Physical Examination

Name: Date:

☑ Check normal, circle & describe abnormal

General ☐ WNL
☐ Posture ☐ Appearance
☐ Gait ☐ Emotion
☐ Speech

Skin ☐ WNL
☐ Scars ☐ Sweat
☐ Marks ☐ Color
☐ Texture ☐ Ulcers
☐ Tempurature ☐ Moles/pigmentation

Head ☐ WNL
☐ Hair ☐ Tenderness
☐ Shape ☐ Bruits
☐ Masses ☐ Sinuses

Neck ☐ WNL
☐ Skin
☐ Thyroid
☐ Veins
☐ Spine
☐ Posture
☐ Resisted ROM

R L
☐ ☐ Lymph nodes
☐ ☐ Bruits
☐ ☐ Carotids
☐ ☐ Rotation
☐ ☐ Lat. flexion

Eyes ☐ WNL
R L
☐ ☐ Lids
☐ ☐ Sclera
☐ ☐ Conjunctiva
☐ ☐ Muscles
☐ ☐ Cornea

R L
☐ ☐ Pupils
☐ ☐ Fundi
☐ ☐ PERRLA
☐ ☐ Pressure
☐ ☐ Acuity

Ears ☐ WNL
R L
☐ ☐ Pinna
☐ ☐ Canal
☐ ☐ Drum

R L
☐ ☐ Weber
☐ ☐ Rinne
☐ ☐ Acuity

Nose ☐ WNL
L R
☐ ☐ Nares
☐ ☐ Mucosa
☐ ☐ Obstruction

R L
☐ ☐ Septum
☐ ☐ Discharge

Mouth/throat ☐ WNL
☐ Lips ☐ Teeth
☐ Breath ☐ Dentures
☐ Tongue ☐ Caries
☐ Pharynx ☐ Larynx
☐ Tonsils ☐ Floor of mouth

Lungs ☐ WNL
☐ Chest ☐ Bruits
☐ Symmetry ☐ Sounds
☐ Diaphragm ☐ Fremitus
☐ Rubs ☐ Resp. effort
☐ Excursion ☐ Rate _____

Back ☐ WNL
☐ Skin
☐ Curvature
☐ Mobility
☐ Masses
☐ Tenderness

R L
☐ ☐ Muscle mass
☐ ☐ Shoulder height
☐ ☐ Iliac crest height
☐ ☐ Resisted ROM

Heart ☐ WNL
☐ PMI ☐ Auscultation
☐ Rhythm ☐ Rate _____
☐ Thrills ☐ Blood pressure
☐ Rub
☐ Murmur

Breasts ☐ WNL
R L
☐ ☐ Symmetry
☐ ☐ Discharge
☐ ☐ Contour
☐ ☐ Lumps

R L
☐ ☐ Lymph nodes
☐ ☐ Nipple
☐ ☐ Areola
☐ ☐ Pain

Abdomen ☐ WNL
☐ Skin
☐ Sounds
☐ Masses
☐ Tenderness
☐ Organs
☐ Resisted ROM

R L
☐ ☐ Hernia
☐ ☐ Bruits
☐ ☐ Femoral pulse
☐ ☐ Inguinal nodes
☐ ☐ Murphy's punch

Female Genitalia ☐ WNL
☐ Labia ☐ Uterus
☐ Bartholin glands ☐ Ovaries
☐ Urethra ☐ Adnexa
☐ Vagina L: _____ R: _____
☐ Cervix ☐ PAP smear done

Male Genitalia ☐ WNL
☐ Penis ☐ Scars
☐ Scrotum ☐ Meatus
☐ Testicles ☐ Epididymus
☐ Discharge ☐ Lesions

Rectal ☐ WNL
☐ Masses ☐ Fissure
☐ Anus ☐ Hemorrhoids
☐ Sphincter ☐ Aniscope
☐ Prostate ☐ Sigmoid
☐ Pilonidal ☐ Mucosa

Neurologic ☐ WNL

	R - strength - L		R - reflexes - L	
Biceps (C5-C6)				
Triceps (C7-C8)				
Knee (L3-L4)				
Ankle (L5-S1)				

Strength grade: weak (W), normal (N), strong (S)
Reflexes grade: absent (A), present (P), brisk (B), clonus (C)

R L
☐ ☐ Cranial nerves
☐ ☐ Sensation
☐ ☐ Coordination
☐ ☐ Tremor
☐ ☐ Vibration
☐ ☐ Babinski
☐ Romberg

Extremities ☐ WNL
R L
☐ ☐ Color
☐ ☐ General
☐ ☐ Motion
☐ ☐ Edema
☐ ☐ Varicosities

R L
☐ ☐ Shoulder
☐ ☐ Arm
☐ ☐ Elbow
☐ ☐ Radial pulse
☐ ☐ Wrist

R L
☐ ☐ Hand
☐ ☐ Fingers
☐ ☐ Nails
☐ ☐ Hip
☐ ☐ Thigh/leg

R L
☐ ☐ Knee
☐ ☐ Ankle
☐ ☐ Foot
☐ ☐ Pedal pulse
☐ ☐ Toes/nails

Signature: