

Core Components to Include in a 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

Auditory

- Hearing Screen
- Ooscopic Exam

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

<http://www.youtube.com/watch?v=fgwN1P5PDaA> (Neurological Exam – 2 minutes)

<https://www.youtube.com/watch?v=xZhl0HhMzXA&t=140s> (Neurologic Exam – detailed, 6 minutes)

