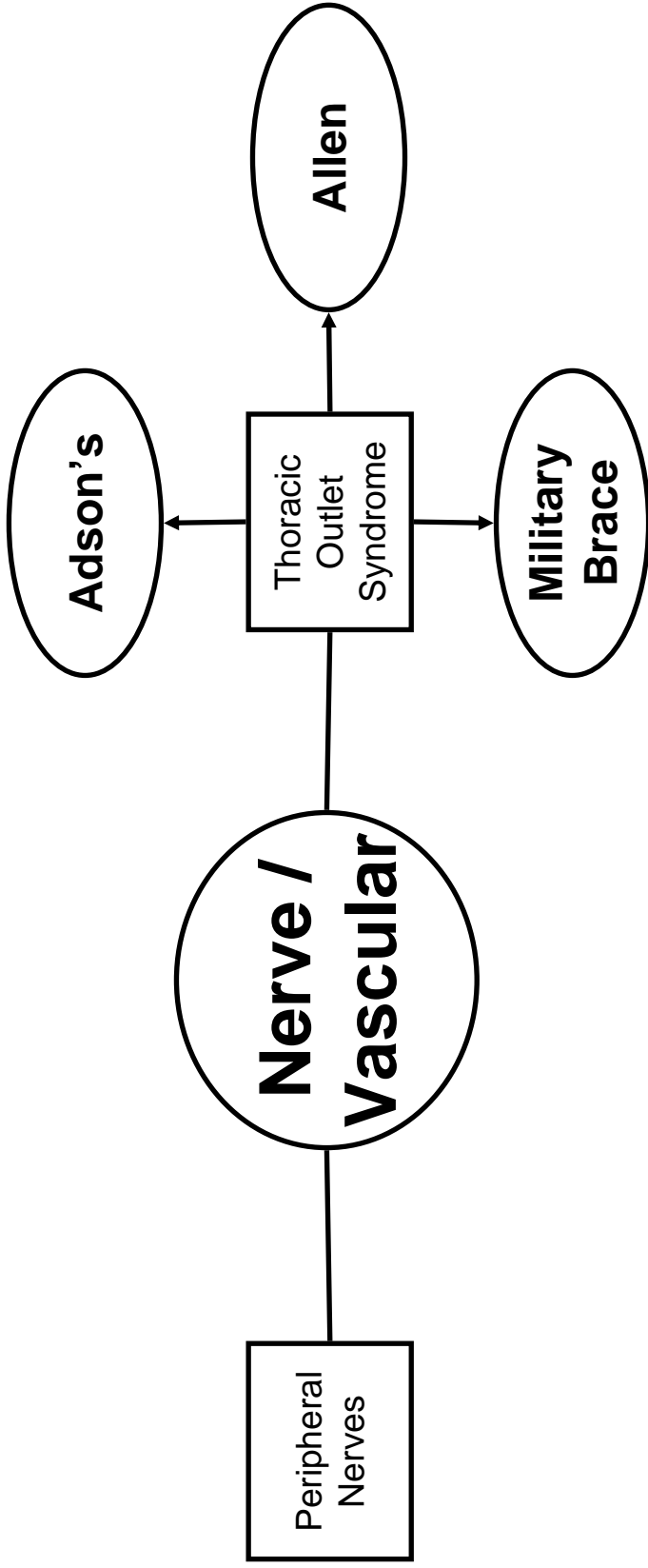
Zone IV – Prominent Muscles of the Shoulder  
Girdle



# Goniometry - Shoulder

Motion	Normal ROM	Stationary Arm	Axis of Rotation	Moving Arm
Flexion				
Extension				
IR				
ER				
Abduction				
Adduction				





## Peripheral Nerve Injuries

<b>NERVE</b>	<b>MUSCLE WEAKNESS</b>
Suprascapular	
	Subscapularis
Inferior Subscapular	
	Latissimus Dorsi
Medial Pectoral	
	Pectoralis Major
Axillary	
	Rhomboids; Levator
Long Thoracic	
	Trapezius
Musculocutaneous	
	Triceps; Forearm; Hand
Median	
Ulnar	

# SHOULDER COMPLEX CHECKLIST

HISTORY

---

General History

INSPECTION

---

General Inspection

Position of Head

Position of Arm

Shoulder posture

Anterior

---

Level of shoulders

Contour of clavicles

Symmetry of deltoids

Humerus and biceps

Lateral

---

Deltoid muscle group

Acromion process

Position of humerus

Posterior

---

Alignment of vertebrae

Position of scapulae

Muscle tone

Position of humerus

PALPATION

Anterior Structures

---



Sternal end of clavicle

SC Joint

Shaft of clavicle

Deltoid Muscle Group

Pectoralis Major

Coracoid process

Pectoralis Minor

Biceps brachii - short head

Coracobrachialis

Acromion process

AC Joint

Head of Humerus

Greater Tuberosity

Bicipital Groove

Biceps brachii - long head

Lesser Tuberosity

Humeral shaft

Serratus Anterior

Posterior Structures

---

Spine of Scapula

Rotator Cuff

Superior Angle

Medial Border

Trapezius

**STRESS**

Joint

Inferior Angle

Levator scapulae

Teres Major

Latissimus Dorsi

Triceps brachii

Sternoclavicular

Glide Test

Acromioclavicular

Glide Test

Traction Test

Compression Test

Glenohumeral

Glide Test

Apprehension Test

Relocation Test

Posterior Apprehension

Sulcus Sign

O'Brien

Apley's Scratch

Passive ROM

Muscle / Tendon

Glenohumeral

Active ROM

Resisted ROM

Scapular

Active ROM

Resisted ROM

Scapular Winging

Impingement

Neer

Hawkins

Rotator Cuff

Empty Can / Full Can

Gerber Lift-Off

Biceps

Yergason's

Speed's

Ludington's

Nerve

Dermatomes C4

Dermatomes C5

Dermatomes T1

Dermatomes T2

Dermatomes T3

Dermatomes T4

Dermatomes T5

Vascular

Brachial Pulse

Radial Pulse

Thoracic Outlet

---

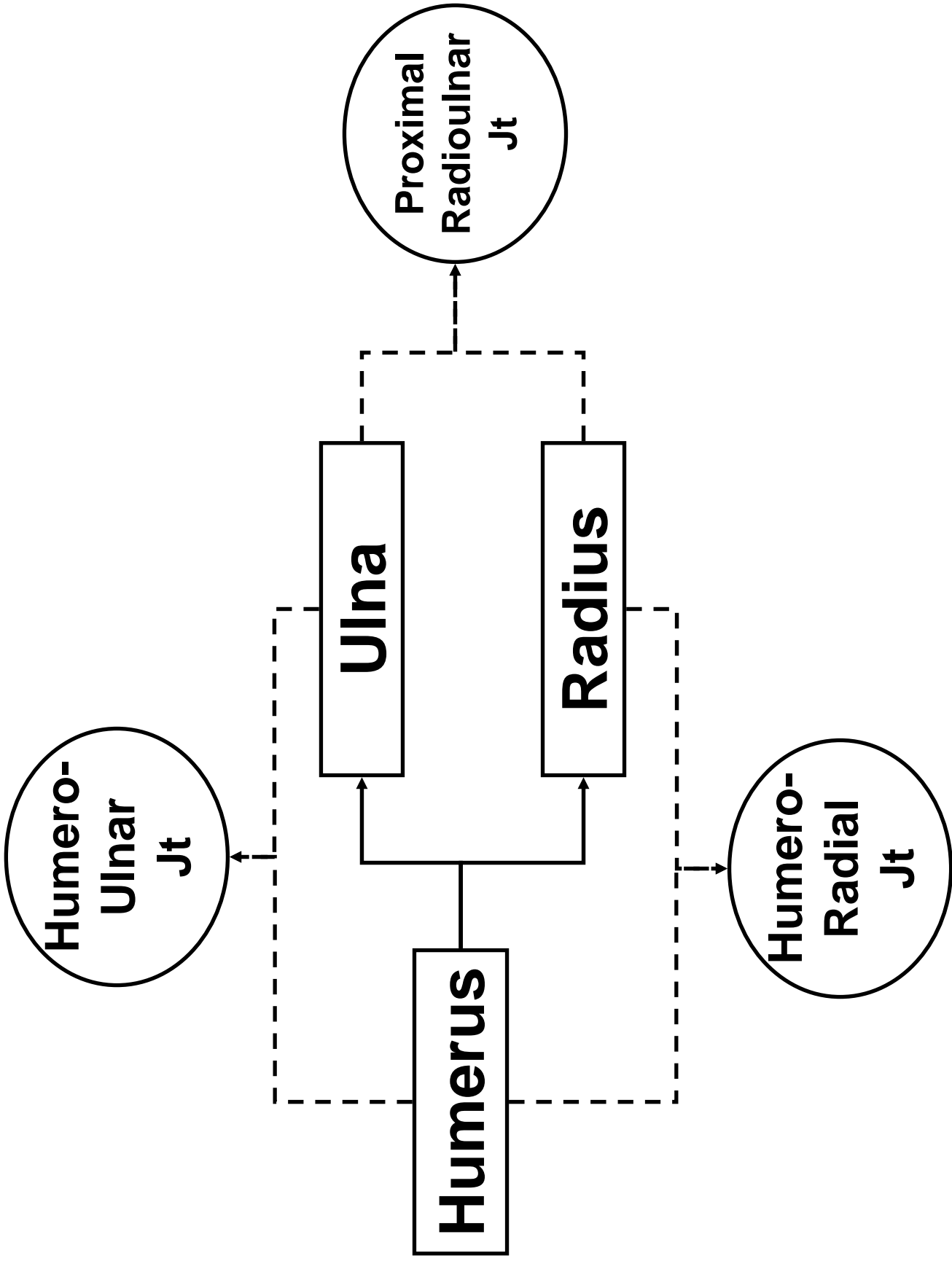
Adson's

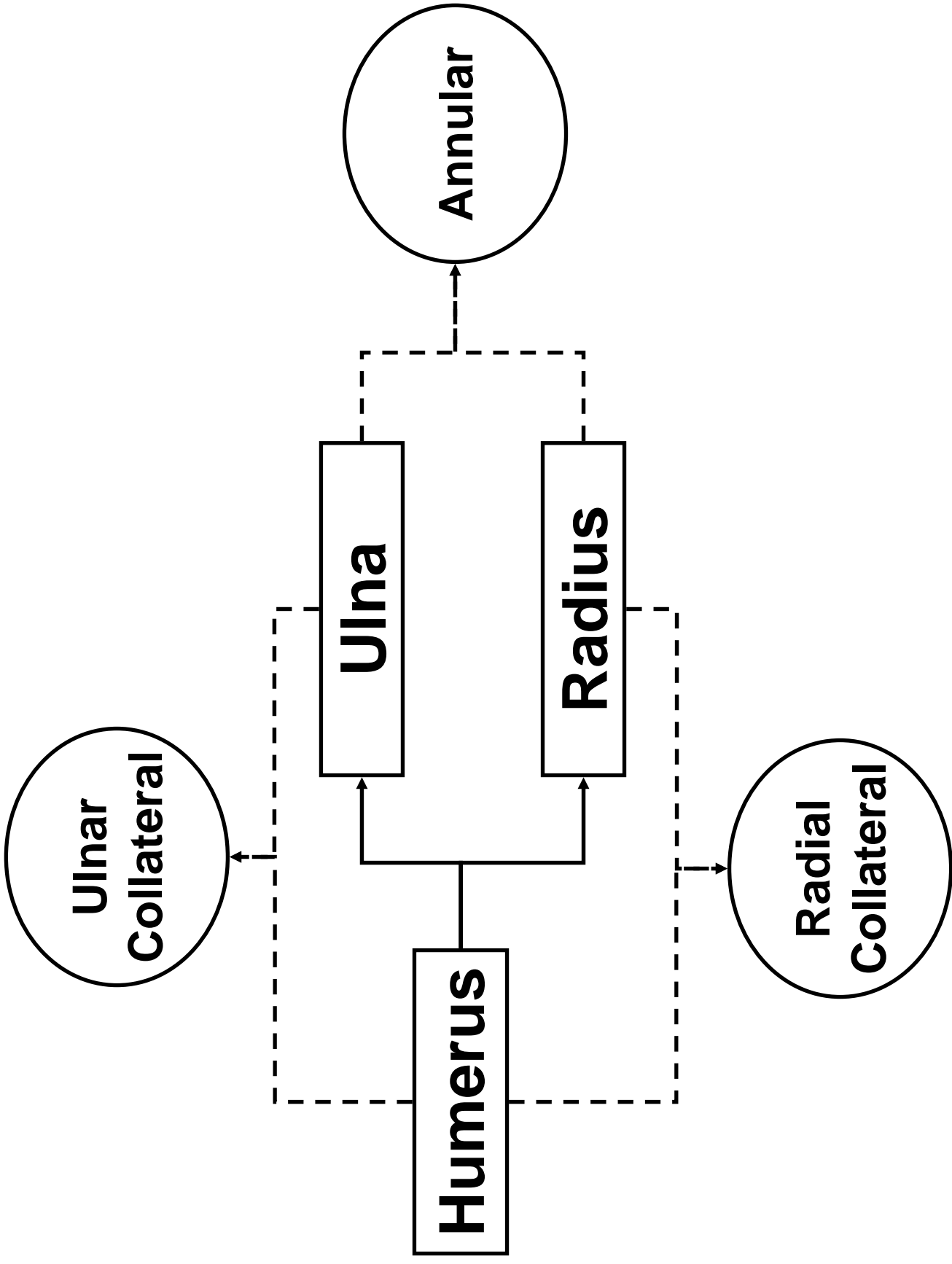
Allen

Military Brace Position

---

The  
Elbow &  
Forearm





**P**

Extensors

*Triceps  
Anconeus*

**MUSCLE**

Supinators

*Supinator*

Pronators

*Pronator Teres  
Pronator Quadratus*

Flexors

*Biceps  
Brachialis  
Brachioradialis*

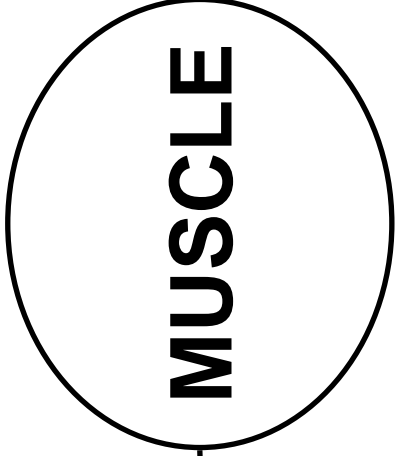
**L**

**M**

**A**



**P**



Lateral  
Epicondyle

*Anconeus*  
*Extensor Carpi Radialis Longus*  
*Extensor Carpi Radialis Brevis*  
*Extensor Digitorum*  
*Extensor Carpi Ulnaris*

Medial  
Epicondyle

*Pronator Teres*  
*Flexor Carpi Radialis*  
*Flexor Digitorum Superficialis*  
*Flexor Digitorum Profundus*  
*Palmaris Longus*  
*Flexor Carpi Ulnaris*

