



Cervicothoracic Regional Exam

☒ Check normal, circle & describe abnormal

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

Chief complaint & significant history: _____

Vital Signs: Height: _____, Weight: _____, Blood Pressure: L _____ / _____, R _____ / _____, Resp: _____ /min, VBI: L _____ R _____

Observation: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Posture: _____

☐ Skin (bruising, scars): _____

☐ Antalgia: _____

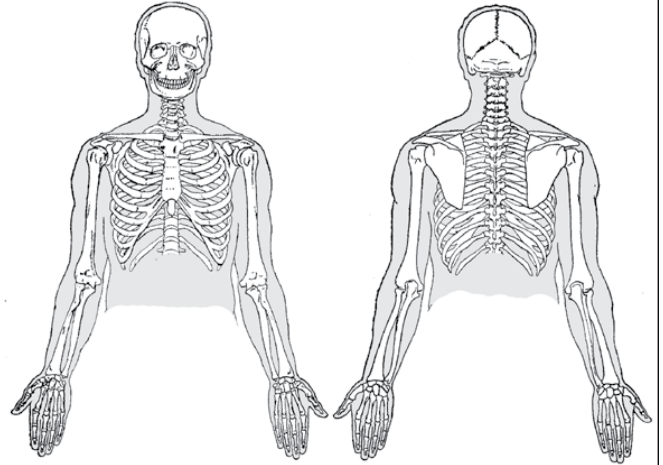
☐ Asymmetry: _____

Observation		L	R
Cervical	Head tilt		
	Head rotation		
	Head carriage (ant. / post.)		
	Lordosis (hyper / hypo)		
Thoracic	High shoulder		
	Scoliosis		
	Kyphosis (hyper / hypo)		
	Adam's sign		

Palpation: ☐ WNL

Palpation	L	R
Skin (masses, temp)		
Lymph nodes		
Temporalis		
Masseter		
TMJ		
Scalenes		
SCM		
Levator scapulae		
Trapezius/rhomboids		
Suboccipitals		
Posterior c-spine muscles		
Trachea mobility		
Thyroid gland		
Clavicle / thoracic outlet		
Rotator cuff		

Mark on drawing ☐ pain (circle), ☐ spasm (s), ☐ edema (e), ☐ fibrotic (f),
☐ MFTP (x), ☐ ache (a), ☐ burning (b), ☐



ROM & Joint Play: ☐ WNL

Cervical spine	Active		Passive	
	L	R	L	R
Flexion (50°)				
Extension (60°)				
Lateral flexion (45°)				
Rotation (80°)				

Shoulder	L	R	L	R
Flexion (180°)				
Extension (50°)				
Abduction (180°)				
Adduction (30°)				
Internal rotation (90°)				
External rotation (80°)				
Scapulocostal rhythm				

TMJ	
Depression/elevation	
Lateral deviation	

Neurologic: ☐ WNL

Sensation <input type="checkbox"/> WNL	L	R
Light touch		
Sharp/dull		
Vibration		

Reflexes (0-5) <input type="checkbox"/> WNL	L	R
Biceps (C5)(musculocut.)		
Brachioradialis(C6)(radial)		
Triceps (C7)(radial)		

Motor (0-5) <input type="checkbox"/> WNL	L	R
Cervical flexion (C1-C2)		
Cervical extension (C2, C3, XI)		
Cervical lat. flexion (C3)		
Cervical rotation (C1-4, XI)		
Trapezius (CN XI)(accessory)		
Deltoid (C5)(axillary)		
Biceps (C6)(musculocut.)		
Triceps (C7, C8)(radial)		
Wrist extensors (C6)(radial)		
Wrist flexors (C7)(med./ulnar)		
Interossei (C8, T1)(ulnar)		

Cranial nerves <input type="checkbox"/> WNL	
<input type="checkbox"/> I (smell)	<input type="checkbox"/> VII (facial expres)
<input type="checkbox"/> II (light, vision)	<input type="checkbox"/> VIII (Weber, Rinne)
<input type="checkbox"/> III, IV, VI (gaze)	<input type="checkbox"/> IX, X (ahhh)
<input type="checkbox"/> V (bite, sensation)	<input type="checkbox"/> XI (trap/SCM)
<input type="checkbox"/> V, VII (corneal ref.)	<input type="checkbox"/> XII (tongue)

Orthopedic: ☐ WNL

Screening	L	R
Valsalva		
Cervical compression		
Max. compression		
Cervical distraction		
Soto Hall		
Jull's test		
Brachial stretch		
Shoulder depression		
TOS	L	R
Eden's		
Wright's		
Adson's		
Roo's		

L		R
	C0	
	C1	
	C2	
	C3	
	C4	
	C5	
	C6	
	C7	
	T1	
	T2	
	T3	
	T4	
	T5	
	T6	

Additional procedures: ☐ WNL

- ☐ Abdominal exam: _____
- ☐ Auscultation (heart, lungs): _____
- ☐ Ophthalmoscopic exam: _____
- ☐ Otoscopic exam: _____
- ☐ Other: _____

DDx:

Signature: _____

Date: _____



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