

## **Head-to-Toe**

*Normal adult, no genitalia, no breast, and no rectal exams*

**\*\*\*Note: This is not the only way to perform a complete head-to-toe exam, but it is just a suggestion and you should feel free to develop your own technique and order to this exam!\*\*\***

### **General Notes**

- Introduction
- Wash/Sanitize hands
- Maintain proper eye contact
- Conduct the exam in an organized fashion
- Explain all exam procedures to the patient concisely and logically
- Proper exam closure

### **Vital Signs**

- Blood pressure
  - [https://www.youtube.com/watch?v=8Xyk09K2p\\_s](https://www.youtube.com/watch?v=8Xyk09K2p_s)
- Pulse
- Respirations

### **Head**

- Inspection of the scalp and hair for parasites, scaling, skin lesions, symmetry, color, and distribution of hair
- Palpate the cranial bones (i.e. frontal, temporal, parietal, and occipital)
- Palpate or percuss over the maxillary and frontal sinuses
  - <https://www.youtube.com/watch?v=NO3H7DITpS8>

### **Eyes**

- Inspection
  - External eye: brows, lids, palpebral fissures, symmetry, edema, lacrimal gland, and lacrimal duct
  - Globe of the eye: sclera, cornea, iris, conjunctiva, blood vessels, icterus, arcus senilis, and hemorrhaging
- Pupils
  - Corneal light reflection
    - <https://www.youtube.com/watch?v=pBJcvahjn1E>
  - Pupillary light reflex
    - <https://www.youtube.com/watch?v=E0BAqYKiYlw>
  - Accommodation
    - <https://www.youtube.com/watch?v=cV8ZDaRi3VA>
- Fundoscopic exam
  - Use the correct ophthalmoscopic technique
    - If using the coaxial scope use the right eye with the right eye and the left eye with the left eye
    - If using the panoptic the cup must touch the patient's face
  - Inspect the ocular fundus for the red reflex, vessels, cup, disc, macula, fovea, A/V nicking, copper wiring, hemorrhaging, and retinal background
    - <https://www.youtube.com/watch?v=95kz2PbF6zE>
    - <https://www.youtube.com/watch?v=oiDjVaamlF0>

## Ears

- Inspection
  - External ear: position, alignment, skin condition, auditory meatus, tophi, blood vessels, symmetry, and inflammation of the mastoid
- Move the auricle and pull on the tragus to check for tenderness
- Otoscopic exam
  - Inspect the external ear canal, tympanic membrane, cone of light, umbo, handle of the malleus, pars tensa, pars flaccida, erythema, bulging, and effusion
  - Ensure that the otoscope is stabilizing in some manner
    - <https://www.youtube.com/watch?v=0BJ2EP3TacU>

## Nose

- Inspect the external nose for symmetry and lesions
- Otoscopic exam
  - Inspect for visualization of the septum, discharge, nasal mucosa, polyps, color, and the turbinates
    - <https://www.youtube.com/watch?v=L2rwY1Mud9Y>

## Oral Cavity

- Inspect the buccal mucosa, teeth and gums, tongue, tonsils, uvula, floor of the mouth, palate, and the pharynx
  - <https://www.youtube.com/watch?v=fYbleDWEqyc>

## Neck

- Inspect the neck for symmetry, masses, pulsations, alignment of the trachea, and venous distention
- Lymph node palpation
  - Occipital (back of the head), anterior cervical chain (along neck musculature), pre-auricular (front of the ear), submental (under the chin), supraclavicular (above collarbones), posterior auricular (behind the ear), posterior cervical chain (along neck musculature), submandibular (at the angle of the jaw), and sublingual (under the chin)
    - <https://www.youtube.com/watch?v=t54mngOVKitM>
- Palpation of tracheal alignment and check for tracheal pulling
  - <https://www.youtube.com/watch?v=YMufMulGnFE>
  - [https://www.youtube.com/watch?v=LJI1OID\\_azA](https://www.youtube.com/watch?v=LJI1OID_azA)
- Palpation of the thyroid gland
  - <https://www.youtube.com/watch?v=nh1DedZQJ3M>
  - <https://www.youtube.com/watch?v=DaDYqs4H92U>
- Check the carotid pulses
- Auscultation for carotid bruits
  - [https://www.youtube.com/watch?v=A8\\_p0oIM\\_VA](https://www.youtube.com/watch?v=A8_p0oIM_VA)

## Respiratory

- Assessment for signs of respiratory distress that include respiratory rate, body positioning (i.e. tripod), use of accessory muscles (i.e. intercostals, scalenes, and/or sternocleidomastoids), cyanosis, lip pursing, nasal flaring, mental status, and diaphoresis
- Inspection
  - Configuration of the thoracic cage for symmetry, presence of a barrel chest, pectus excavatum, pectus carinatum, and the skin (**remember that inspection must be performed on bare skin**) for lesions, color changes, scars, accessory nipples, and venous patterns

- Auscultation
  - **Conducted on bare skin**
  - Ensure the patient inhales and exhales through **the mouth**
  - Perform in all lung fields (i.e. anterior, posterior, and lateral)
    - <https://www.youtube.com/watch?v=43edNi0NkSg>