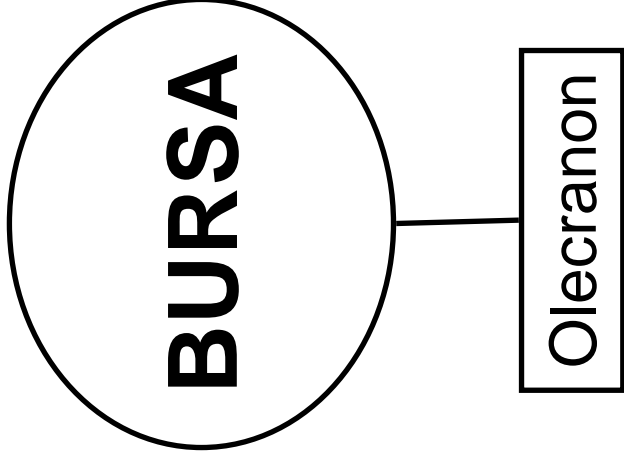
**L**

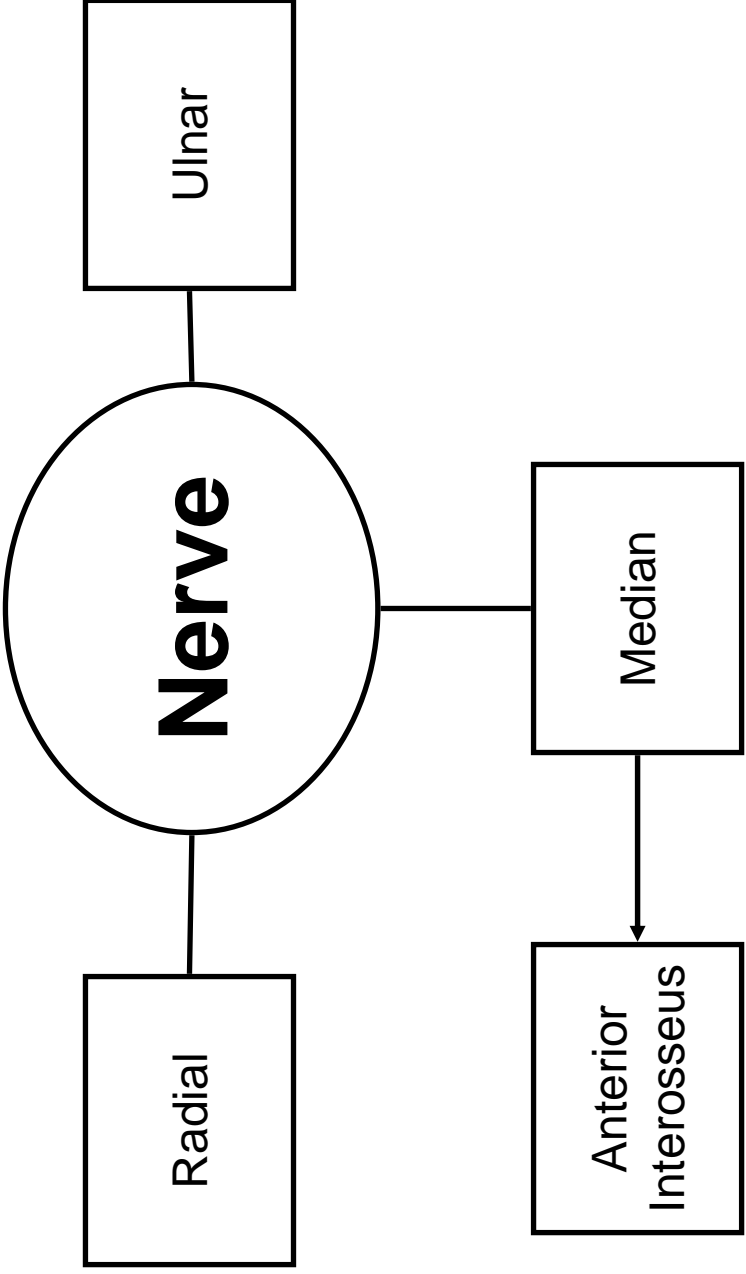
**M**

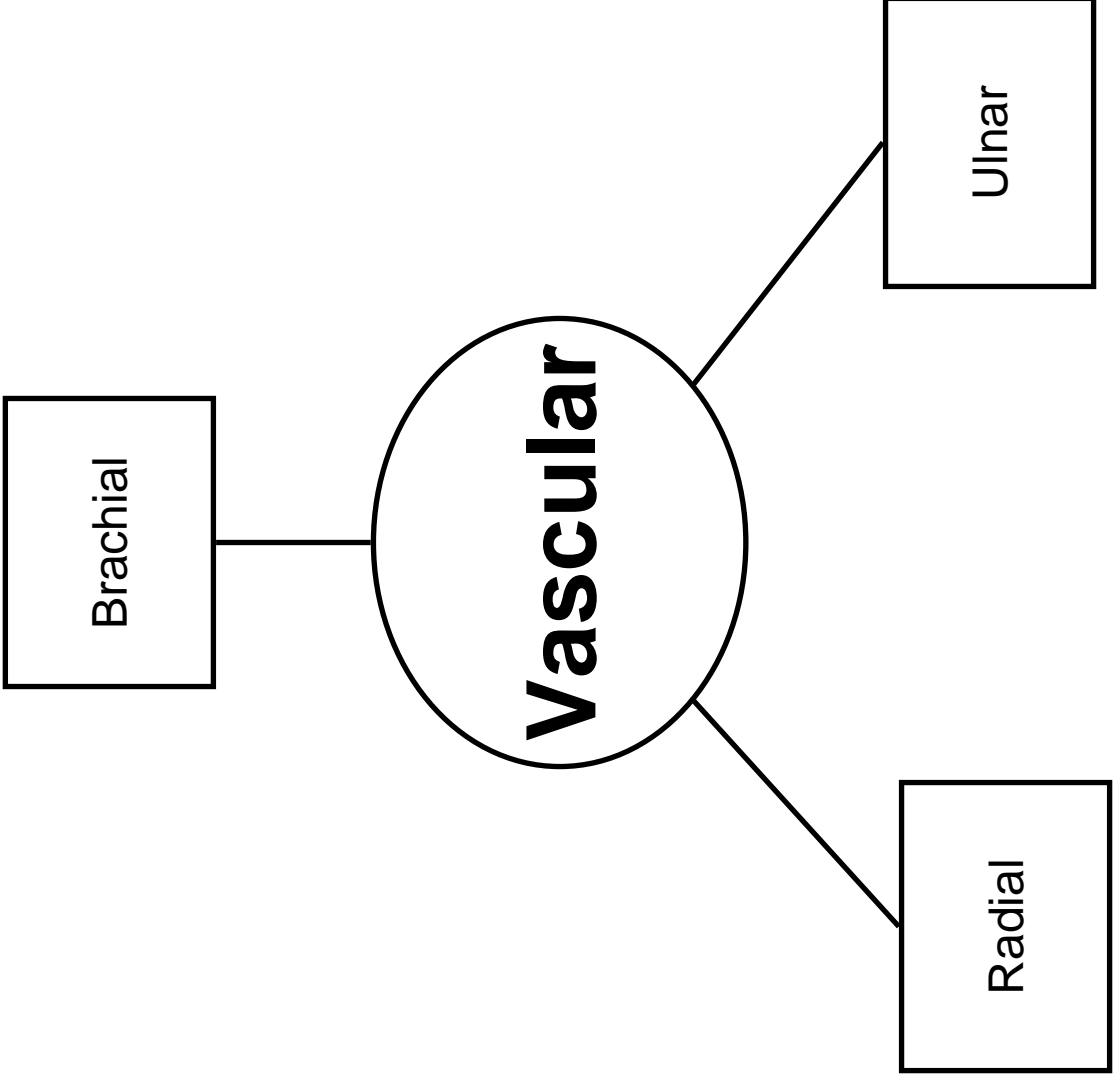
**A**

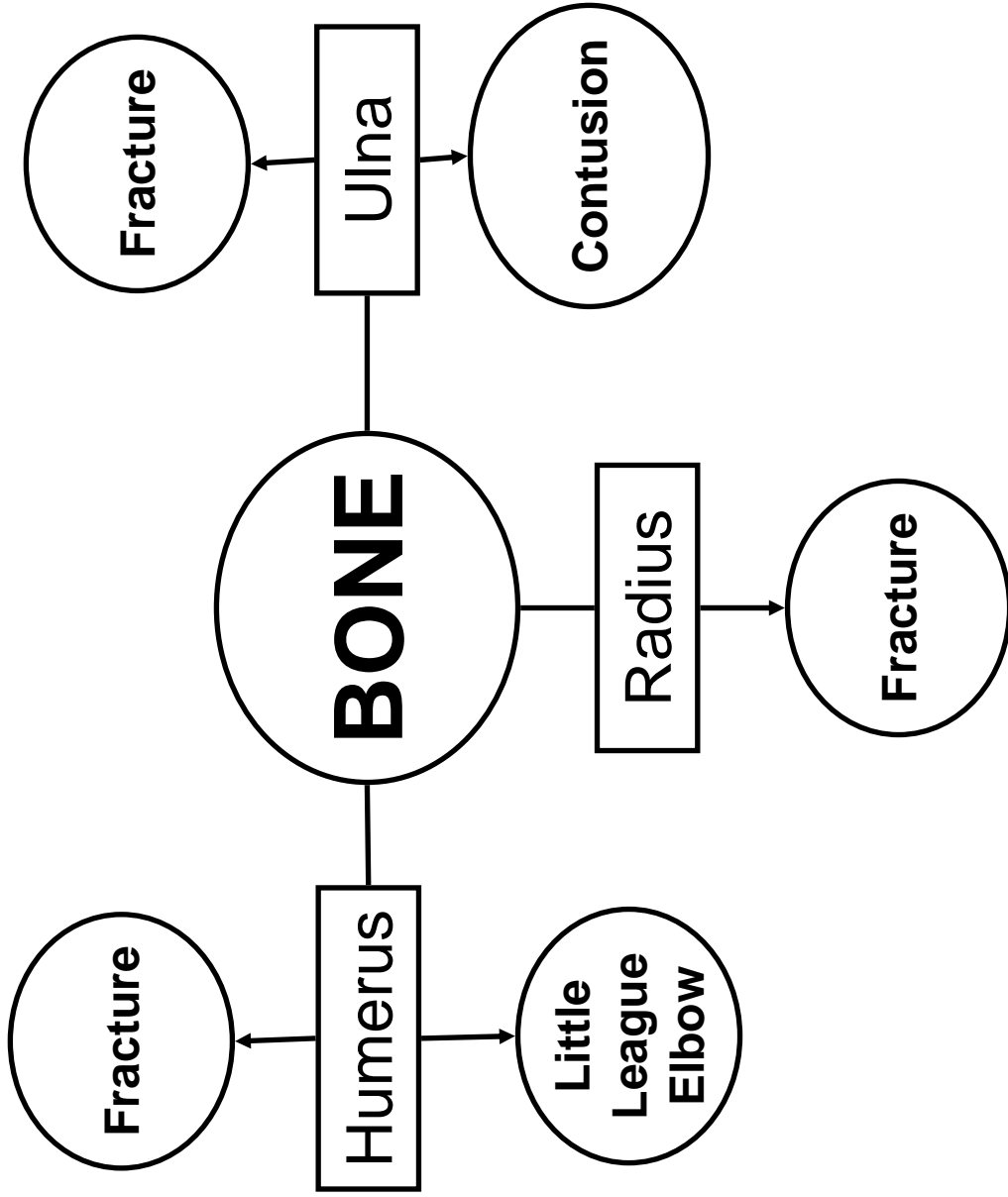
# Elbow / Forearm Muscle – Joint Interaction

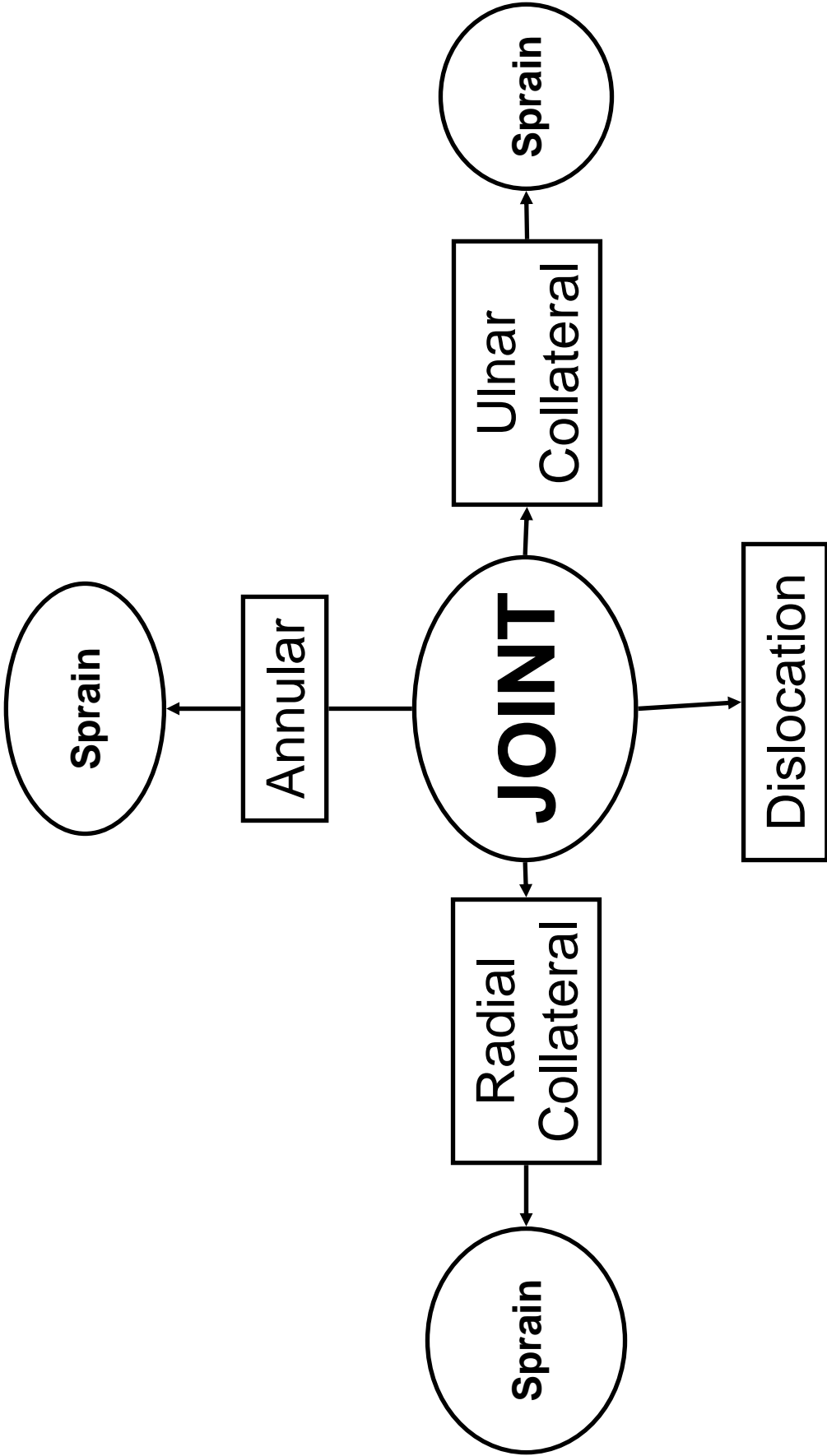
Motion	Prime Mover(s)
Flexion	
Extension	
Pronation	
Supination	











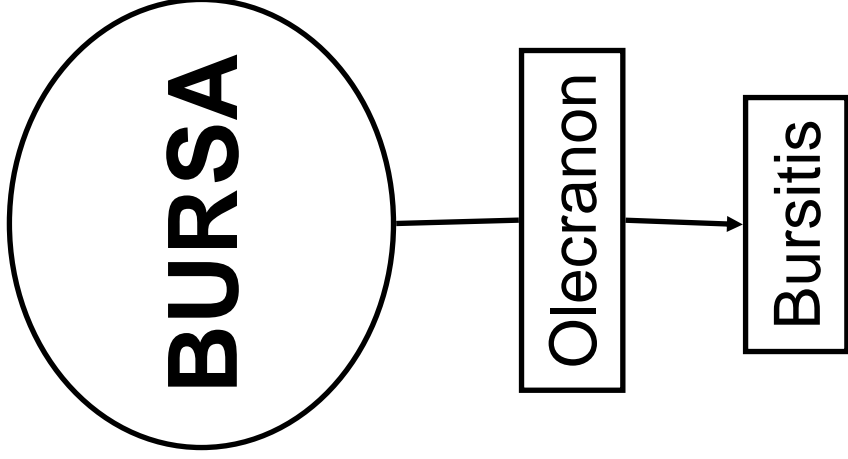
Strains

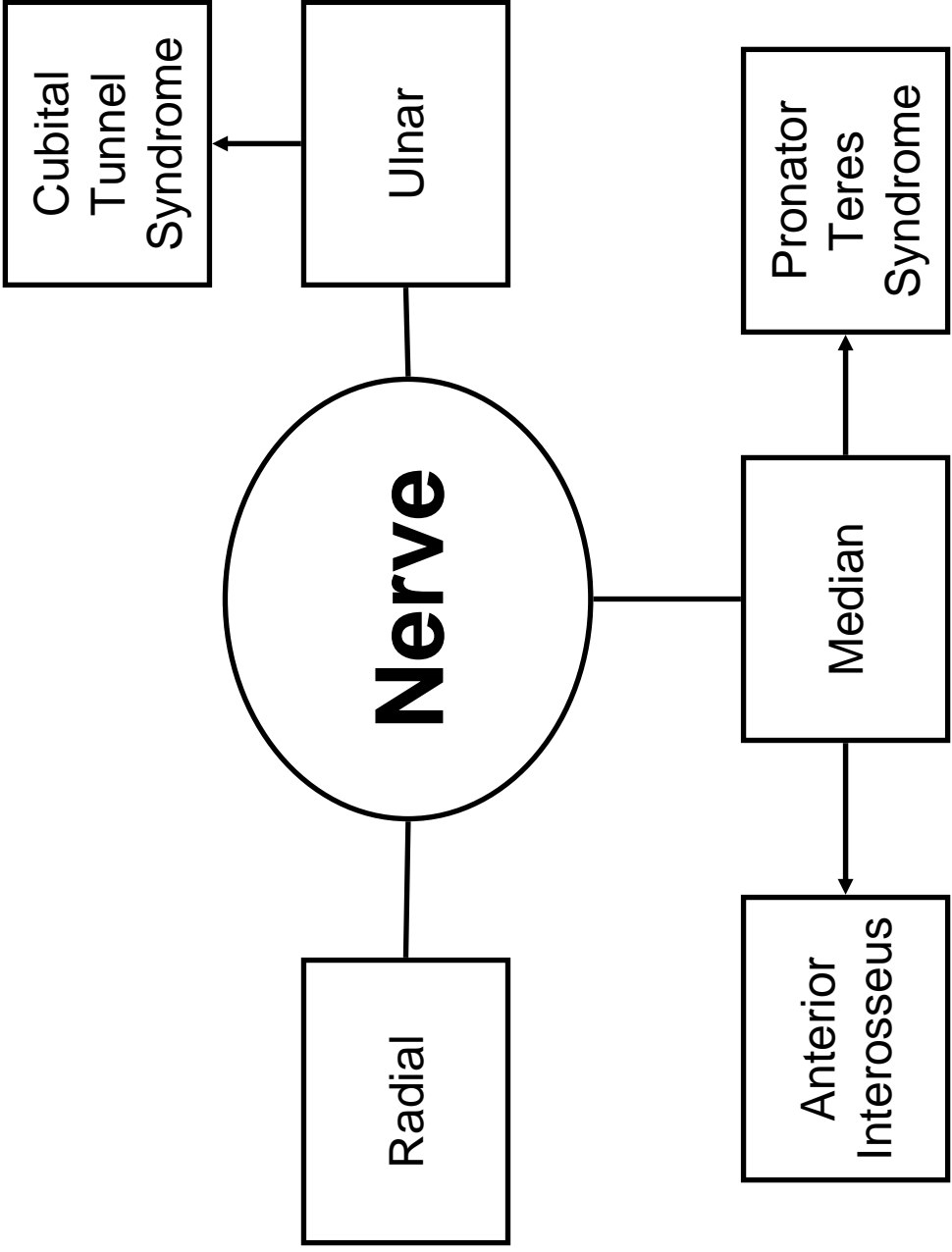
**MUSCLE /  
TENDON**

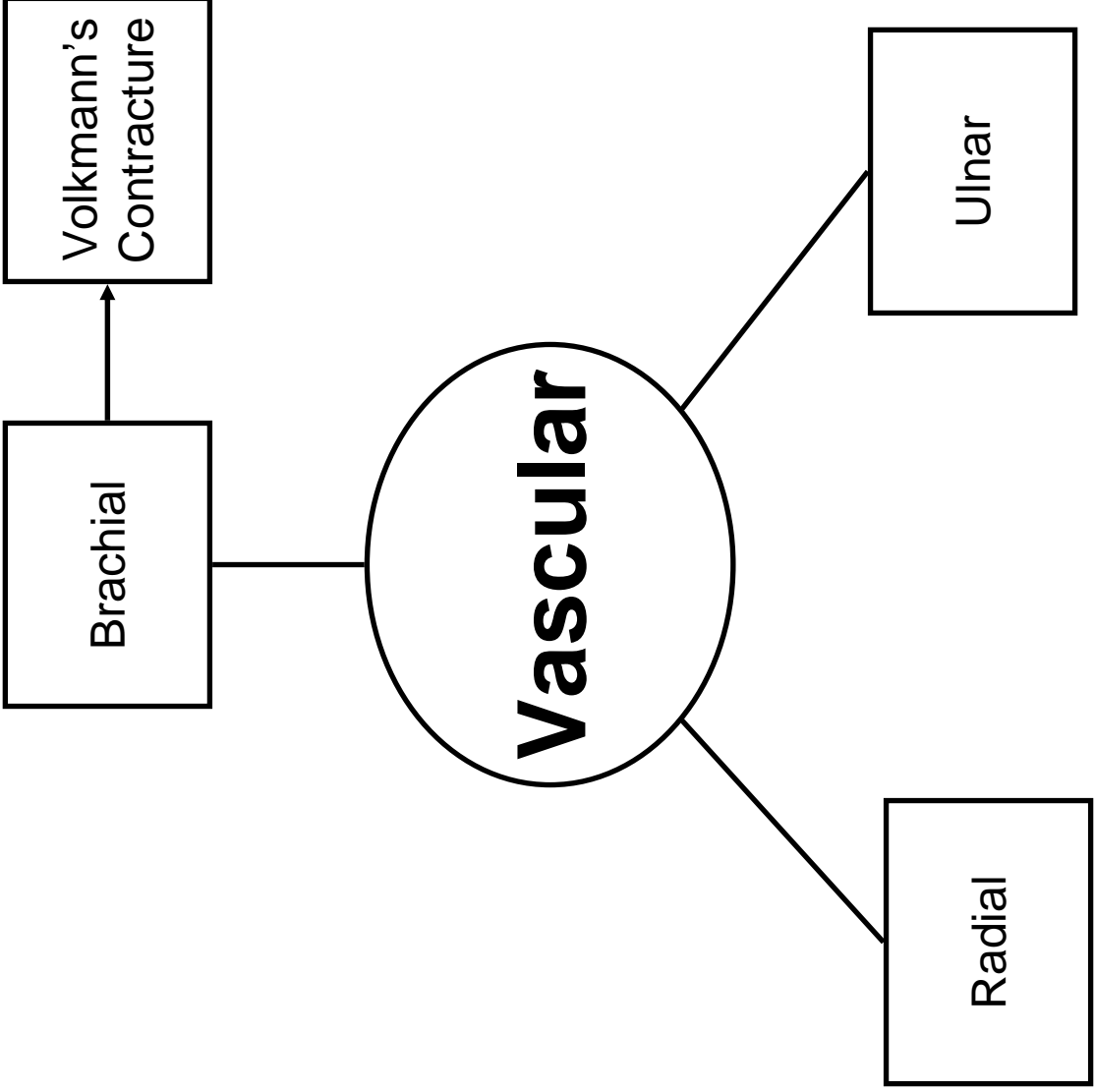
Medial  
Epicondylitis

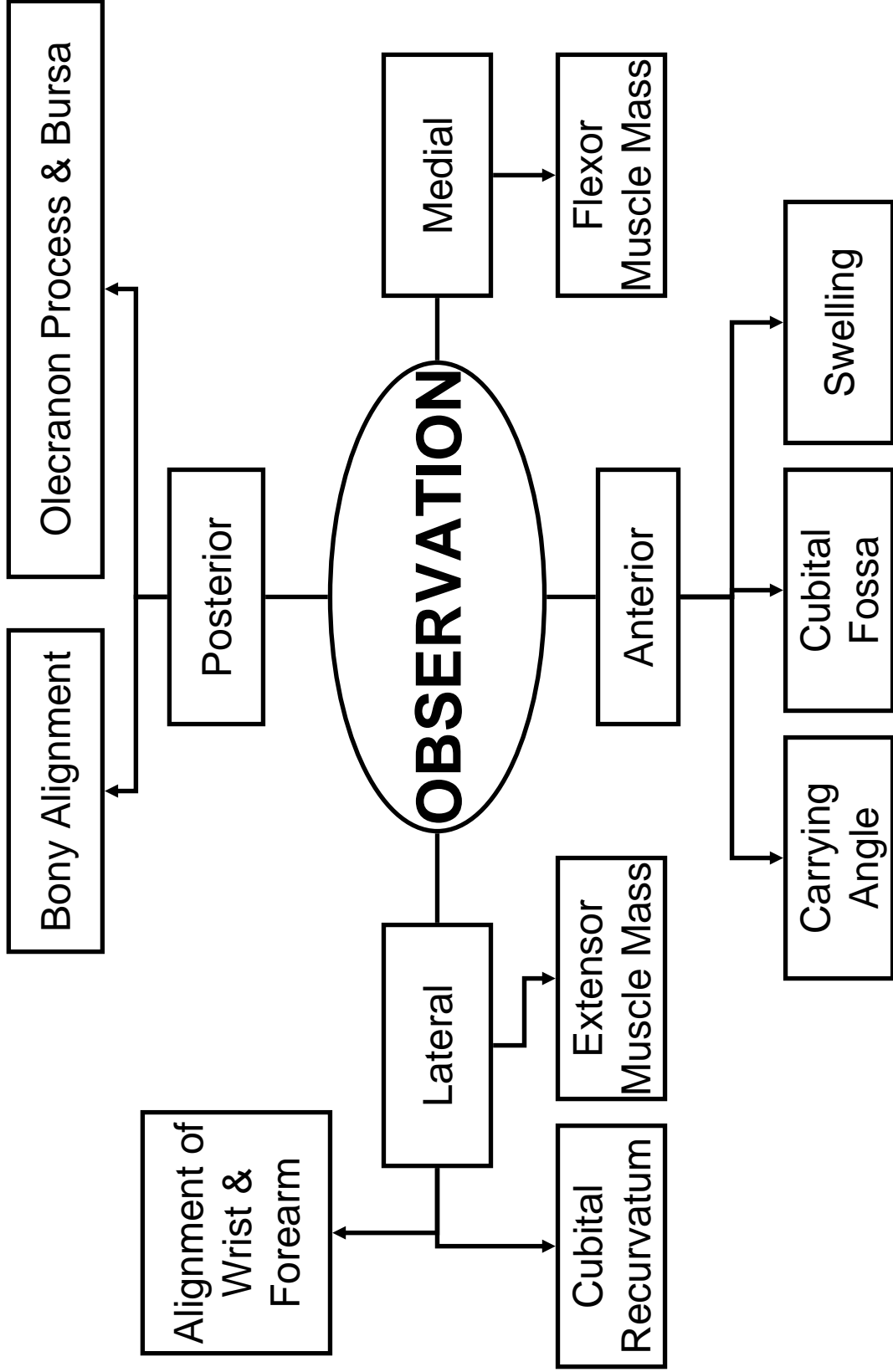
Lateral  
Epicondylitis











# Elbow and Forearm Palpation Guide

## Medial Structures

Medial Epicondyle

Ulnar Nerve  
Pronator Teres  
Flexor Carpi Radialis  
Palmaris Longus  
Flexor Carpi Ulnaris

