

OUTLINE PHYSICAL EXAMINATION

(Complete Physical Exam)

GENERAL APPEARANCE (include general mental status):

VITALS:

Temperature:

Blood Pressure: R Arm/Palpation (Systolic)
R Arm/Auscultation-
L Arm/Palpation (Systolic)
L Arm/Auscultation-

Heart Rate (by radial pulse palpation):

Respiration Rate:

HEENT:

Head: Configuration-
Hair-
Scalp-

Eyes: Sclera-
Conjunctiva-
Fundoscopy:
- Red Reflex-
- Disc-
- Vessels-
- Background-
- Macula-

Ears: External Ear-
Auditory Canal-
Tympanic Membrane -

Nose: Color-
Septum-
Inferior and Middle Turbinates-

Throat and Mouth: Teeth-
Tongue-
Gums and Mucosa-
Pharynx and Tonsillar Fossa-
Openings of Stensen's and Wharton's Ducts-

NECK:

Active ROM-
Trachea-
Thyroid-
Suprasternal Notch-

BREASTS:

Inspection (Breasts and Nipples)-
Palpation (Breasts and Nipples)-

THORAX & BACK:

Inspection-
Percussion-

LUNGS:

Percussion and Palpation of Lung Fields-
Auscultation-

HEART:

Neck Veins-
Carotid Arteries-
- Palpation (Amplitude and Contour)-
Auscultation-
Precordium:
- Inspection-
- Palpation-
- PMI (size and location)-
- Auscultation:
- S1-
- S2-
- Extra Sounds-
- Murmurs-

ABDOMEN:

Inspection-
Auscultation-
Palpation: Superficial-
 Deep-
Liver: Palpation-
 Percussion - Size-
Spleen: Palpation-
Kidneys: Left-
 Right-

EXTREMITIES:

Patient Centered Medicine 2

Upper: Nails-
 Palms-
 Muscles-
 Joints (including ROM):
 - Interphalangeal-
 - Wrists-
 - Elbows-
 - Shoulder-
 Radial pulse-

Lower: Nails-
 Muscles-
 Joints (including ROM):
 - Ankle-
 - Knee-
 - Hip-
 Pulses:
 - Posterior Tibial-
 - Dorsalis Pedis-
 - Femoral Pulses:

 - Palpation-
 - Auscultation-

SKIN:

LYMPH NODES:

Neck: Submental-
 Submandibular-
 Anterior and Posterior Cervical-
 Anterior and Posterior Auricular-
 Suboccipital-
 Supraclavicular-

Axillary: Central Axillary-
 Pectoral-
 Subscapular-
 Lateral Axillary-

Epitrochlear:

Superficial Inguinal (horizontal and vertical):

NEUROLOGIC:

Mental Status:

Cranial
Nerves:

- II: Visual Acuity-
Visual Fields-
- II and III: Pupillary Reaction to Light-
- III, IV, VI: EOM-
- V: Light Touch Face-
- VII: Wrinkle Forehead, Show Teeth-
- VIII: Hearing-
- X: Uvula/Cough-
- XI: Trapezius/SCM-
- XII: Protrude Tongue-

Motor

System:

- Biceps Muscle-
- Triceps Muscle-
- Wrist Extension-
- Wrist Flexion-
- Hand Grip-
- Hip Flexion-
- Knee Extension-
- Knee Flexion-
- Ankle Dorsiflexion-
- Ankle Plantarflexion-

Sensory:

- Light Touch-
- Sharp/Pain-
- Position-
- Vibration-

Reflexes:

- Biceps (C5-6)-
- Triceps (C5-6)-
- Brachioradialis (C5-6)-
- Knee (L2-4)-
- Ankle (S1)-
- Pathological - Plantar Response-

Coordination:

- Gait-
- Tandem Walking-
- Finger to Nose to Finger-
- Rapidly Tap Index Fingers-

Heel to Shin-

GENITAL EXAM (MALE):

Penis:

Inspect:

-Meatus-

- Glans-

- Shaft-

Palpate:

- Glans-

- Shaft-

Scrotum:

Inspect-

Palpate:

- Testes-

- Epididymis-

- Spermatic cord-

Perineum:

Inspect-

Inguinal Hernia:

Palpate-

RECTAL AND PROSTATE EXAM (MALE):

Inspect Anus-

Digital Exam of Rectum-

Digital Exam of Prostate-

Stool for Occult Blood-

GYNECOLOGIC EXAM (FEMALE):

Inspection of External Genitalia and Perineum-

Inspection of Cervix and Vagina-

Bimanual Exam-

Rectovaginal Exam-

Stool for Occult Blood-