### Cardiovascular

- Inspect the precordium for the presence of any heaves/lifts
- Auscultation
  - **Conducted on bare skin**
  - Aortic point (second intercostal space, right sternal border)
  - Pulmonic point (second intercostal space, left sternal border)
  - Erb's point (third intercostal space, left sternal border)
  - Tricuspid point (fourth intercostal space, left sternal border)
  - Mitral point (fifth intercostal space, left mid-clavicular line)
    - [https://www.youtube.com/watch?v=h8B3JBW\\_mX8](https://www.youtube.com/watch?v=h8B3JBW_mX8)

### Abdomen

- Instruct the patient to lie down in the supine position and expose their abdomen from the costal margin to the level of the ASIS
- Inspect the abdomen for contour (i.e. flat, distended, round, scaphoid, or protuberant) and skin characteristics (i.e. venous pattern, tattoos, jaundice, moles, cyanosis, and scars)
- Auscultation
  - **Performed prior to percussion and palpation** and occurs in all four quadrants
    - <https://www.youtube.com/watch?v=HNkP2CKT3t4>
  - Aortic and renal bruits
    - [https://www.youtube.com/watch?v=F1\\_iv8BQQm4](https://www.youtube.com/watch?v=F1_iv8BQQm4)
- Percussion
  - Performed in all four quadrants
    - <https://www.youtube.com/watch?v=g7DiUnuOzcc>
  - Percussion of the lower edge of the liver
    - <https://www.youtube.com/watch?v=D0G7353qfYw>
- Palpation
  - Performed in all four quadrants using **both** light and deep pressure
    - <https://www.youtube.com/watch?v=inAjKzaopi0>
  - Liver palpation
    - <https://www.youtube.com/watch?v=InMJRyDjOFQ>
    - <https://www.youtube.com/watch?v=dISrj7CuTE4>
  - Aorta palpation
    - [https://www.youtube.com/watch?v=jiUzYQ\\_I-bU](https://www.youtube.com/watch?v=jiUzYQ_I-bU)

### Neurologic

- Cranial Nerve II (Optic)
  - Visual acuity via the Rosenbaum chart (done with **corrected vision** only)
    - <https://www.youtube.com/watch?v=w1hWJAnaYc>
- Cranial Nerves III (Oculomotor), IV (Trochlear), and VI (Abducens)
  - Cardinal positions of gaze tested
    - [https://www.youtube.com/watch?v=\\_qpKwikoZv4](https://www.youtube.com/watch?v=_qpKwikoZv4)

- Cranial Nerve V (Trigeminal)
  - Sensation: light touch on the forehead, cheeks, and jaw (check to ensure equal throughout)
  - Motor: clench jaw and palpate the masseter and temporalis muscles
    - <https://www.youtube.com/watch?v=kOwJNTAZy5o>
- Cranial Nerve VII (Facial)
  - Inspect the face for symmetry when the patient is asked to smile, frown, and/or raise their eyebrows
    - [https://www.youtube.com/watch?v=eD46Mrk\\_9So](https://www.youtube.com/watch?v=eD46Mrk_9So)
- Cranial Nerve VIII (Vestibulocochlear)
  - Whisper test (may also use your fingers)
    - <https://www.youtube.com/watch?v=SUEZtGbxxXg>
- Cranial Nerves IX (Glossopharyngeal) and X (Vagus)
  - Elevation of the uvula and soft palate (ask the patient to say “ahh”)
    - <https://www.youtube.com/watch?v=ldRuasfki6U>
- Cranial Nerve XI (Spinal Accessory)
  - Test muscle strength of the trapezius and sternocleidomastoid muscles
    - <https://www.youtube.com/watch?v=aRMBGPjtNLo>
- Cranial Nerve XII (Hypoglossal)
  - Have the patient stick out their tongue
    - <https://www.youtube.com/watch?v=u4Pd2IMFDfg>
- Sensory testing
  - Have the patient close their eyes and perform light touch on the patient’s arms, hands, legs, and feet while comparing bilaterally and ensuring that the sensation is felt equally
    - <https://www.youtube.com/watch?v=g6AYM6Hyaxg>
- Cerebellar function
  - Finger-nose-finger
    - <https://www.youtube.com/watch?v=2Buhkr5akMs>
  - Heel to shin
    - <https://www.youtube.com/watch?v=uEaTMysjSDA>
  - Romberg test
    - <https://www.youtube.com/watch?v=suxuiAcBEp4>
- Deep tendon reflexes
  - Biceps
  - Triceps
  - Brachioradialis
  - Patellar
  - Achilles
    - <https://www.youtube.com/watch?v=f2vigFATRsY>

## Musculoskeletal

- Gait
  - Walk (normally)
  - Walk on toes
  - Walk on heels
  - Tandem (heel to toe)

- Motor strength
  - Shoulders
    - Adduction
    - Abduction
    - Flexion
    - Extension
    - Internal rotation
    - External rotation
  - Arms
    - Biceps flexion
    - Triceps extension
  - Fingers
    - Abduction
    - Adduction
  - Hips
    - Flexion
  - Knees
    - Extension
    - Flexion
  - Feet
    - Dorsiflexion
    - Plantarflexion

#### Lower Extremity Palpation

- Posterior tibial pulse
- Dorsalis pedis pulse