## Posterior Structures

Olecranon Process

Olecranon Bursa  
Triceps  
Anconeus

## Lateral Structures

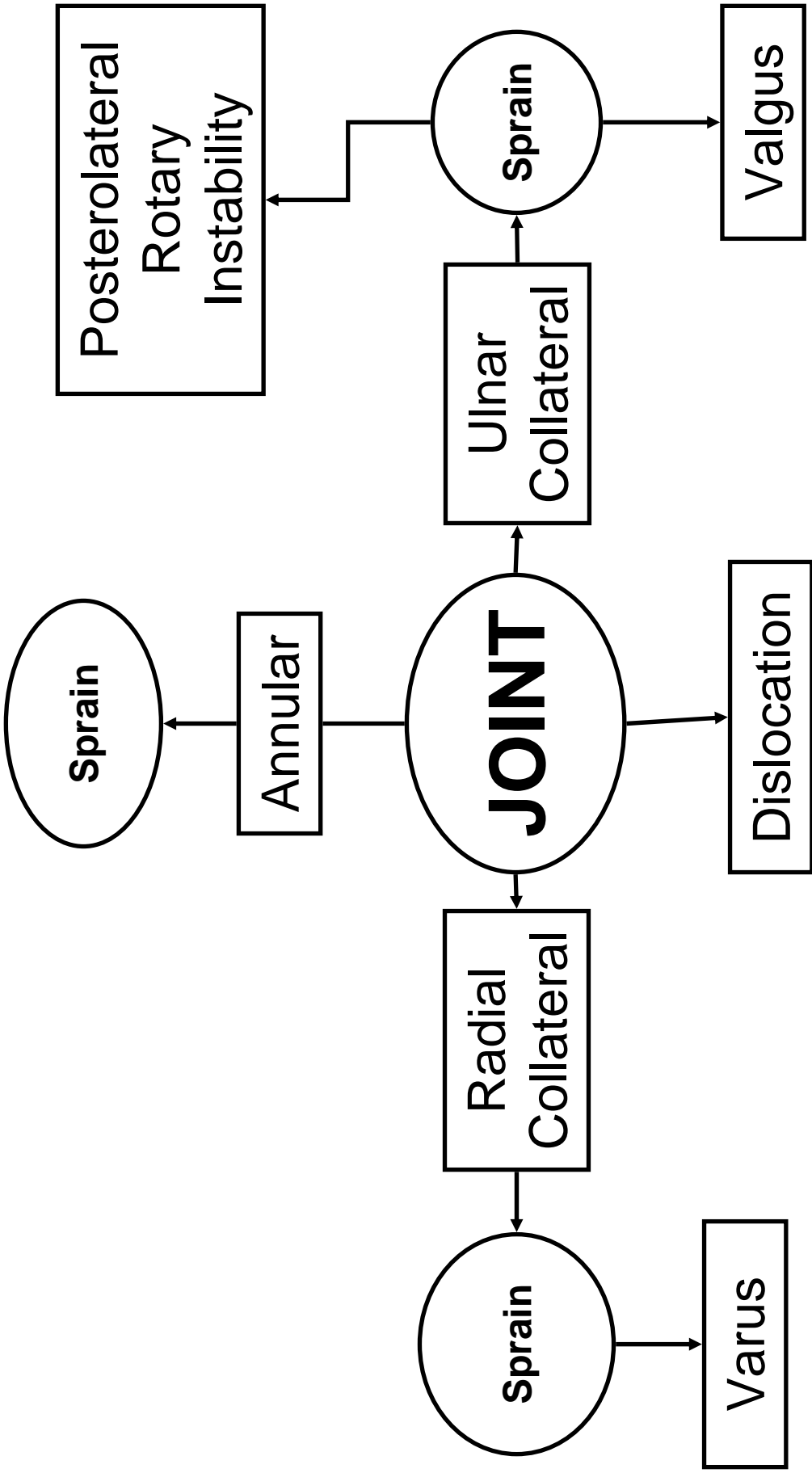
Lateral Epicondyle

Brachioradialis  
Extensor Carpi Radialis  
Longus  
Extensor Carpi Radialis  
Brevis  
Extensor Carpi Ulnaris

## Anterior Structures

Cubital Fossa

Biceps Tendon  
Brachial Artery  
Median Nerve



# Goniometry – Elbow/Forearm

Motion	Normal ROM	Stationary Arm	Axis of Rotation	Moving Arm
Flexion				
Extension				
Pronation				
Supination				

Strains

**MUSCLE /  
TENDON**

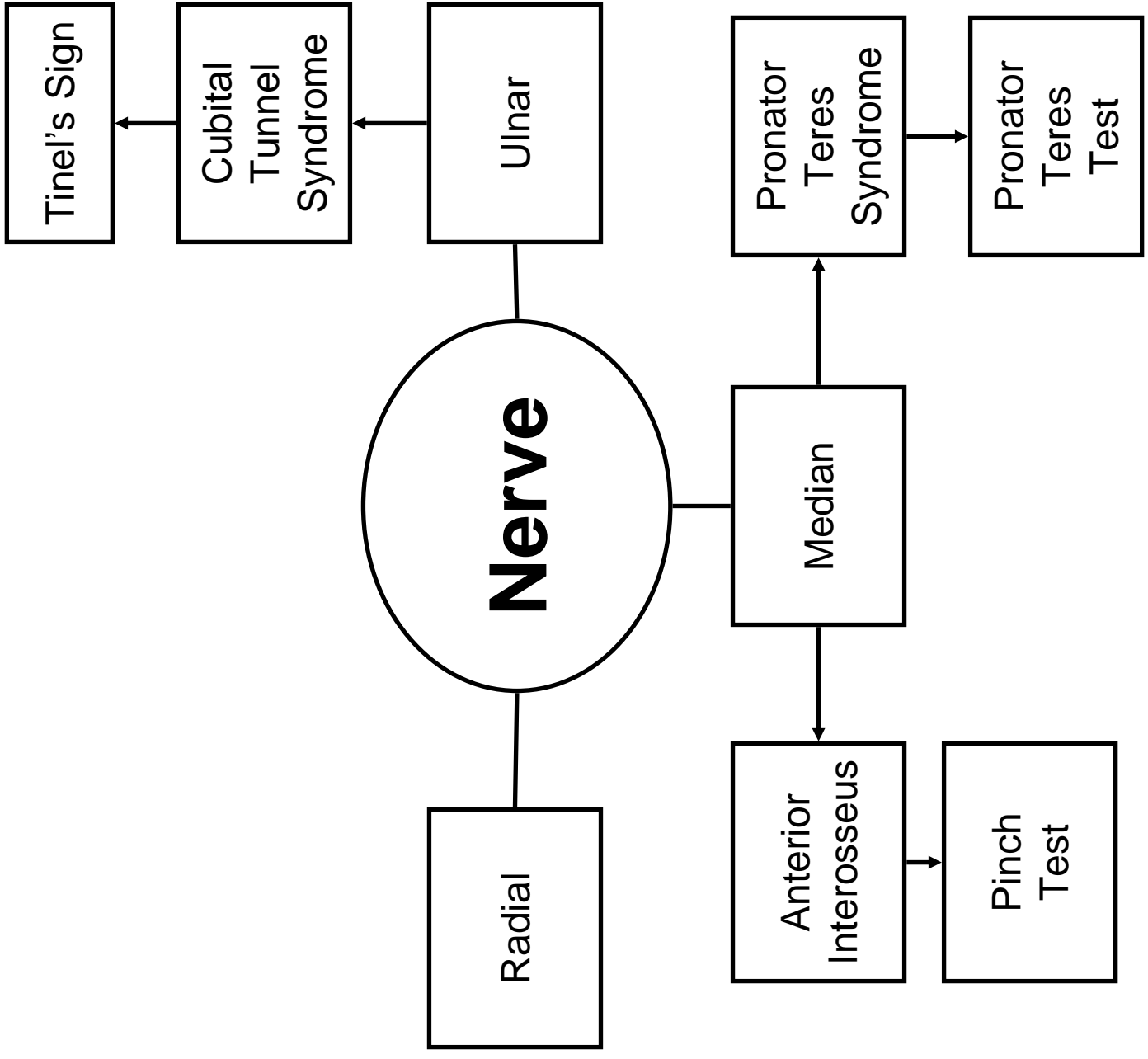
Lateral  
Epicondylitis

Lateral  
Epicondylitis  
Test

Medial  
Epicondylitis

Medial  
Epicondylitis  
Test

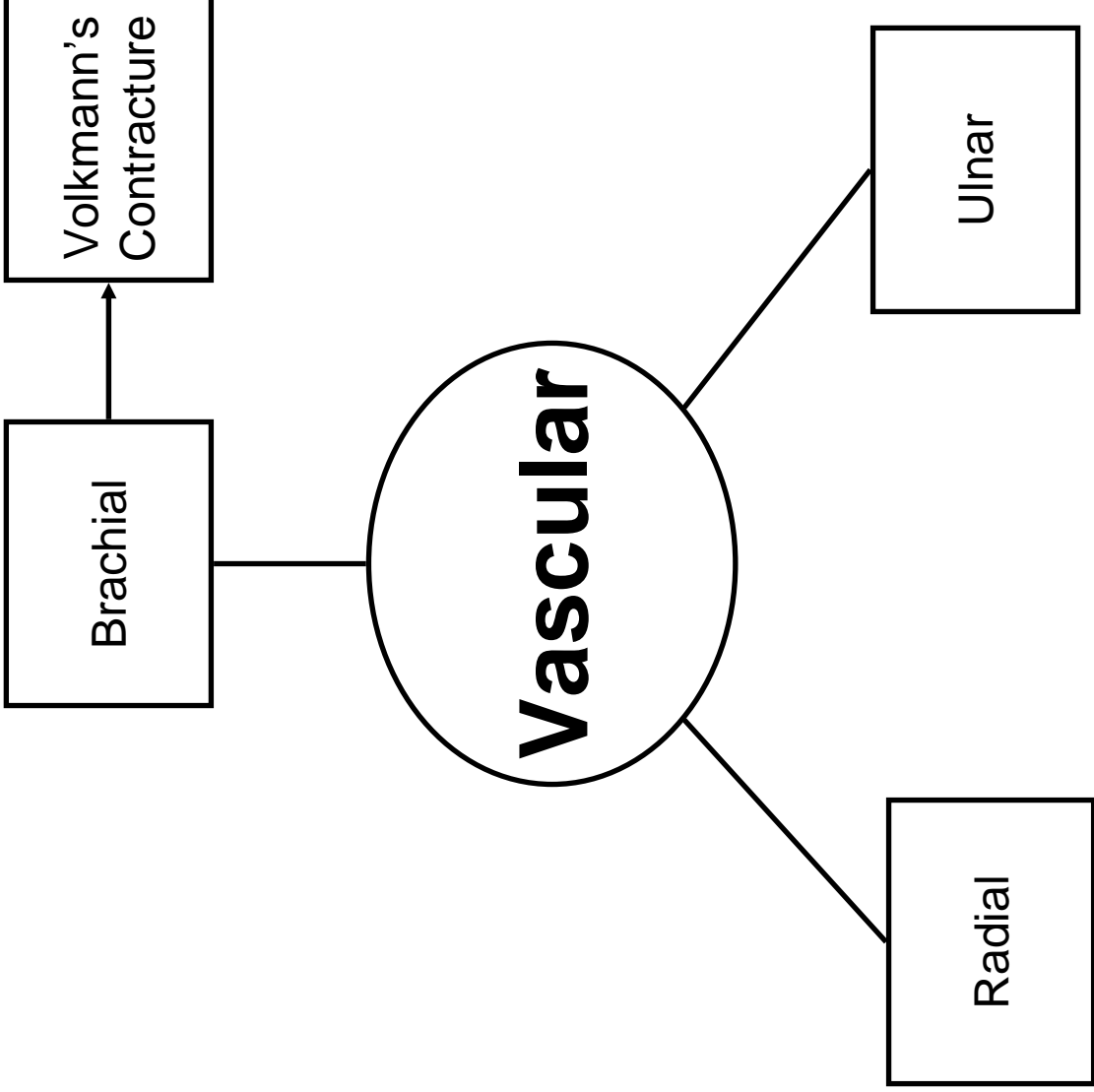




## Peripheral Nerve Injuries

<b>NERVE</b>	<b>MUSCLE WEAKNESS</b>
Musculocutaneous	
	Triceps; Forearm;Hand
Median	
Ulnar	

