Appendix 3.4

Core Components to Include in the Neurologic and Musculoskeletal Exam

Physical
• Examine the site(s) of Injury

Cervical Spine
• Range of motion
• Focal areas of tenderness
• Spasm
• Hypertonicity

Temporomandibular Joint
• Range of opening
• Tenderness
• Dislocation

Cognitive
• Cognition
• Language

Vision
• Acuity
• Tracking
• Saccades
• Nystagmus
• Vergence
• Diplopia
• Pupil symmetry and reactivity
• Visual fields to confrontation
• No optic edema

Sensory
• Sharp
• Light touch
• Proprioception
• No extinction to bilateral tactile stimuli
• Vibration

Motor
• Power
• Pronator drift
• Asymmetrical weakness
• Symmetry of reflexes
• Coordination

Vestibular
• Head Impulse
• Head Shake
• Vestibular Ocular Reflex Suppression (VORS)
• Dynamic Visual Acuity (DVA)
• Positional testing

Functional Activities
• Romberg with eyes open/closed
• Single leg stance

Gait
• Walking
• Tandem walking
• Turning

If any focal abnormalities are observed, refer for appropriate imaging and to an appropriate specialist.

Links for Neck & Neurological Exam Video Demonstrations
https://www.youtube.com/watch?v=FaCZxrvxJaE (Neck Exam)
https://www.youtube.com/watch?v=5UuQV-0o4CE (Neurological Exam)