

Lower Body Regional Exam

☒ Check normal, circle & describe abnormal

CC & significant history: _____

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

Fracture screen (☐ tuning fork, ☐ percussion, ☐ torsion test, ☐ 5-step test): ☐ WNL ☐ imaging: _____

Reflexes: ☐ WNL, ☐ patellar (L4), ☐ hamstring (L5), ☐ Achilles (S1): _____

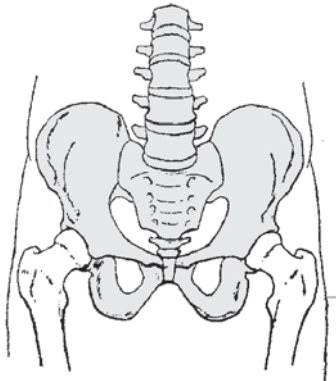
Lumbosacral:

Observation ☐ WNL

- ☐ Posture:
- ☐ Skin:
- ☐ Swelling:
- ☐ Asymmetry:

Palpation: ☐ WNL

- ☐ Soft tissue:
- ☐ Bone:
- ☐ Lymph nodes:
- ☐ Pain:



ROM/joint play	L -act.- R	L -pas- R	L -res.- R
Flexion (60°)			
Extension (25°)			
Lateral flexion (25°)			
Rotation (10°)			
Sacroiliac joint			
Flexion/ext. (0-10°)			
Extern/int. (5-10°)			
Lumbopelvic rhythm			

Orthoneuro	L	R
Squat & rise		
Belt test		
Trendelenburg		
Valsalva		
Slump test		
Kemp's test		
SLR active/passive		
SLR maximal		
Thomas/Gaenslen		

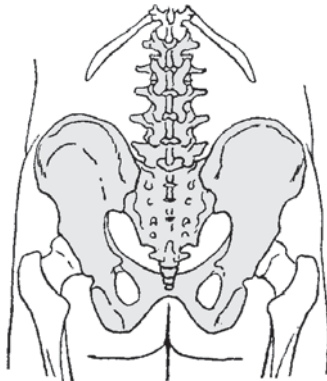
Hip:

Observation ☐ WNL

- ☐ Posture:
- ☐ Skin:
- ☐ Swelling:
- ☐ Asymmetry:

Palpation: ☐ WNL

- ☐ Soft tissue:
- ☐ Bone:
- ☐ Femoral pulse:
- ☐ Pain:



ROM/joint play	L -act.- R	L -pas- R	L -res.- R
Flexion (120°) bent knee			
Flexion (80°-90°) SLR			
Extension (30°)			
Abduction (50°)			
Adduction (30°)			
Internal rotation (40°)			
External rotation (50°)			

Orthoneuro	L	R
Anvil test		
Patrick FABERE		
Laguere		
Scour test		
Telescoping		
Ober's		
Ely/Nachlas		
Hibb's		
Yoeman's		

Leg length: L: _____, R: _____

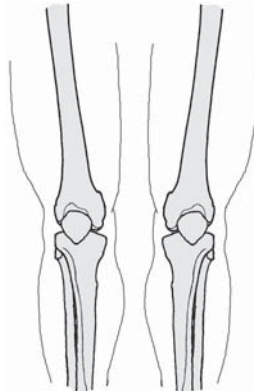
Knee:

Observation ☐ WNL

- ☐ Skin:
- ☐ Swelling:
- ☐ Asymmetry:

Palpation: ☐ WNL

- ☐ Soft tissue:
- ☐ Bone:
- ☐ Popliteal pulse:
- ☐ Pain:



ROM/joint play	L -act.- R	L -pas- R	L -res.- R
Flexion (150°)			
Extension (0°)			
Internal rotation			
External rotation			
Other joint play			
A↔P tibia/femur			
A↔P tibia/fibula			
Patella joint play			

Orthoneuro	L	R
Ant./post. drawer		
Allis' sign		
Valgus stress		
Varus stress		
Apley compression		
Apley distraction		
Lachman's		
Pat. apprehension		
Patellar grind		

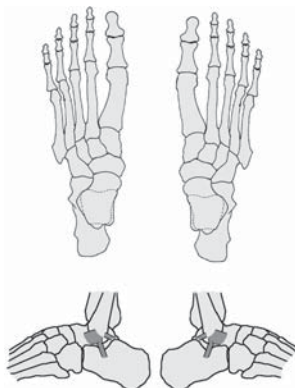
Ankle/foot:

Observation ☐ WNL

- ☐ Pes planus/cavus:
- ☐ Skin:
- ☐ Swelling:
- ☐ Asymmetry:

Palpation: ☐ WNL

- ☐ Soft tissue:
- ☐ Bone:
- ☐ Tibial pulse:
- ☐ Dorsal pedal:
- ☐ Pain:



ROM/joint play	L -act.- R	L -pas- R	L -res.- R
Plantarflexion (40°)			
Dorsiflexion (20°)			
Inversion (20°)			
Eversion (10°)			
Other joints			
Toe flexion			
Toe extension			

Orthoneuro	L	R
Anterior drawer		
Talar tilt		
Hoffa's sign		
Thompson test		
Achilles squeeze		
Calcaneal squeeze		
Morton's squeeze		
Buerger's test		
Tinel's		

Signature: _____

Date: _____