Nerve Root	Dermatomes	Myotomes	DTRs
C6			
C7			
C8			
T1			



**DISTAL PULSE!!!**

# ELBOW & FOREARM CHECKLIST

HISTORY

General History \_\_\_\_\_

INSPECTION

General Inspection

Carrying Angle

Bony Alignment

Cubital Recurvatum

PALPATION

Medial Structures \_\_\_\_\_

Medial Epicondyle

Ulnar Nerve

Pronator Teres

Flexor Carpi Radialis

Palmaris Longus

Flexor Carpi Ulnaris

Posterior Structures \_\_\_\_\_

Olecranon Process

Olecranon Bursa

Triceps

Anconeus

Lateral Structures \_\_\_\_\_

Lateral Epicondyle

Brachioradialis

Extensor Carpi  
Radialis Longus

Extensor Carpi  
Radialis Brevis

Triceps brachii

Anterior Structures \_\_\_\_\_

Cubital Fossa

Biceps Tendon

Brahial Artery

Median Nerve

**STRESS**

Joint \_\_\_\_\_

Valgus Stress Test

Varus Stress Test

Posterolateral Rotary Instability

Passive ROM

Muscle / Tendon \_\_\_\_\_

Active ROM

Resisted ROM

Tennis Elbow Test

Nerve

Golfer's Elbow Test

---

Tinel's Sign

Pronator Teres Test

Pinch Test

Dermatomes C6

Dermatomes C7

Dermatomes C8

Dermatomes T1

Biceps DTR

Brachioradialis DTR

Triceps DTR

Vascular

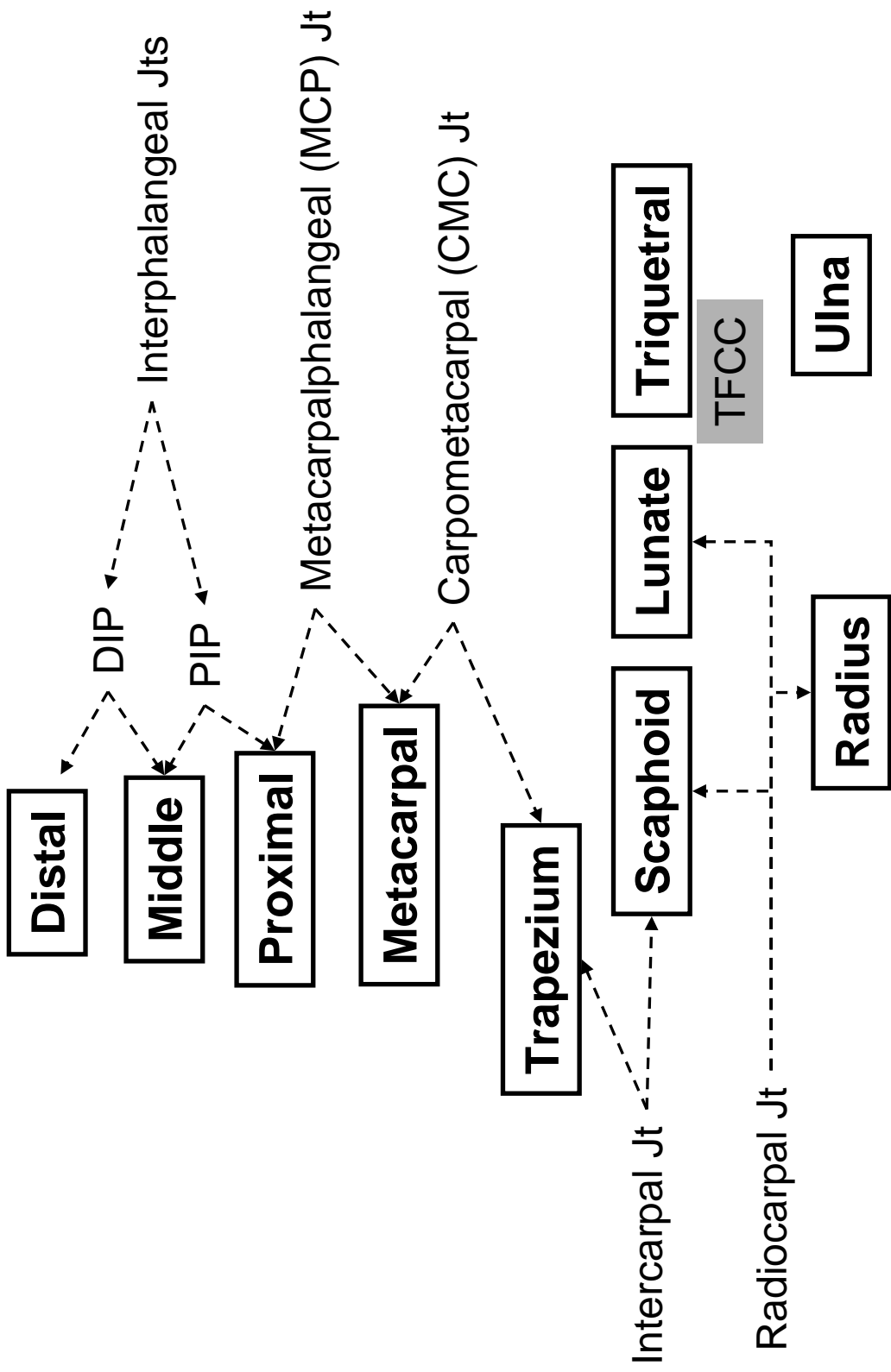
Radial Pulse

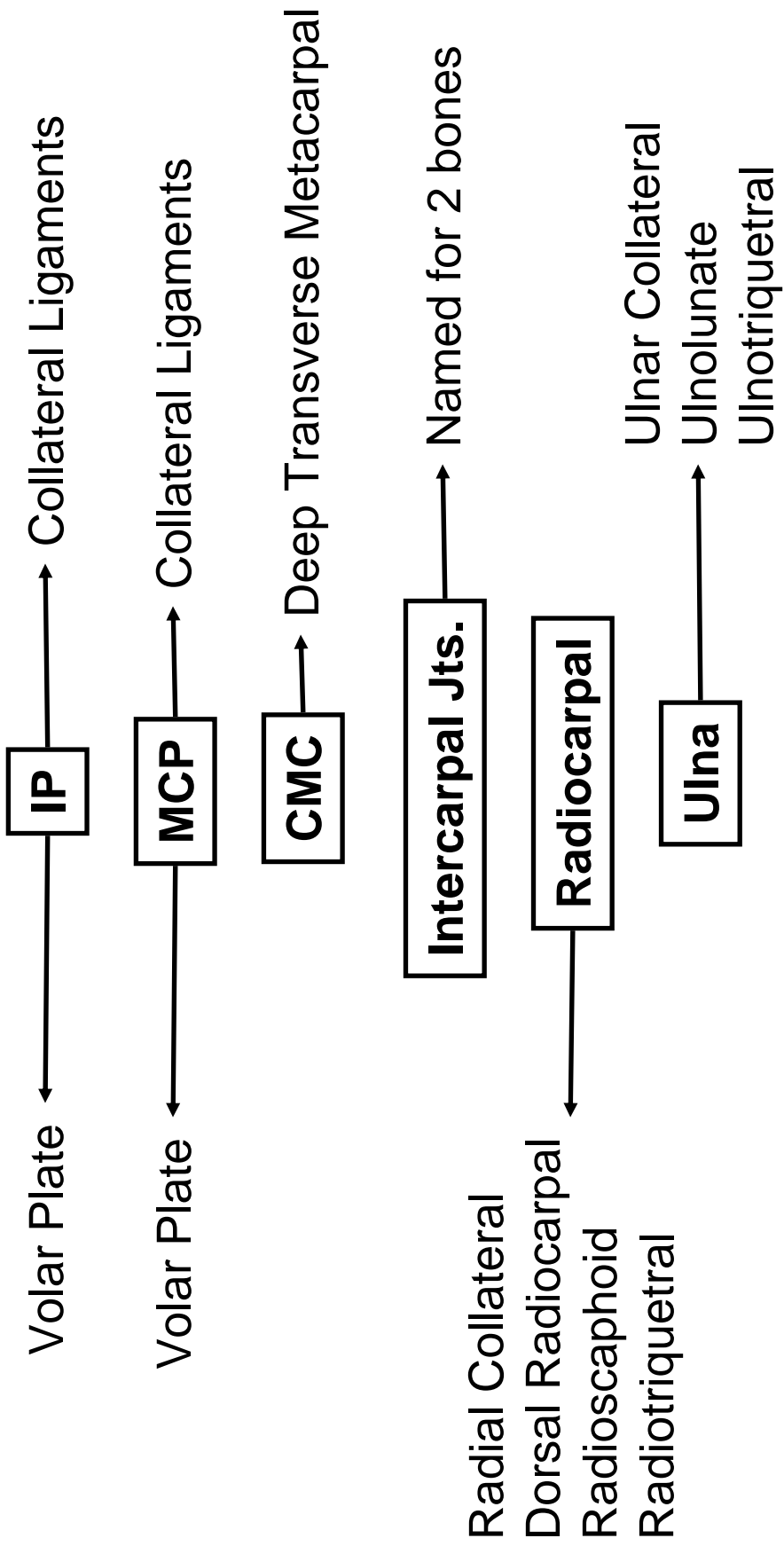
The  
Wrist  
&  
Hand

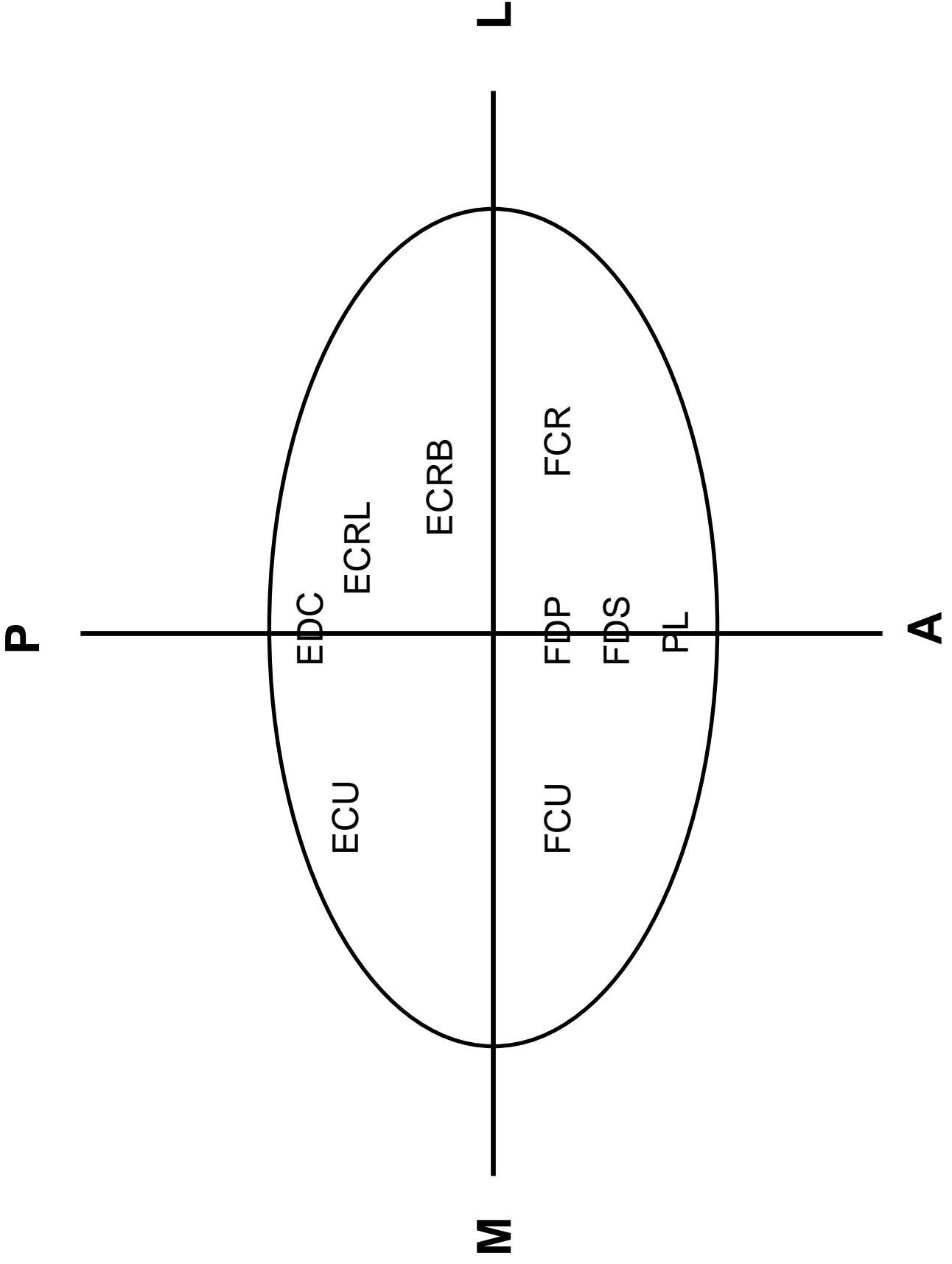


Scared  
Lovers  
Try  
Positions  
That  
They  
Cannot  
Handle

*“Trapezium is by the thumb,  
Trapezoid is inside”*







## EXTRINSIC FINGERS

### Flexors

Flexor Digitorum Superficialis

Flexor Digitorum Profundus

### Extensors

Extensor Digitorum Communis

Extensor Indicis

Extensor Digiti Minimi

## EXTRINSIC THUMB

### Flexors

Flexor Pollicis Longus

### Extensors /Abductors

Extensor Pollicis Longus

Abductor Pollicis Longus

Extensor Pollicis Brevis

# INTRINSIC MUSCLES

## Thenar Eminence

Opponens Pollicis  
Abductor Pollicis Brevis  
Flexor Pollicis Brevis

## Hypothenar Eminence

Opponens Digiti Minimi  
Abductor Digiti Minimi  
Flexor Digiti Minimi

## Other Intrinsic

Lumbricals  
Dorsal Interossei  
Palmar Interossei  
Adductor Pollicis

*“Pads & Dabs”*

*“4 Door”*

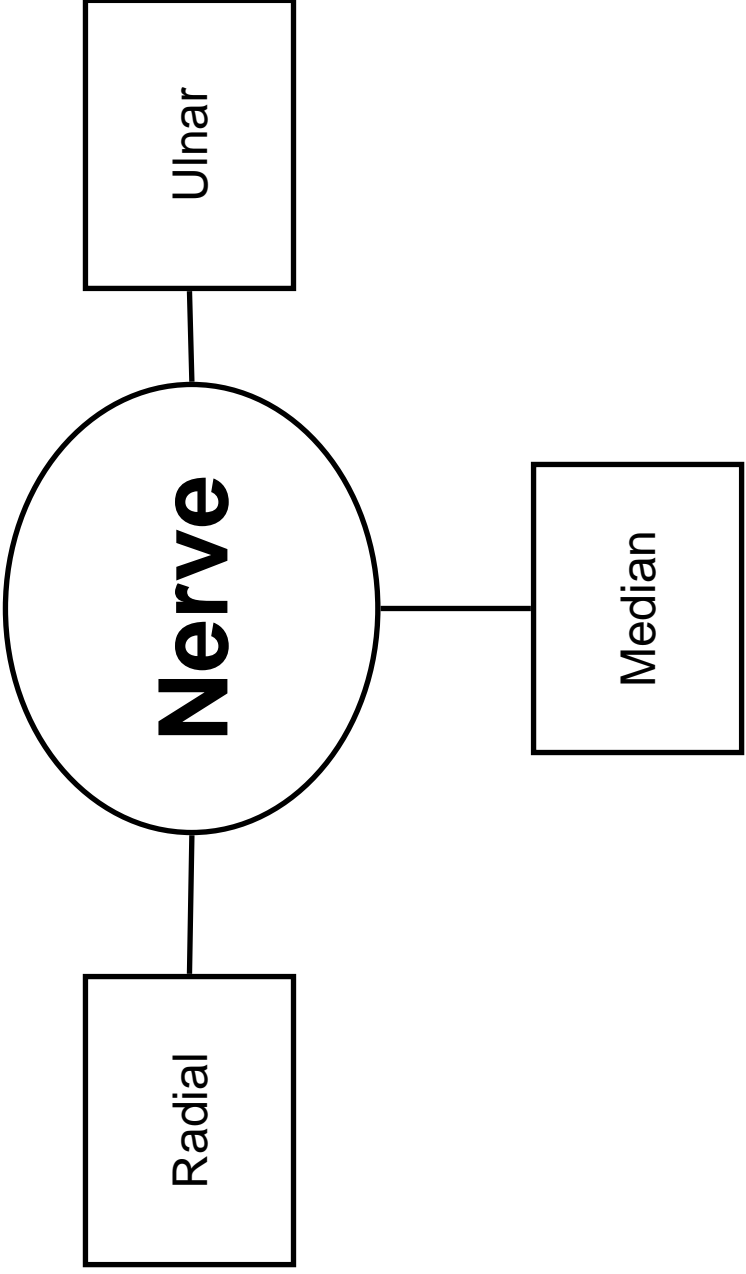
# Wrist Muscle – Joint Interaction

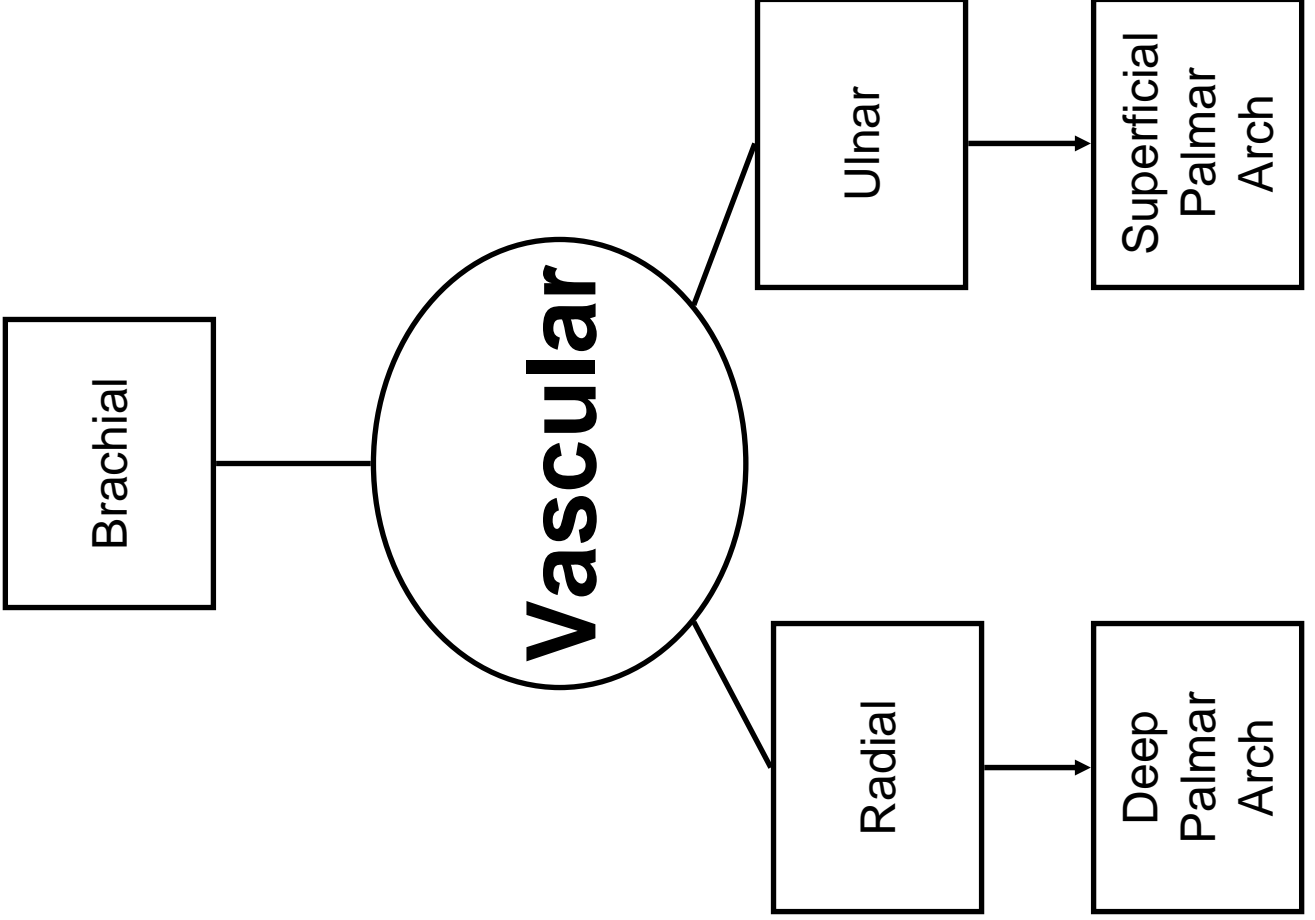
Motion	Prime Mover(s)
Flexion	
Extension	
Radial Deviation	
Ulnar Deviation	

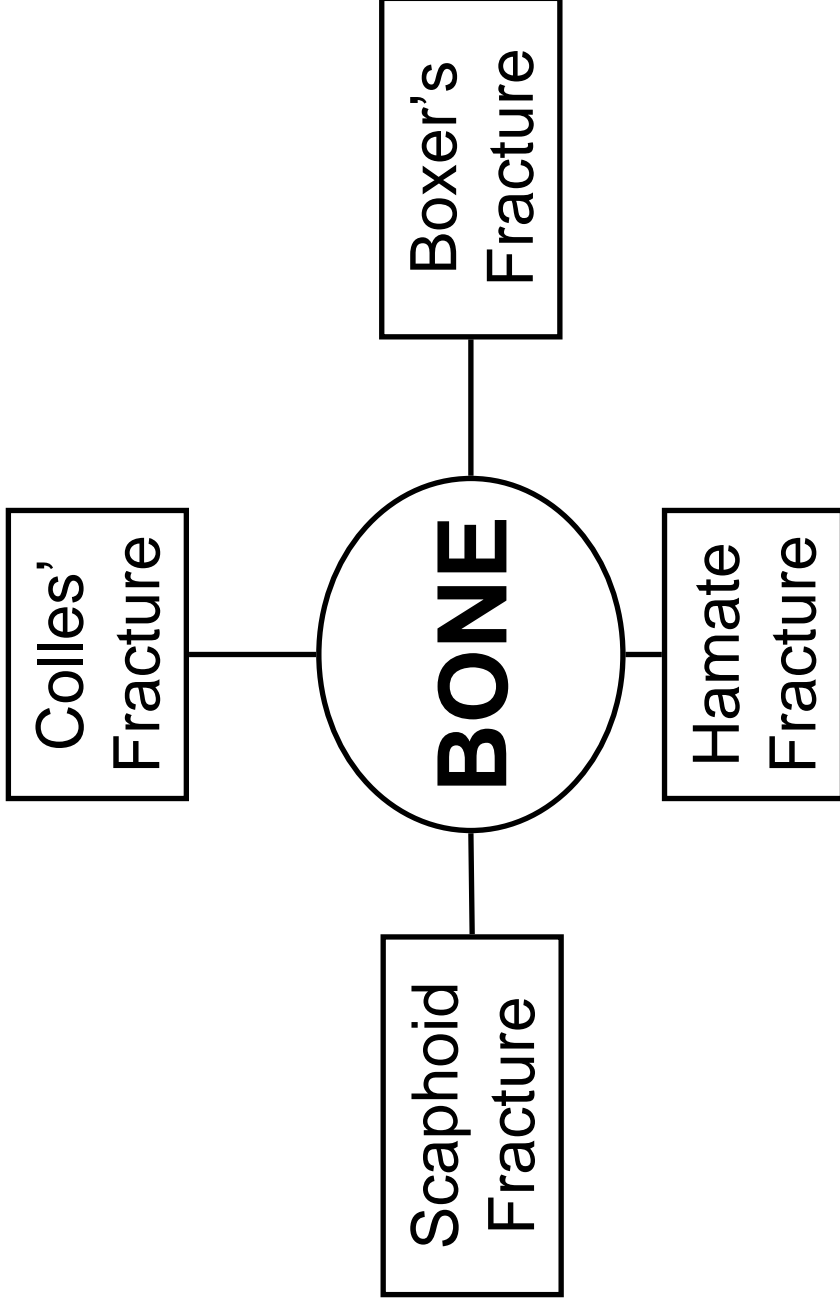
# Finger Muscle – Joint Interaction

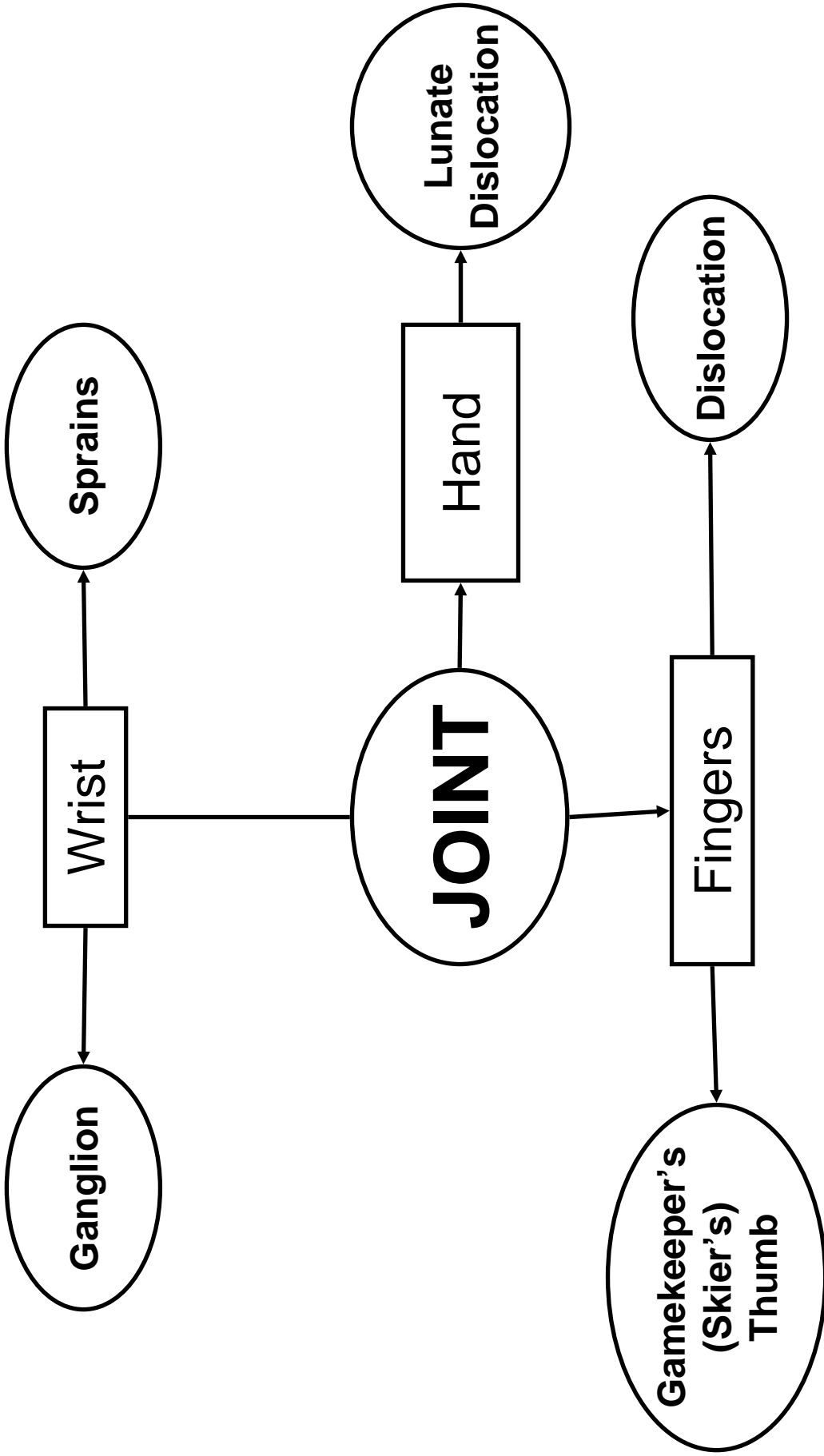
Motion	Prime Mover(s)
Flexion	
Extension	
Abduction	
Adduction	

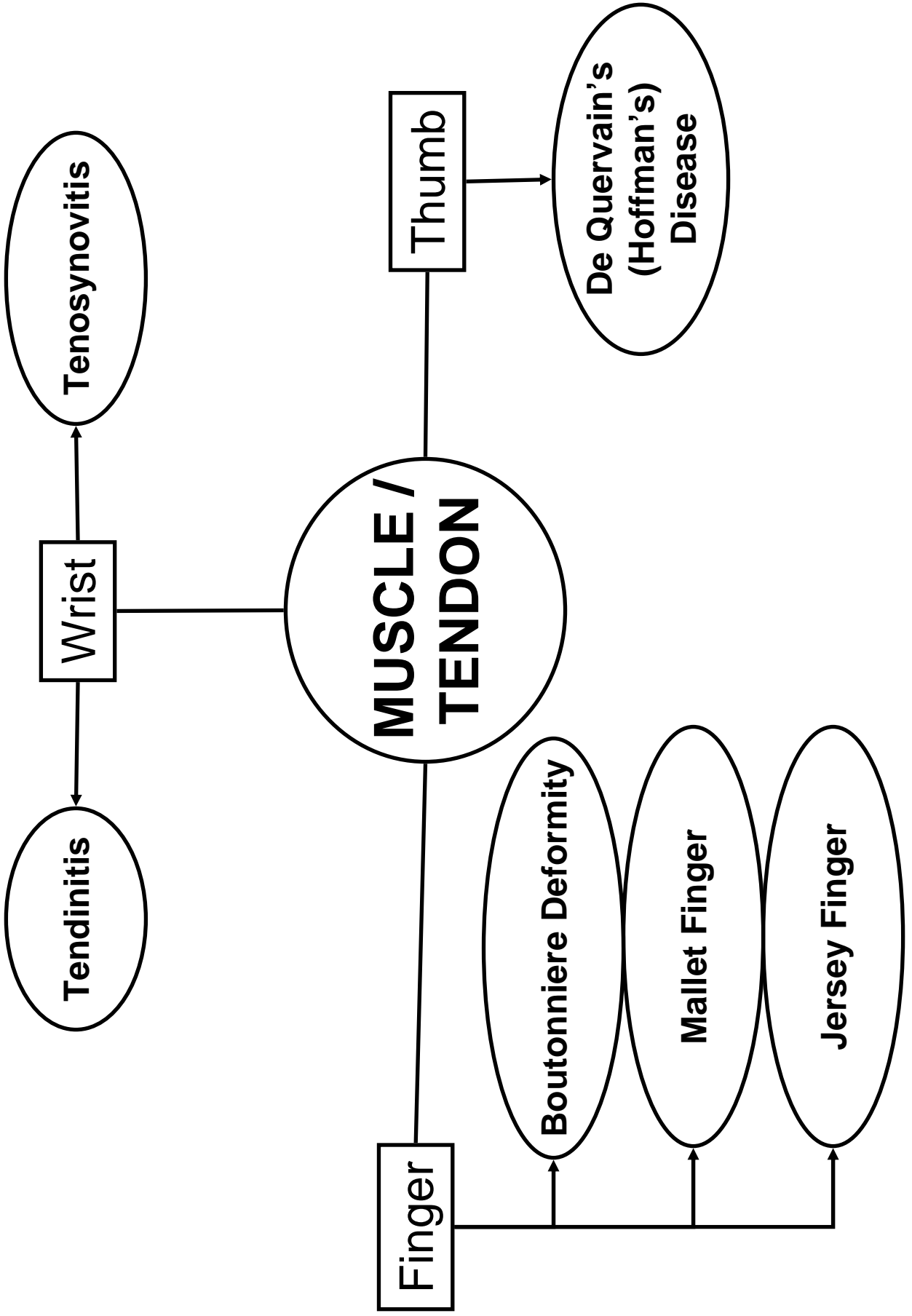


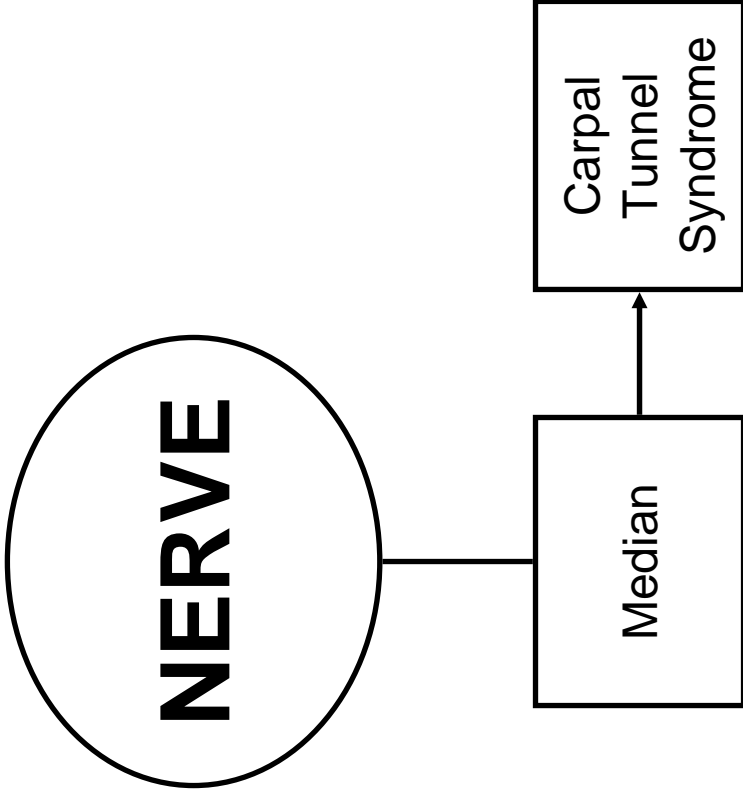


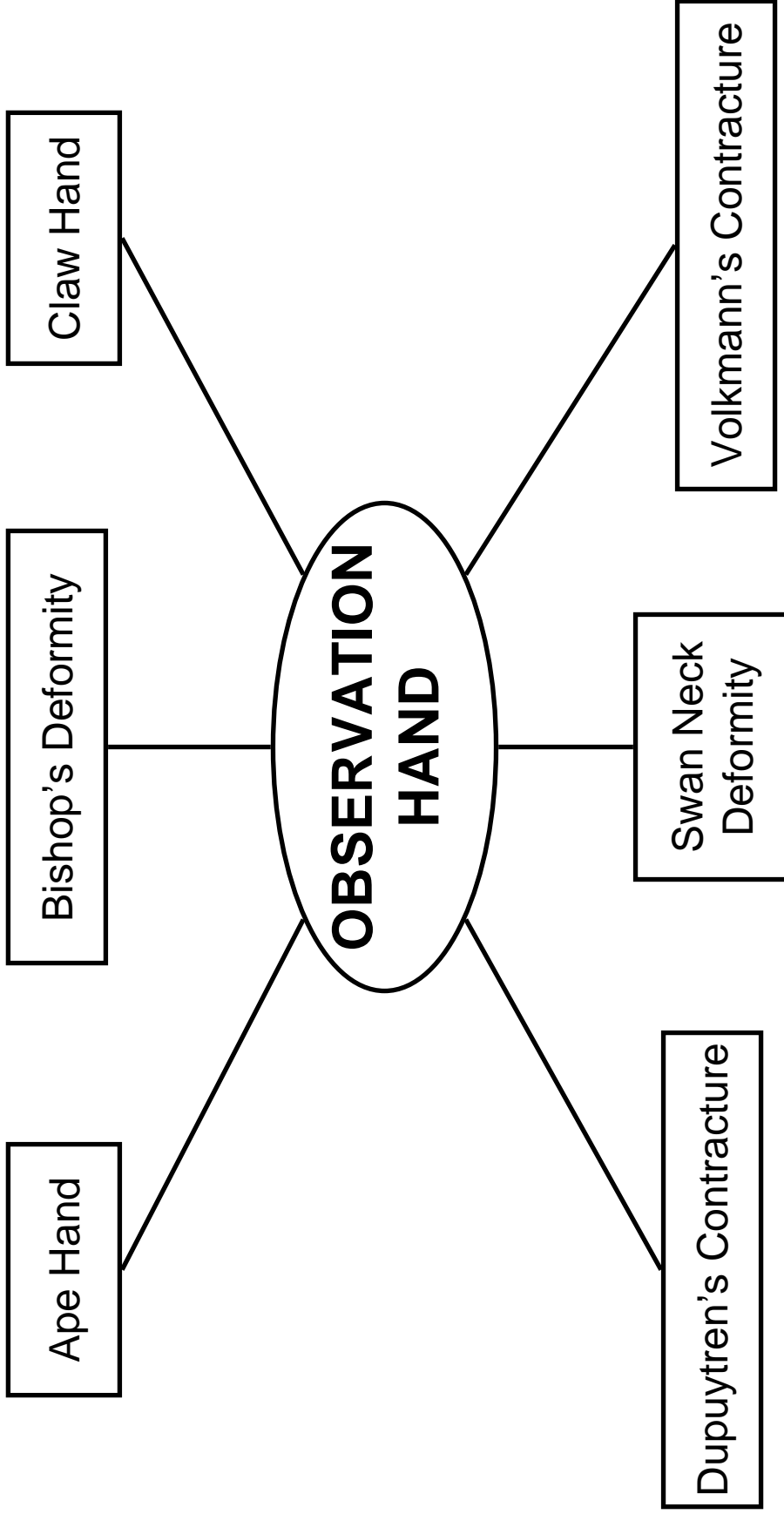


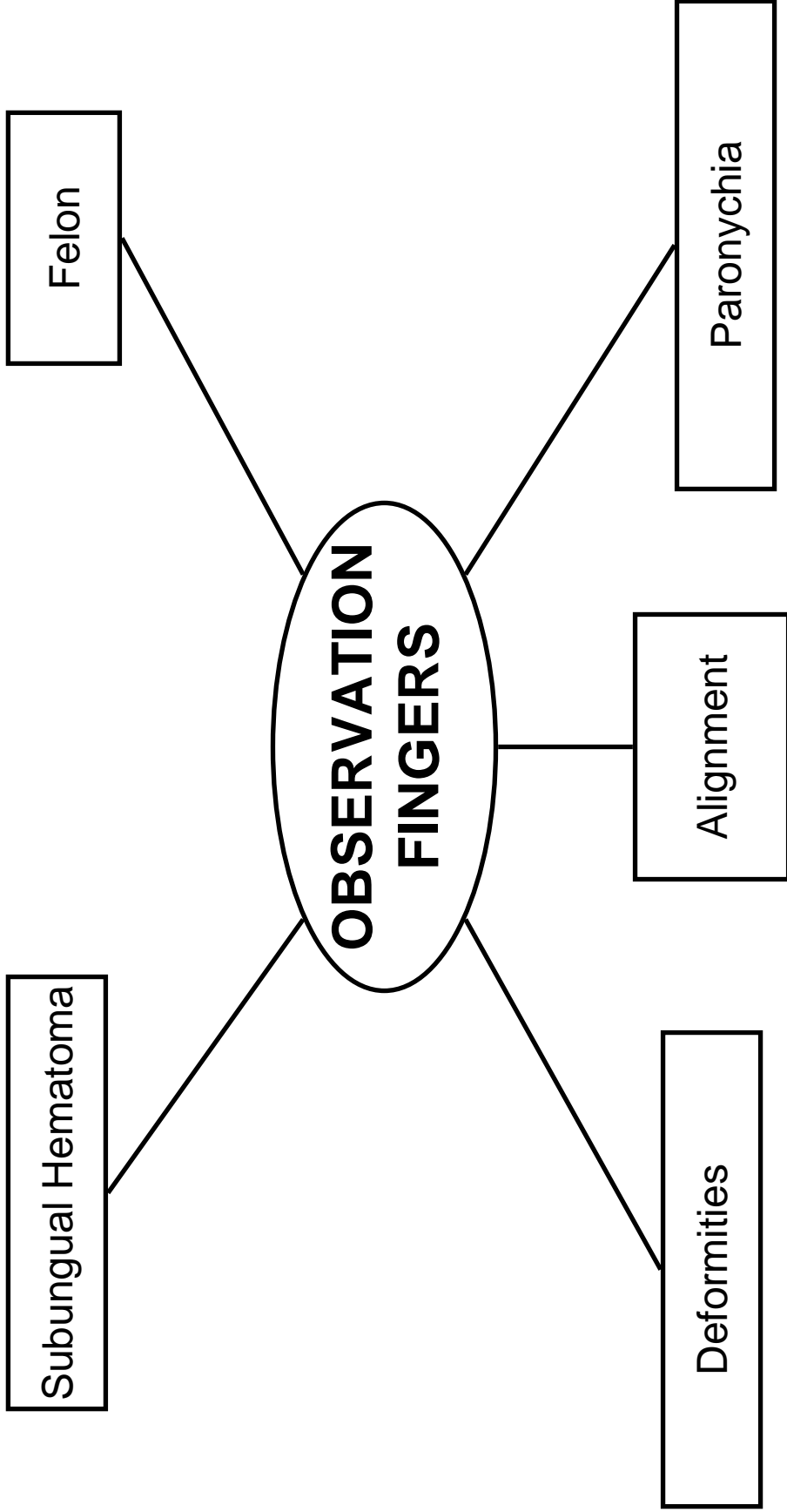














## WRIST, HAND, FINGER, PALPATION GUIDE

### Medial Structures

Medial Epicondyle

Flexors

### Lateral Structures

Lateral Epicondyle

Extensors

### Carpal Bones

Ulnar Styloid Process

Triquetrum

Pisiform

Hook of Hamate  
Hypothenar Eminence

Lister's Tubercle

3rd Metacarpal  
Capitate  
Lunate

Radial Styloid Process

Scaphoid/ Navicular  
Trapezium  
1st Metacarpal  
Thenar Eminence  
Thenar Web Space

### Metacarpals

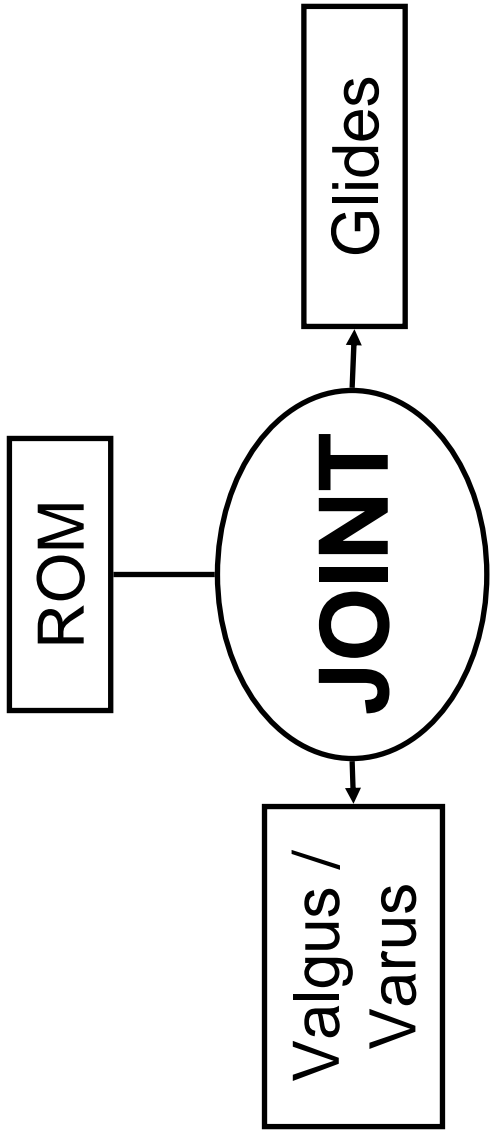
Metacarpals 1-5

Central Compartment

MCP Joints

### Phalanges

Phalanges 1-5  
IP Joints



# Goniometry – Wrist

Motion	Normal ROM	Stationary Arm	Axis of Rotation	Moving Arm
Flexion				
Extension				
Radial Deviation				
Ulnar Deviation				

# Goniometry – Fingers

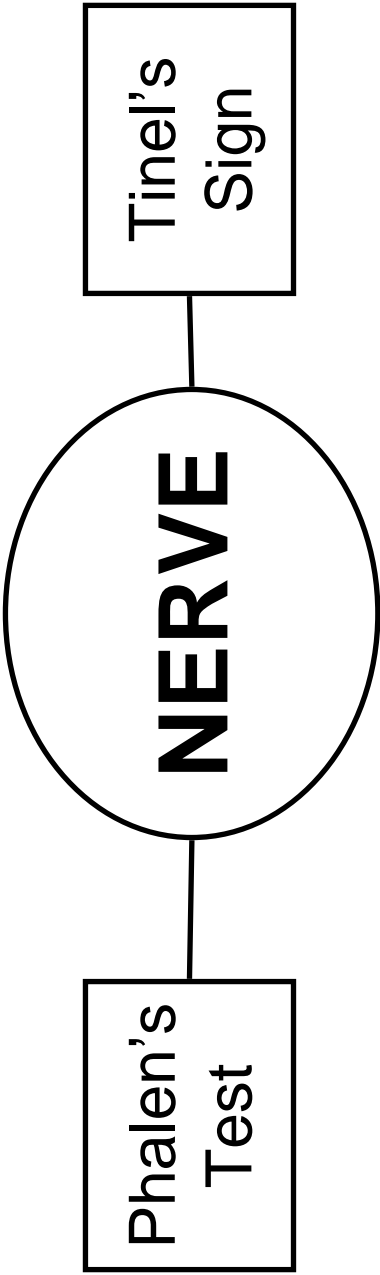
Motion	Normal ROM	Stationary Arm	Axis of Rotation	Moving Arm
Flexion				
Extension				
Abduction				
Adduction				

Finkelstein's  
Test

**MUSCLE /  
TENDON**

A/RROM





# WRIST & HAND CHECKLIST

HISTORY \_\_\_\_\_

General History

INSPECTION \_\_\_\_\_

General Inspection

Wrist

Hand

Thumb and Fingers

PALPATION

Medial Structures \_\_\_\_\_

Medial Epicondyle

Flexors

Lateral Structures \_\_\_\_\_

Lateral Epicondyle

Extensors

Carpal Bones \_\_\_\_\_

Ulnar Styloid Process

Triquetrum

Pisiform

Hook of Hamate

Hypothenar Eminence

Lister's Tubercle

3rd Metacarpal

Capitate

Lunate

Radial Styloid Process

Navicular

Trapezium

1st Metacarpal

Thenar Eminence

Thenar Web Space

Metacarpals

---

Metacarpals 1-5

Central Compartment

MCP Joints

Phalanges

---

Phalanges 1-5

IP Joints

**STRESS**

Bone

---

Compression Test

Joint

---

Wrist Valgus / Varus

Wrist Glides

MCP Valgus / Varus

IP Valgus / Varus

---



Passive ROM

Muscle / Tendon

---

Active ROM

Resisted ROM

Finkelstein's Test

Nerve

---

Tinel's Sign

Phalen's Test

Dermatomes C6

Dermatomes C7

Dermatomes C8

Vascular

---

Radial Pulse

Misc.

Structures

Ear

Face

Eye

Nose

TMJ

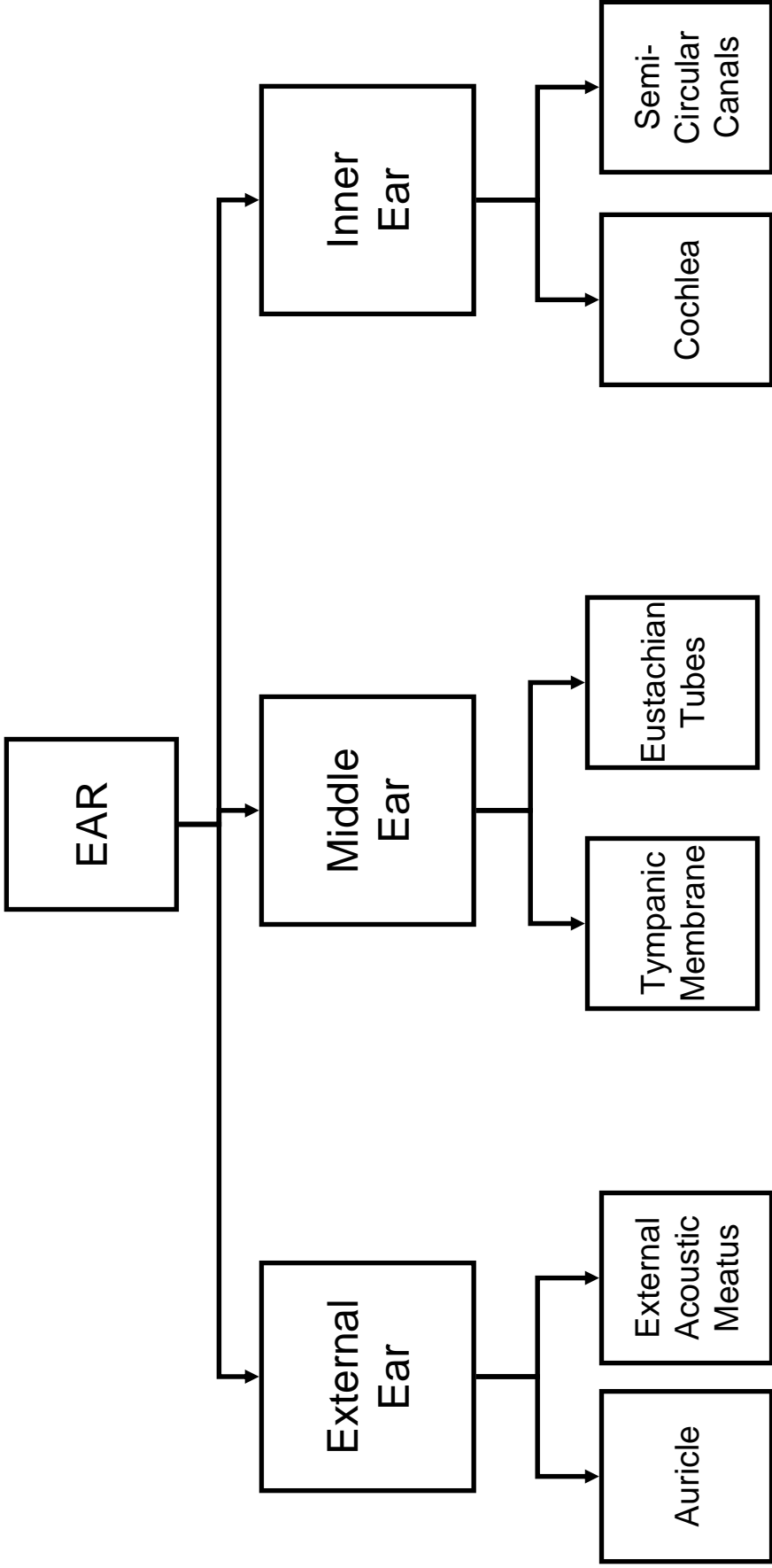
Mouth

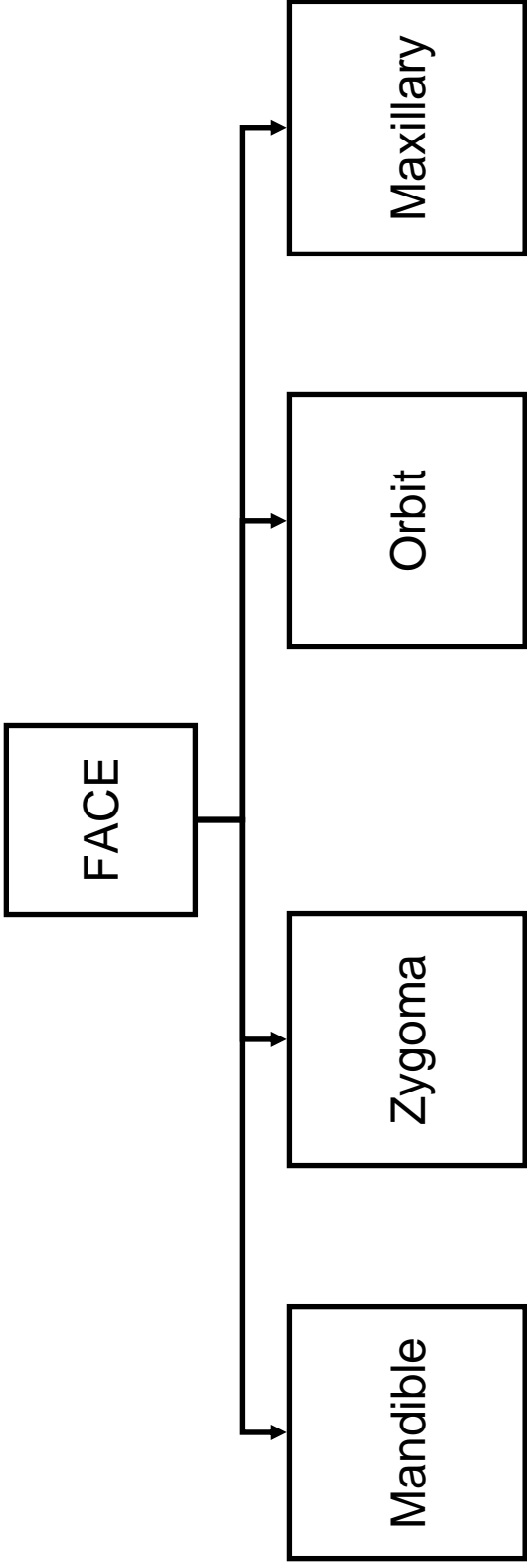
Teeth

Throat

Thorax

Abdomen



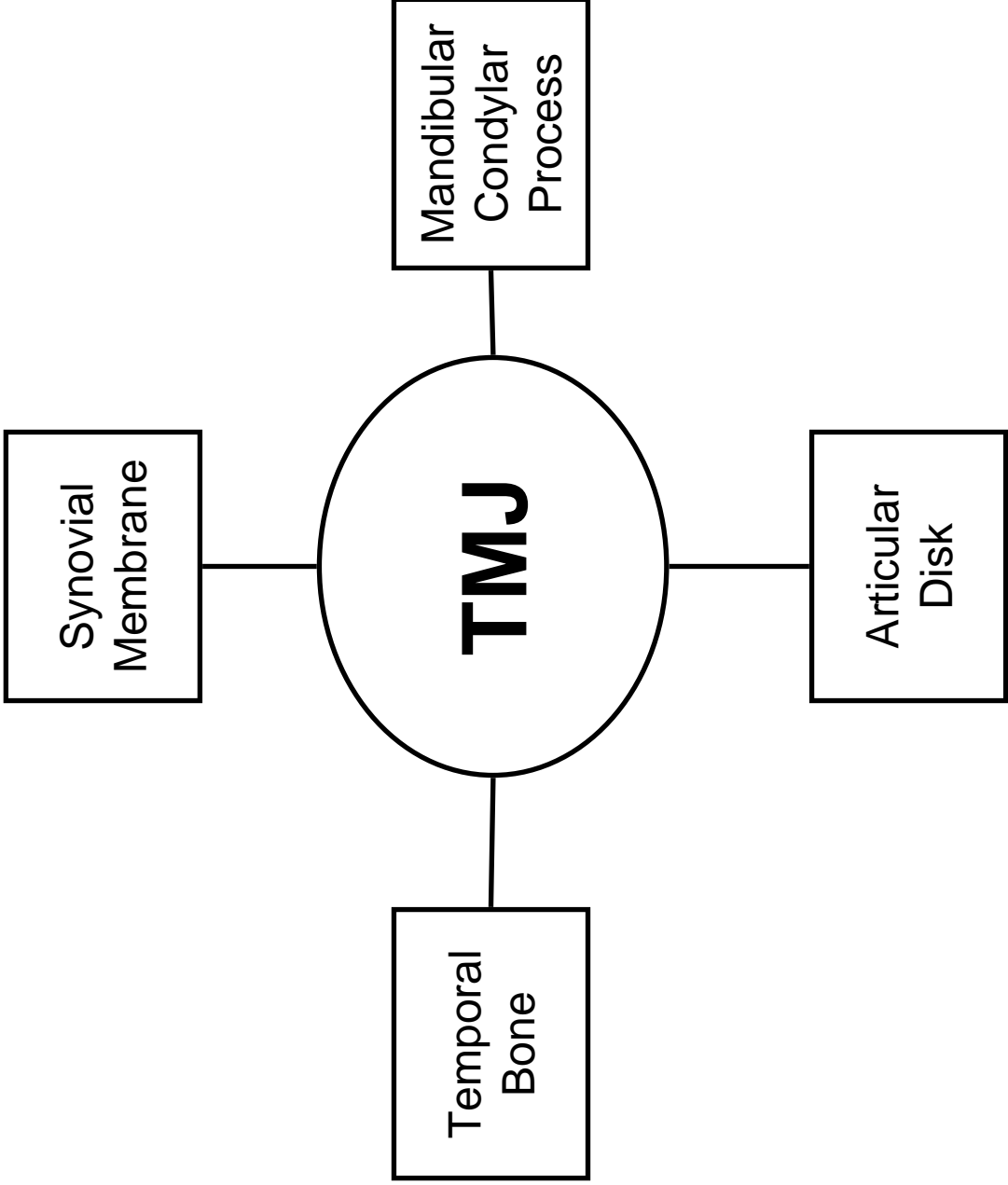


## **PARTS OF THE EYE**

OPTIC NERVE	
SCLERA	
IRIS	
PUPIL	
CONJUNCTIVA	
CORNEA	
LENS	
RETINA	

## MUSCLES OF THE EYE

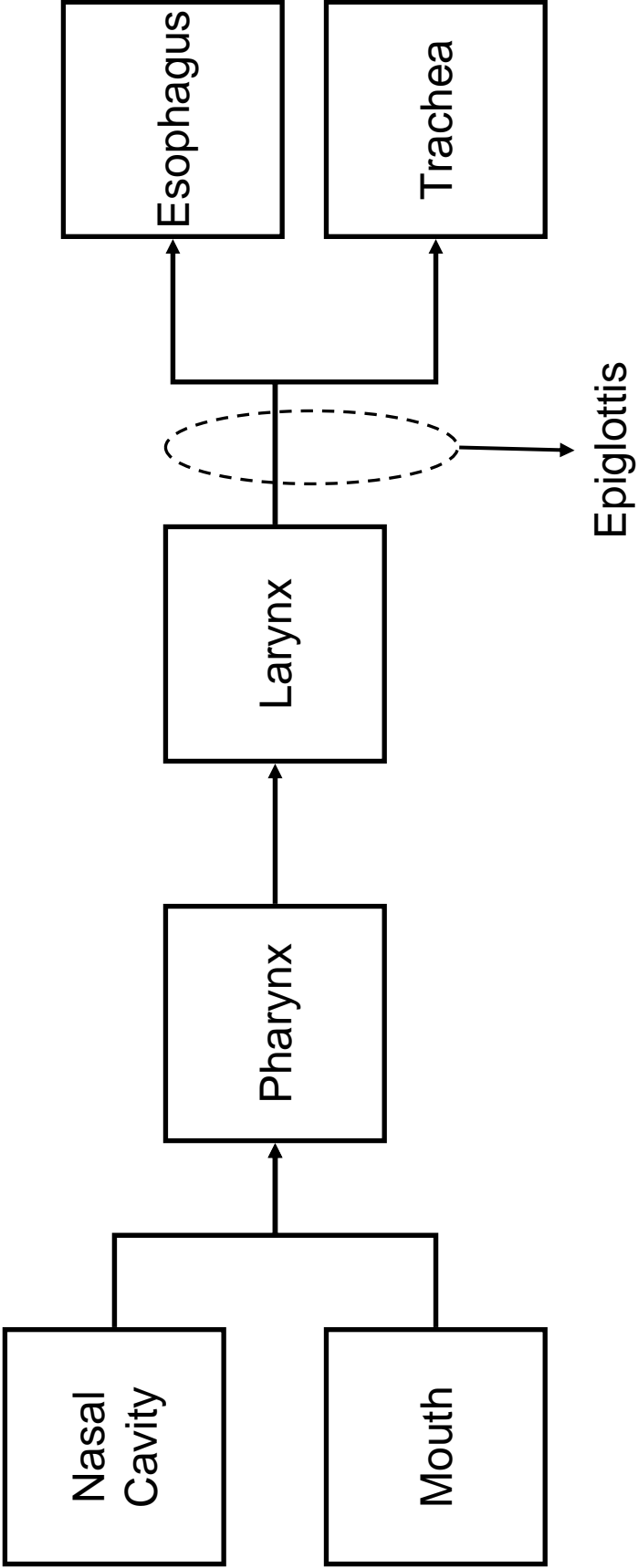
Superior Rectus	
Inferior Rectus	
Lateral Rectus	
Medial Rectus	
Superior Oblique	
Inferior Oblique	

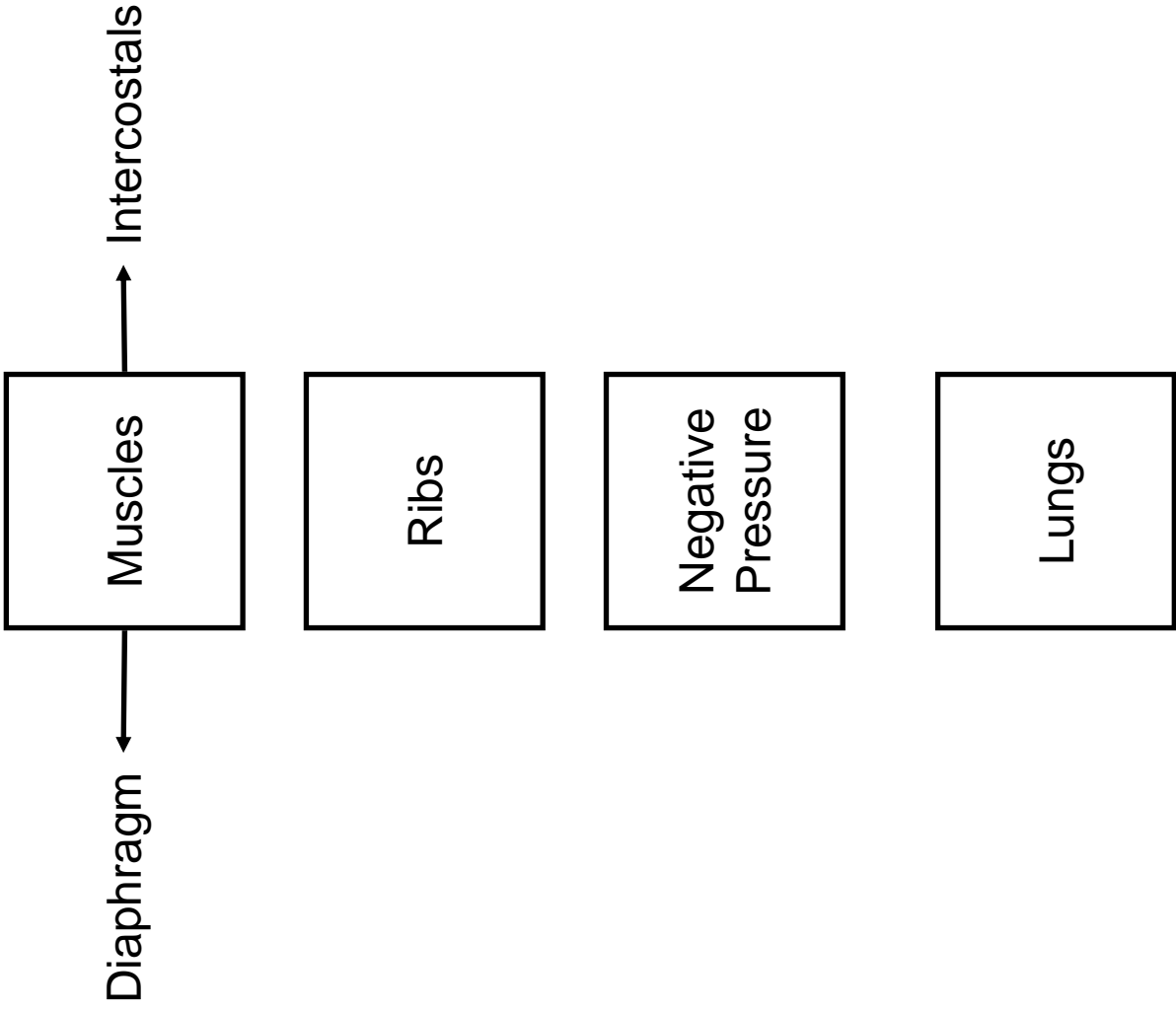




## **PARTS OF THE TOOTH**

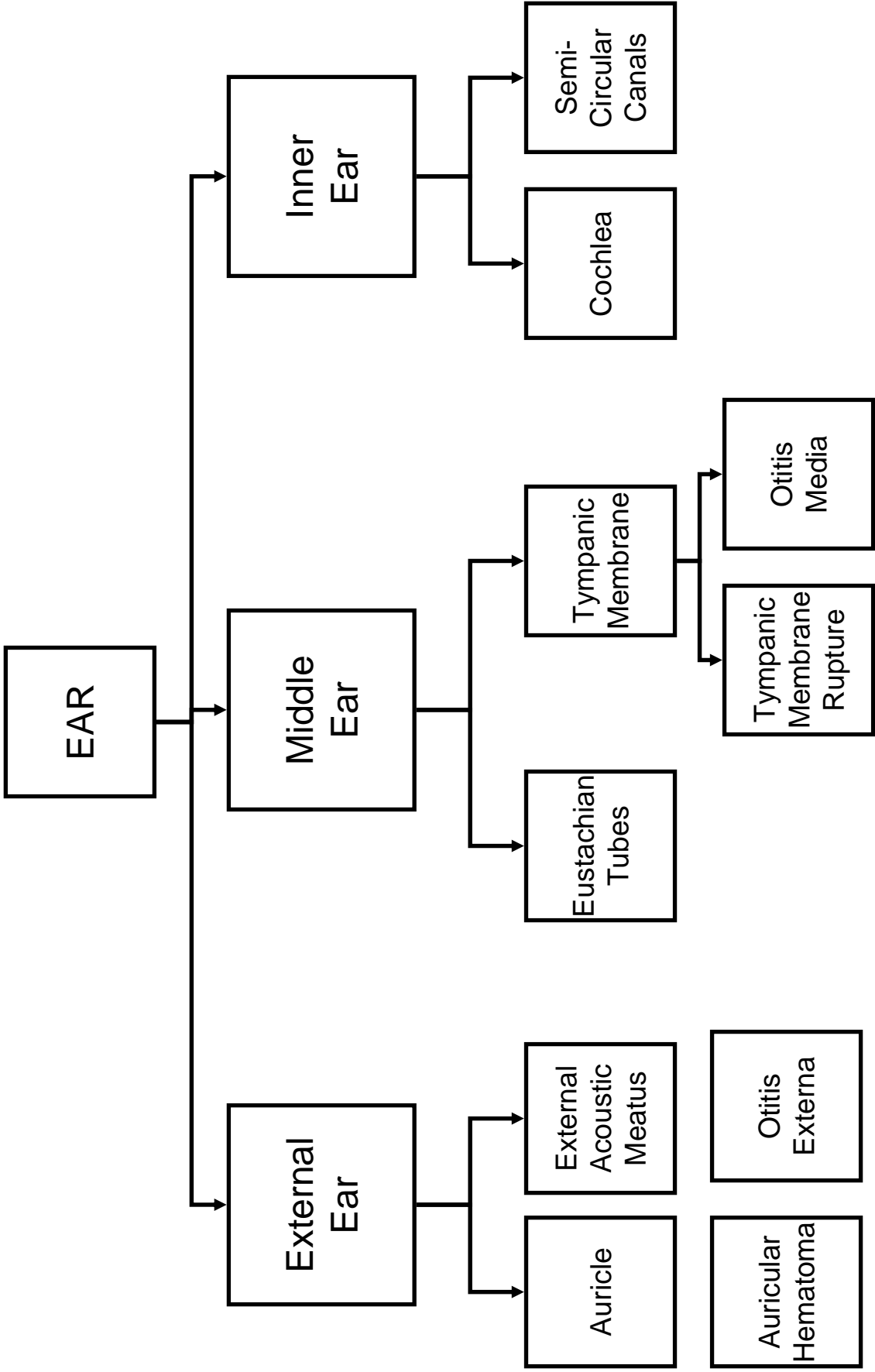
Root	
Neck	
Crown	
Enamel	
Dentin	
Pulp Cavity	
Root Canal	
Periodontal Ligament	

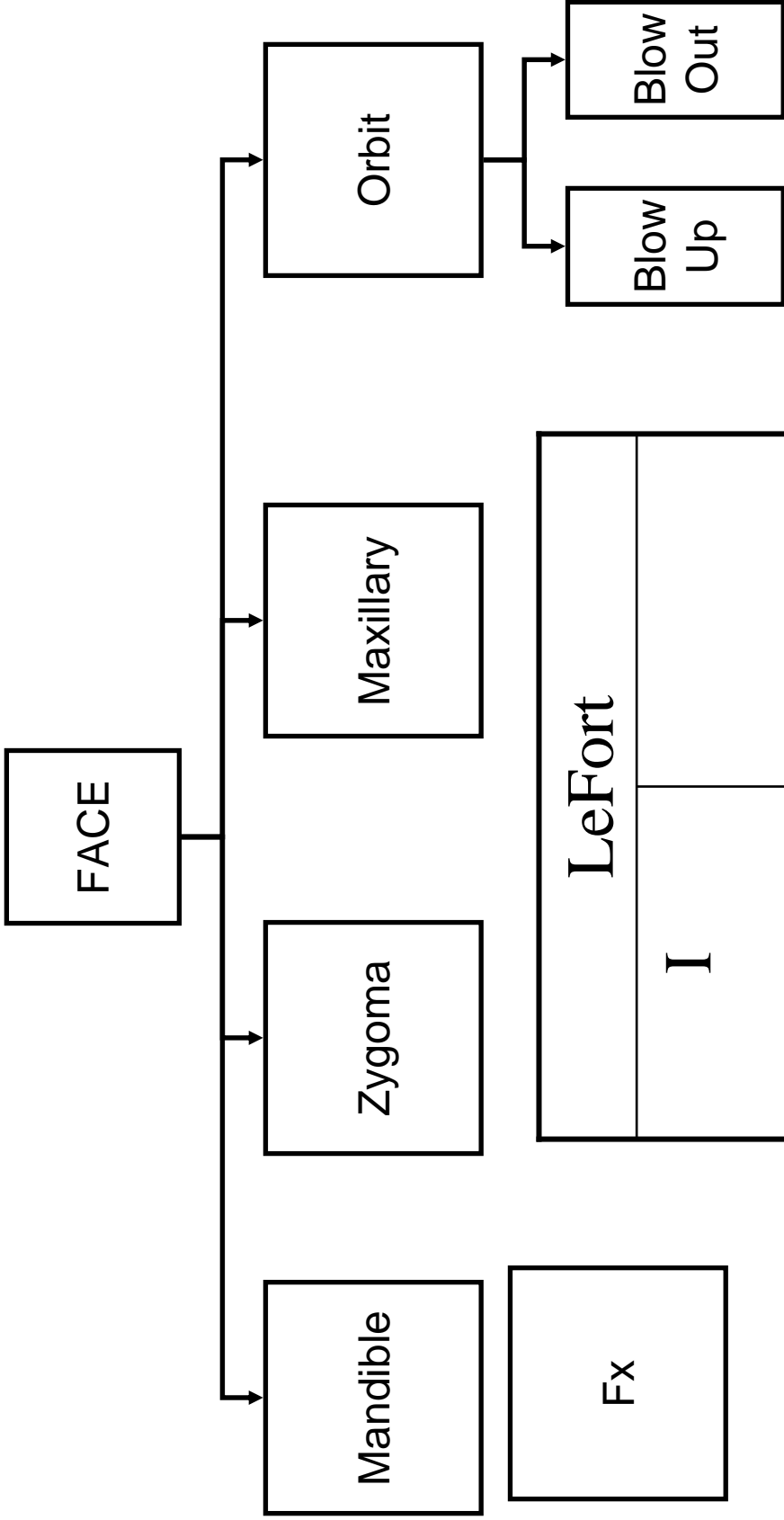




## **ABDOMINAL CONTENTS**

Liver	
Gall Bladder	
Pancreas	
Kidneys	
Spleen	
Appendix	



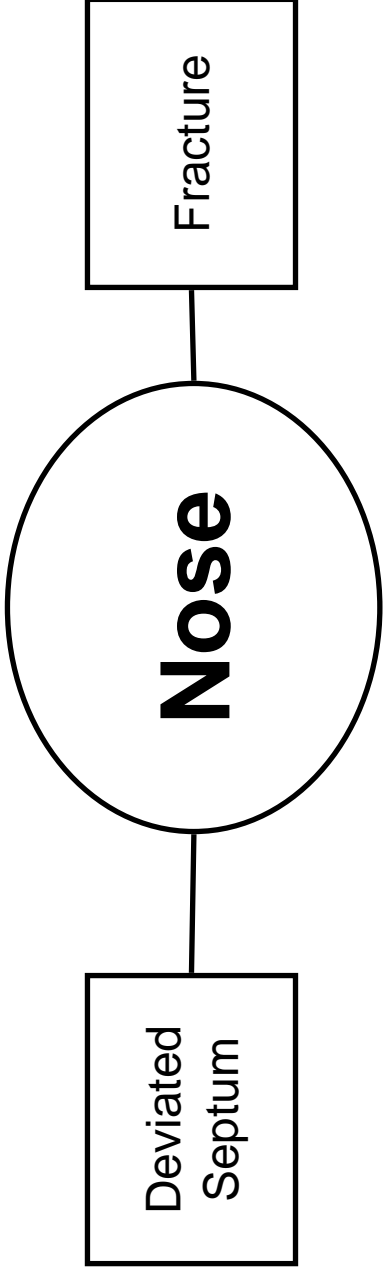


<b>LeFort</b>	<b>I</b>		
	<b>II</b>		
	<b>III</b>		

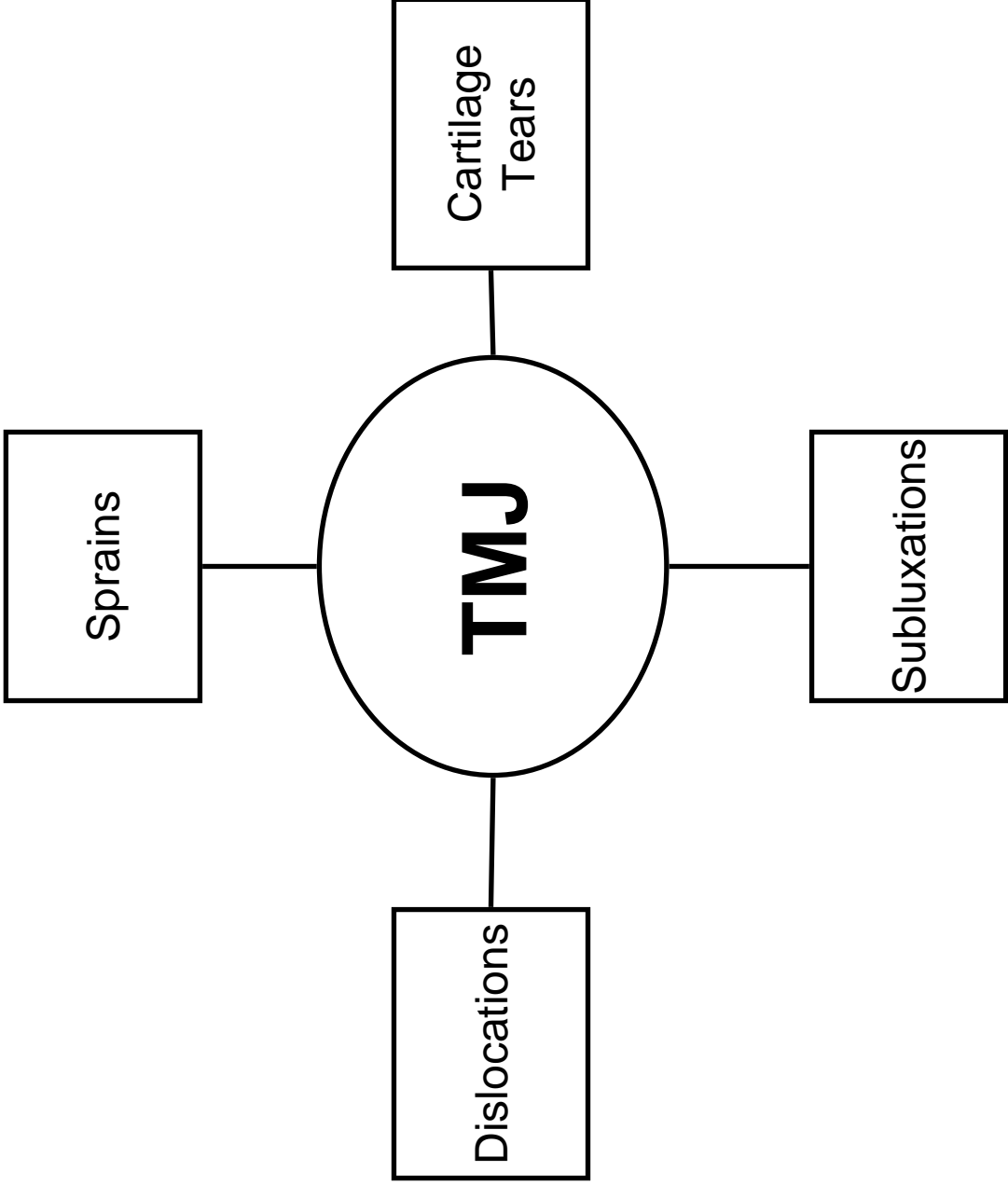
Fx

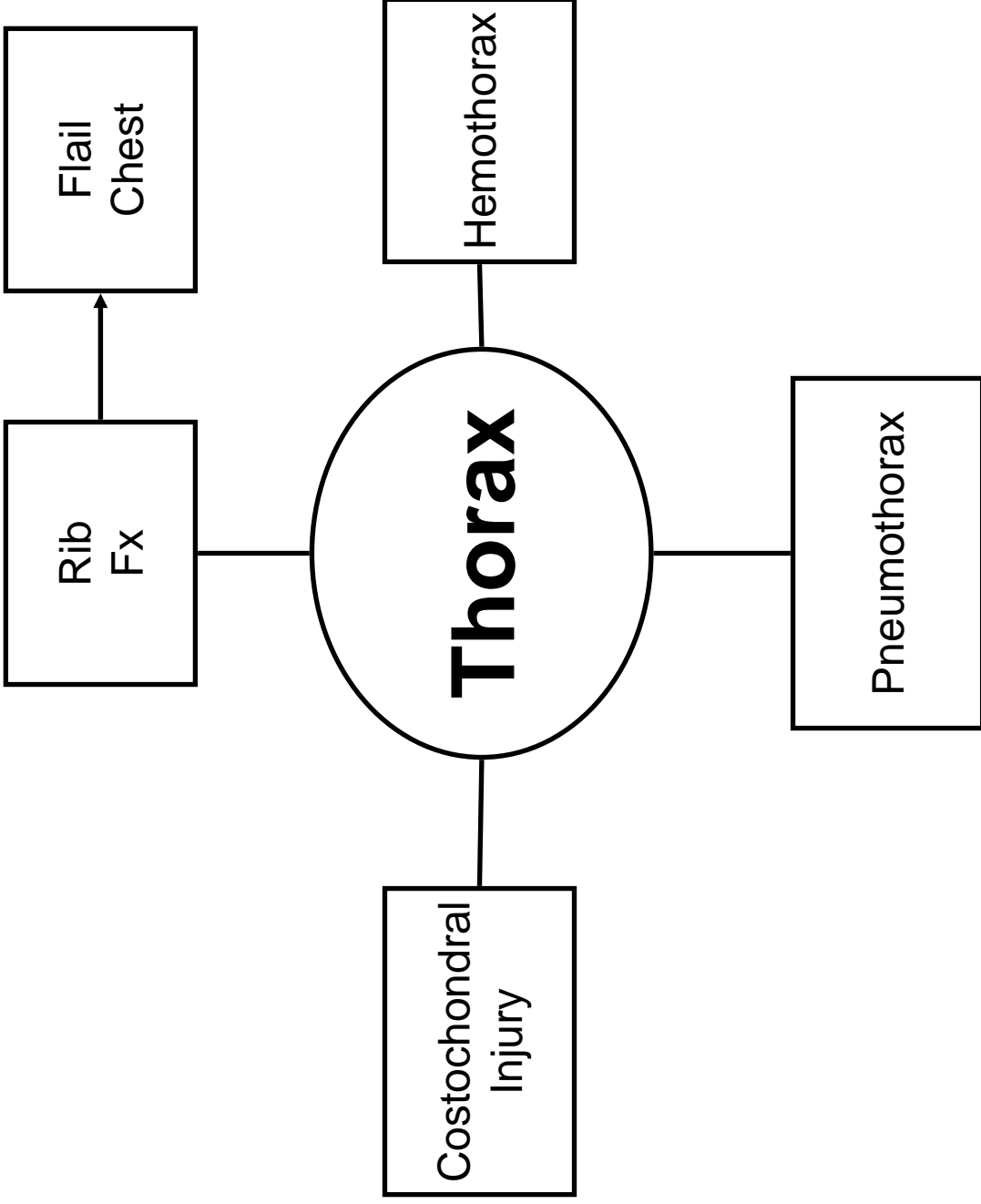
## **EYE INJURIES**

Cornea	
Cornea	
Iris	
Retina	
Conjunctiva	
“Globe”	
Foreign Bodies	





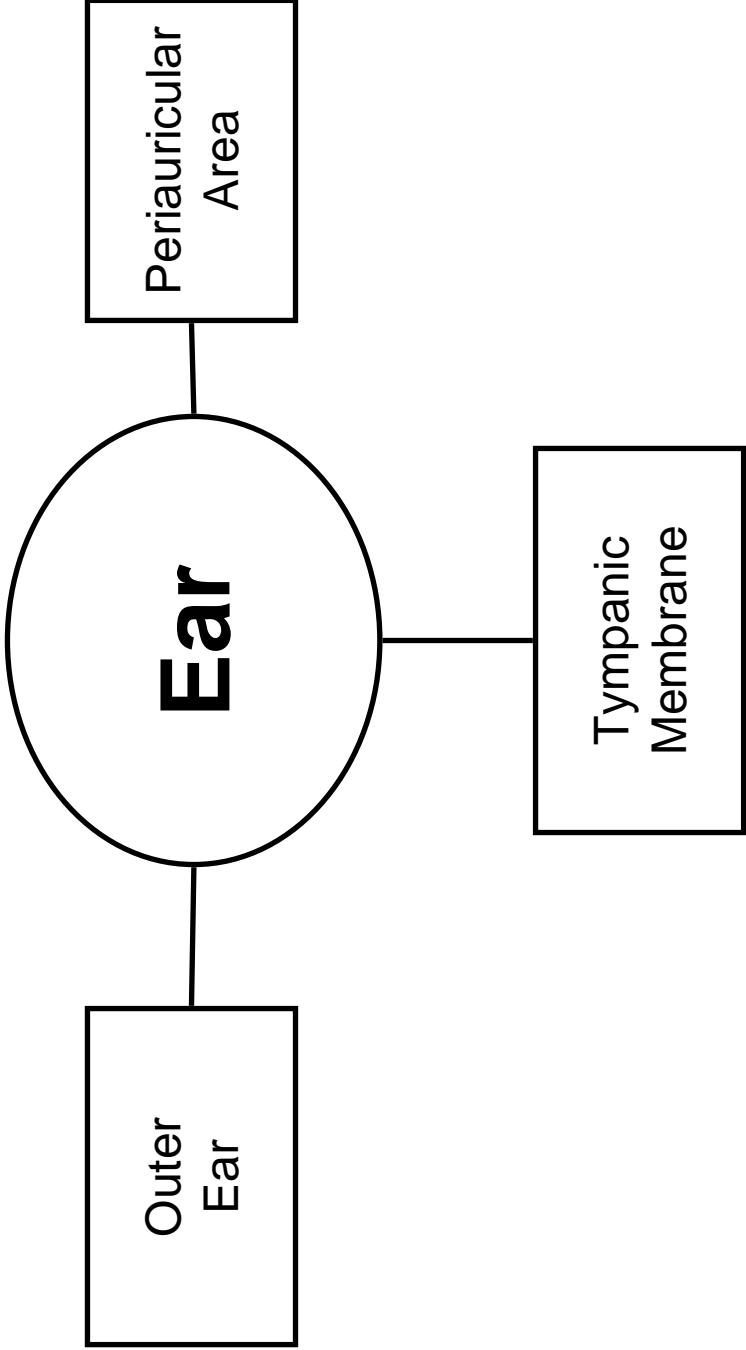


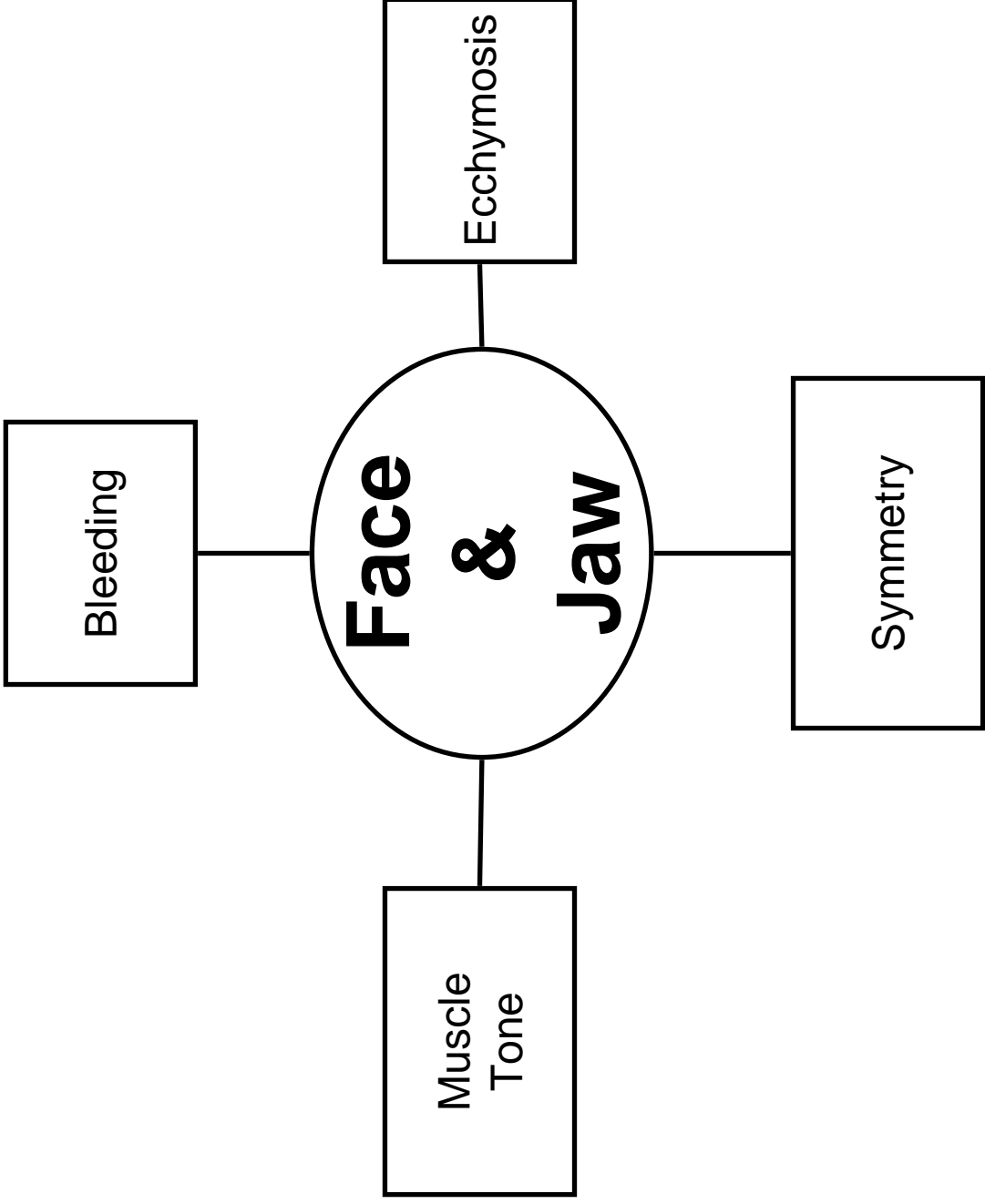


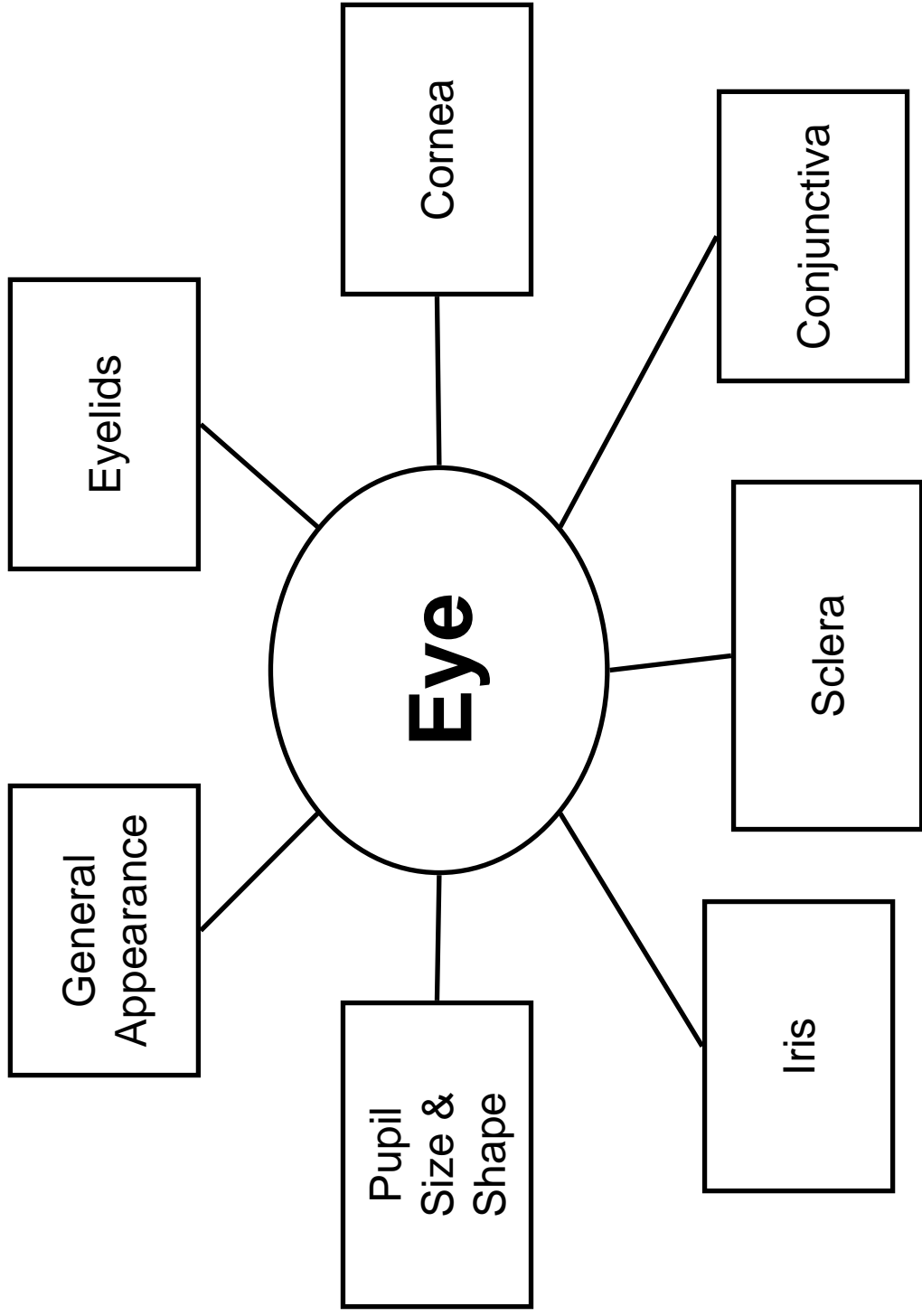
## **TOOTH INJURIES**

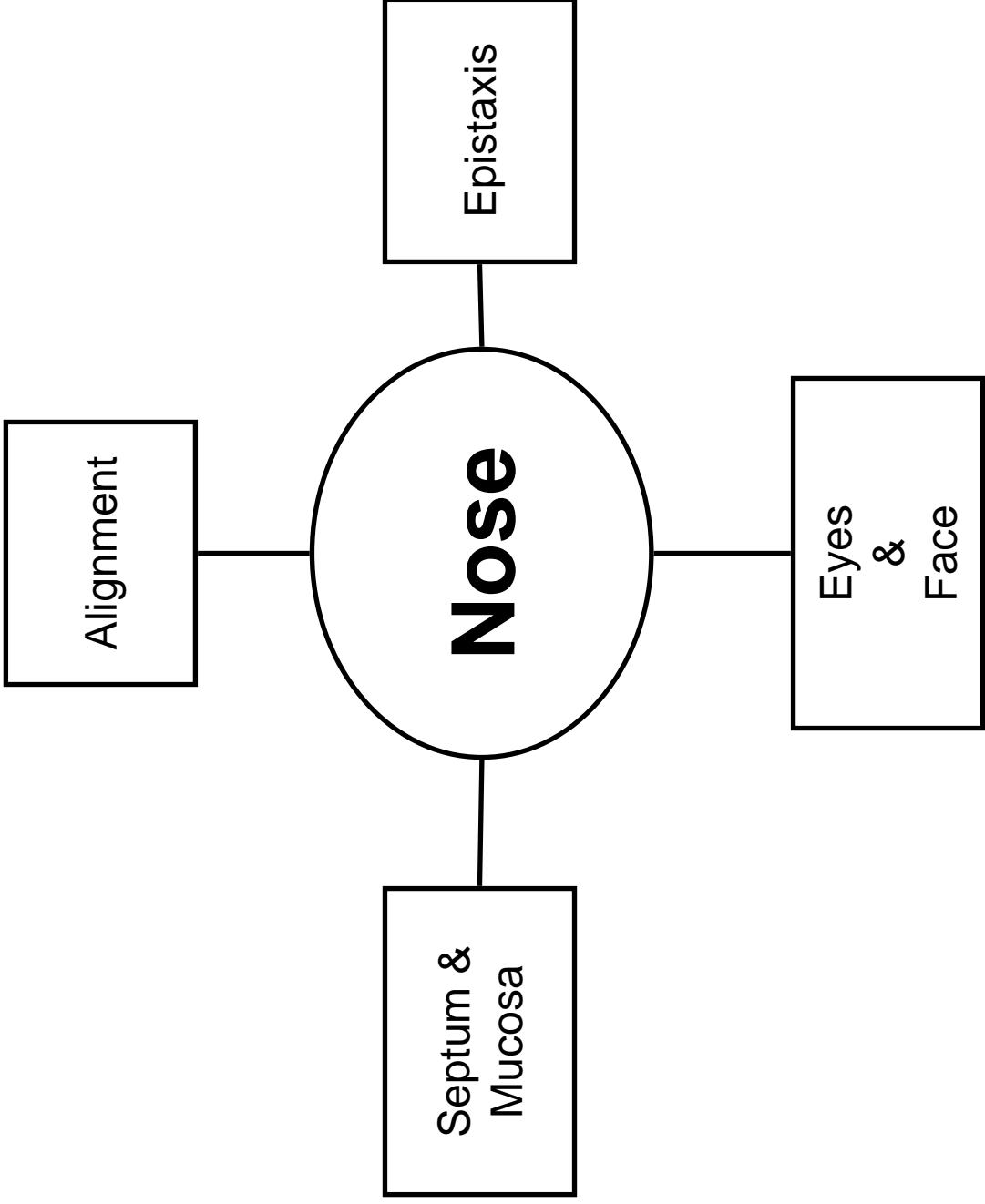
Grade	Fracture	Dislocation
I		
II		
III		
IV		

OBSERVATION

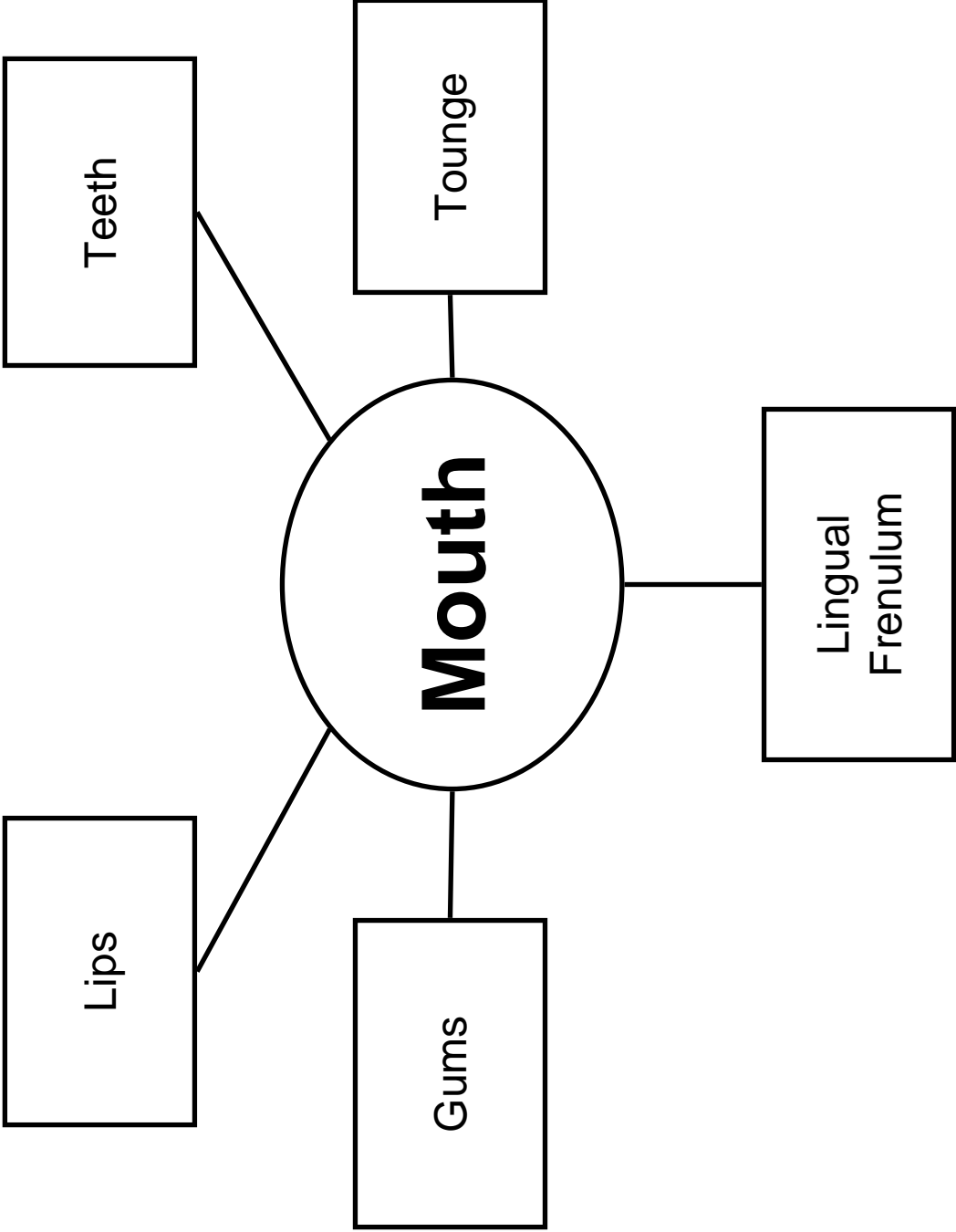


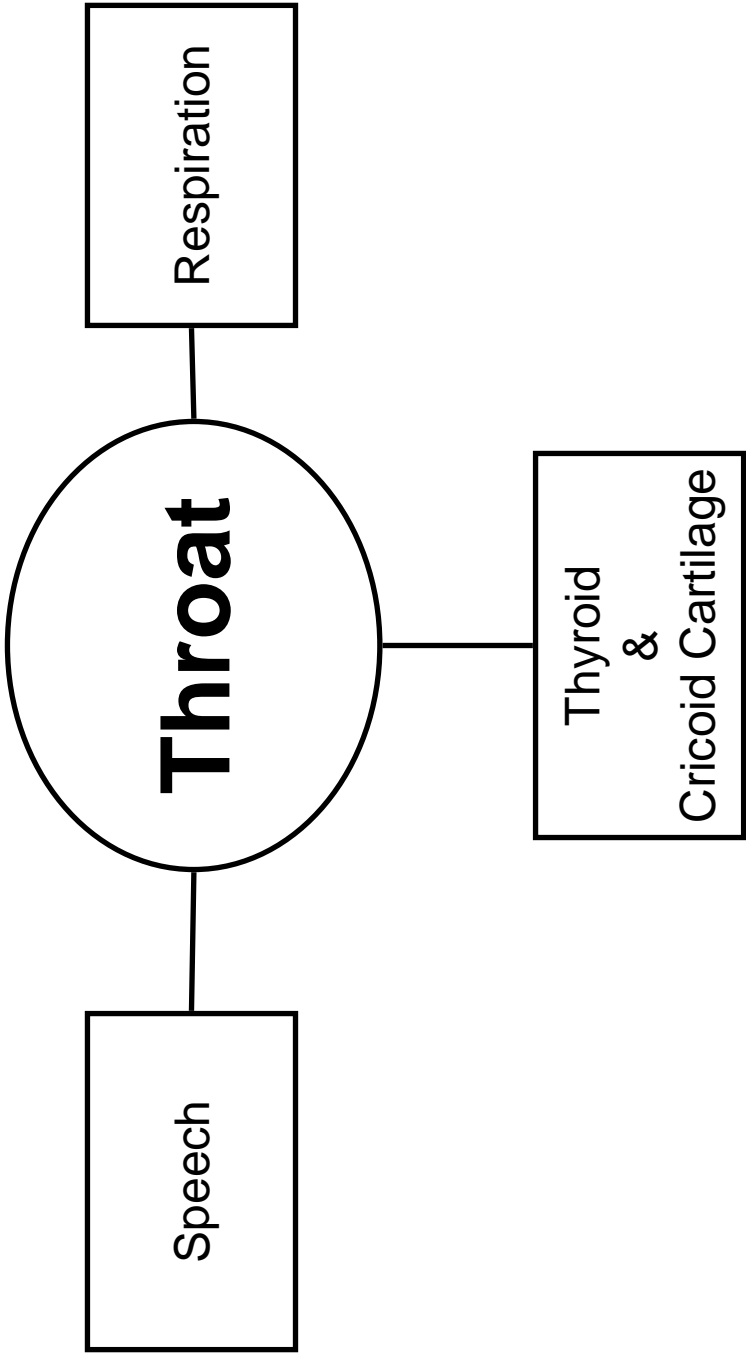


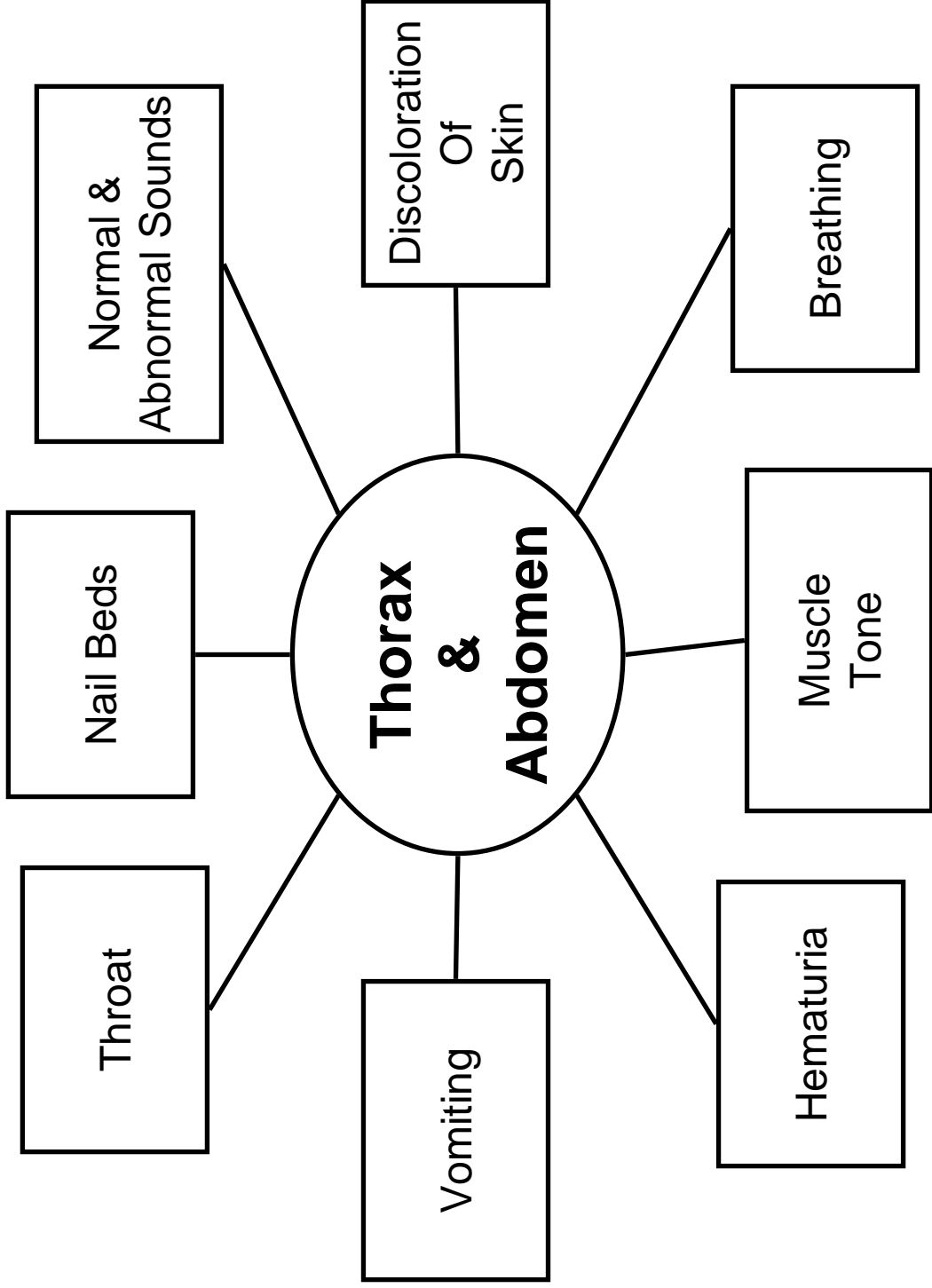












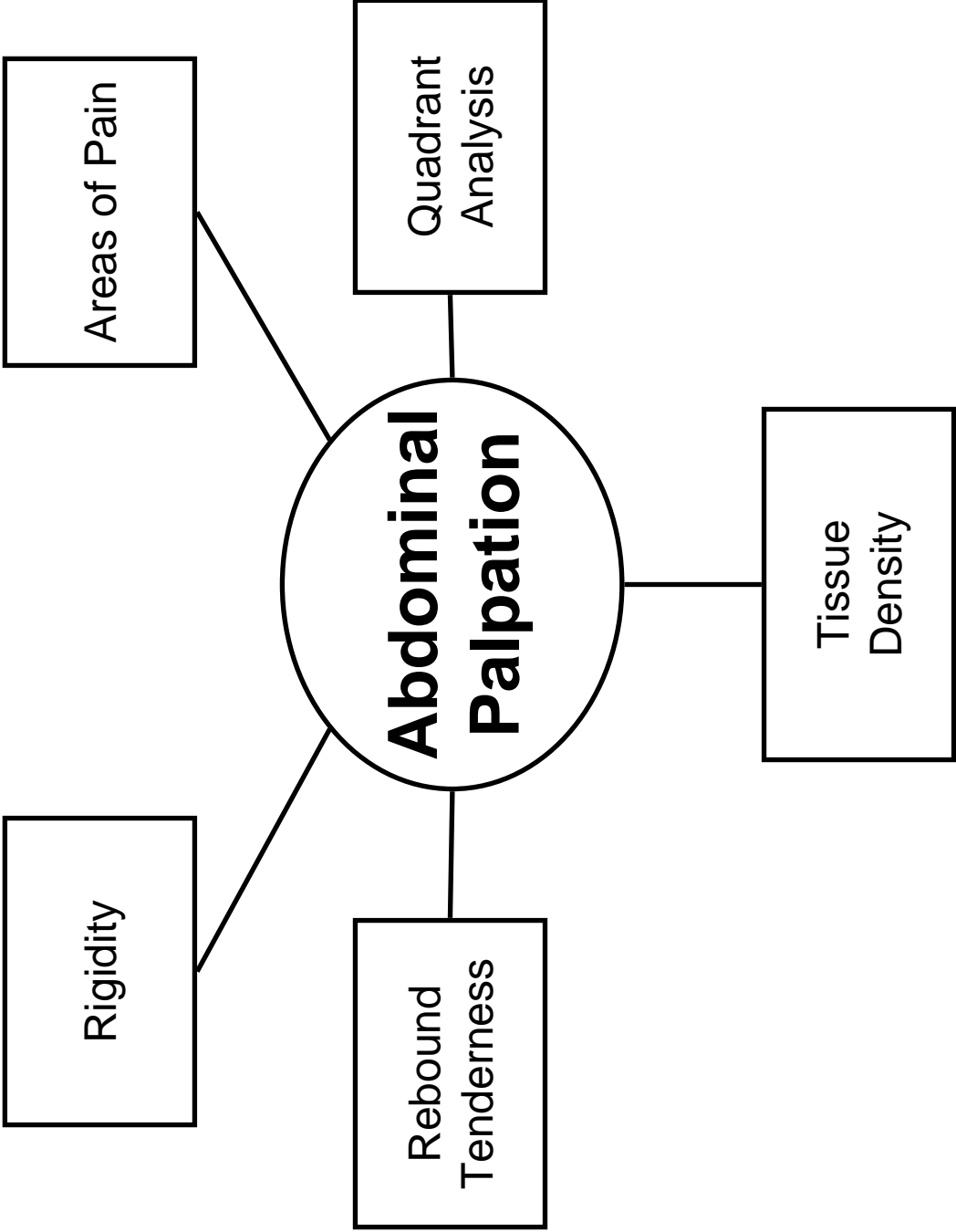
# **MISC STRUCTURES PALPATION GUIDE**

## **Face and Related Structures**

Nasal Bone  
Nasal Cartilage  
Zygoma  
Maxilla  
TMJ  
Periauricular Area  
External Ear  
Teeth  
Mandible  
Hyoid Bone  
Cartilages

## **Thorax and Abdomen**

Manubrium  
Sternal Body  
Xiphoid Process  
Ribs  
Spleen  
Kidneys  
McBurney's Point  
Abdominal Quadrants



**S**

**L**

LIVER  
GALL BLADDER

SPLEEN  
HEART  
STOMACH  
PANCREAS

KIDNEY  
LUNG

KIDNEY  
LUNG

**R**

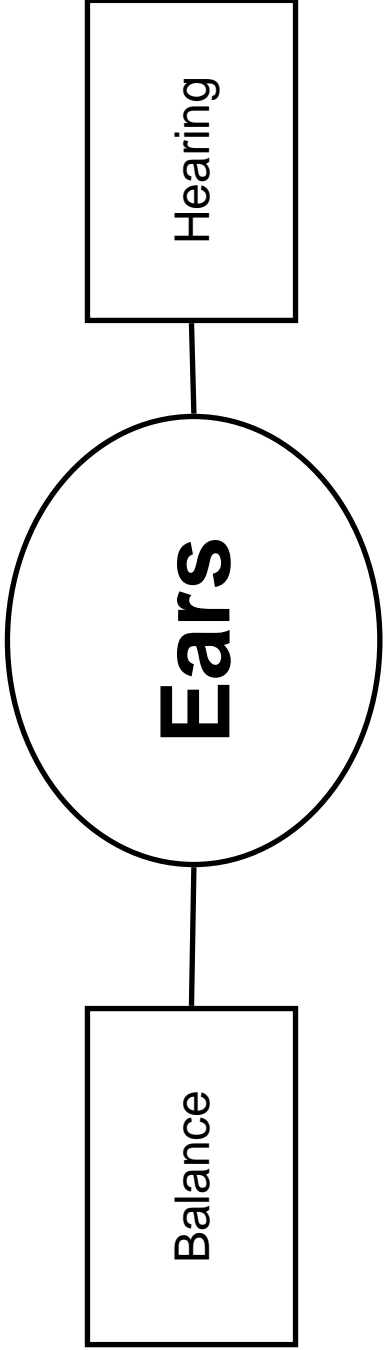
APPENDIX

URETER  
BLADDER  
COLON  
GONADS

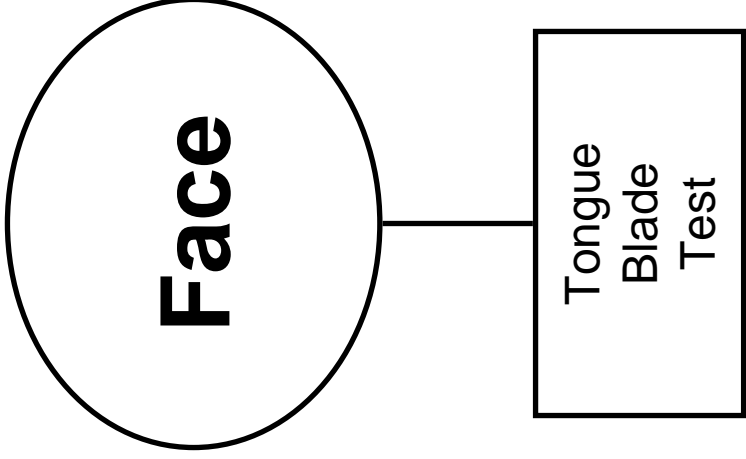
URETER  
BLADDER  
COLON  
GONADS

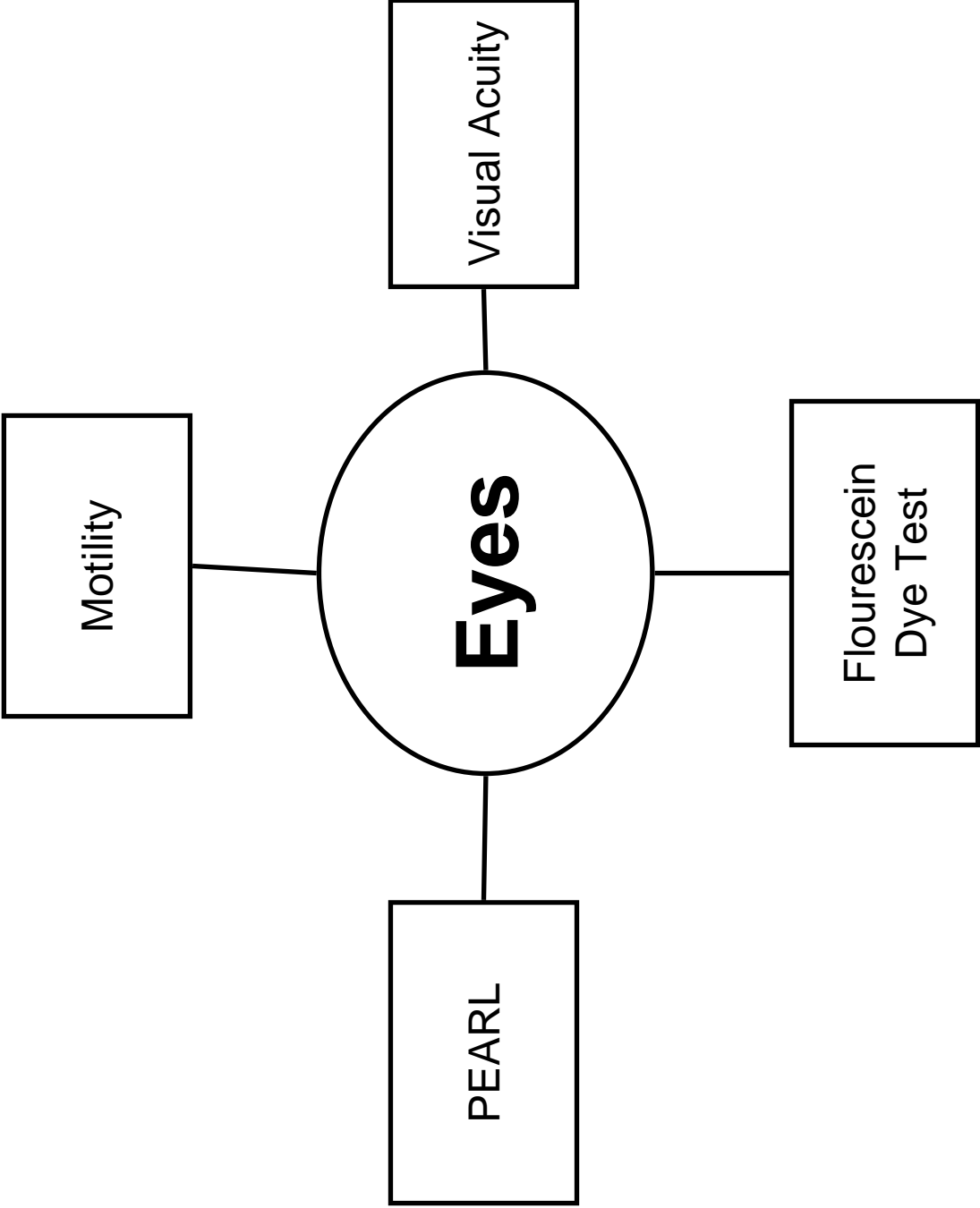
**I**

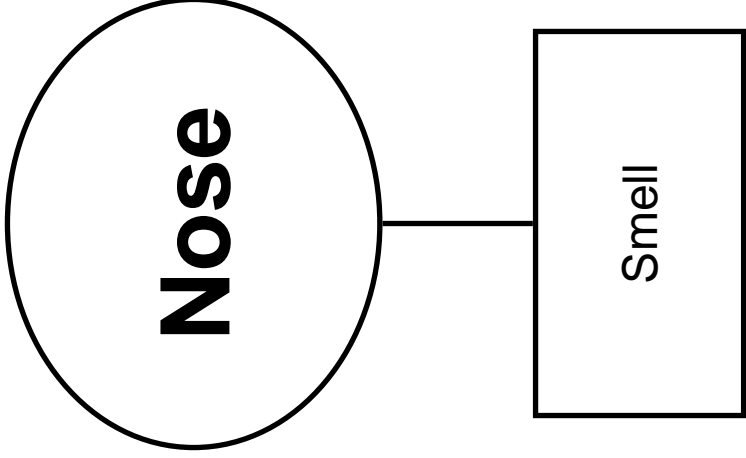
STRESS

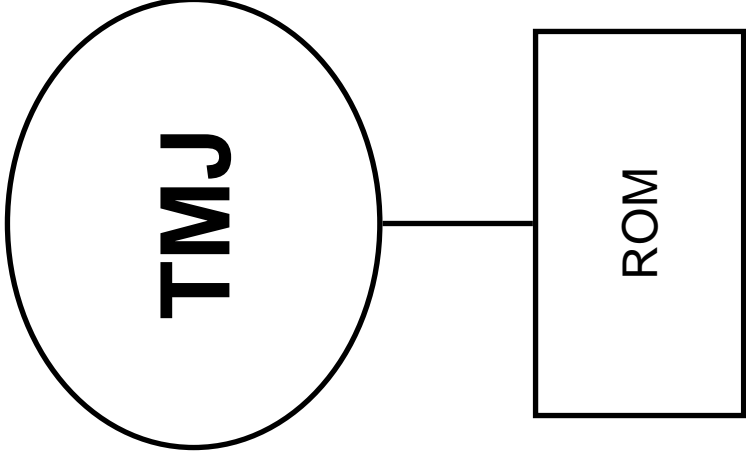












# FACE AND RELATED STRUCTURES CHECKLIST

## HISTORY

---

- Location of the pain
- Onset
- Activity
- Injury Mechanism
- Other symptoms

## INSPECTION

---

### Face and Jaw

---

- Bleeding
- Ecchymosis
- Symmetry
- Muscle Tone

### Ear

---

- Auricle
- Tympanic Membrane
- Periauricular Area

### Eye

---

- General Appearance
- Eyelids
- Cornea
- Conjunctiva
- Sclera
- Iris

Pupils

Nose

---

Alignment

Epistaxis

Septum

Mucosa

Deformity

Mouth

---

Lips

Teeth

Tongue

Lingual Frenulum

Gums

Throat

---

Respiration

Speech

Cartilages

**PALPATION**

---

Nasal Bone

Nasal Cartilage

Zygoma

Maxilla

TMJ

Periauricular Area

External Ear

Teeth

Mandible

Hyoid Bone

Cartilages

**STRESS**

Face

---

Tongue Blade Test

Ear

---

Hearing

Balance

Eye

---

Visual Acuity

PEARL

Tracking

Nose

---

Smell

TMJ

---

ROM

## THORAX AND ABDOMEN CHECKLIST

HISTORY

---

- Location of Pain
- Activity / Mechanism
- Symptoms
- General Medical Health

INSPECTION

---

- Guarding
- Breathing
- Nail Beds
- Muscle Tone
- Discoloration
- Vomiting
- Hematuria
- Auscultation

PALPATION

---

- Manubrium
- Sternal Body
- Xiphoid Process
- Ribs
- Spleen
- Kidneys
- McBurney's Point



**STRESS**

Abdominal Quadrants

Nerve

Referred Pain

Abdominal

Percussion

Ribs

Compression