CC & significant history:	Lower Body Regional Exam  ☑ Check normal, circle & describe abnormal	Patient: Insurance: Date of birth:	
, -	rk, □ percussion, □ torsion test, □ 5-step test): □ <b>WNL</b> □ <b>imaging:</b> _ llar (L4), □ hamstring (L5), □ Achilles (S1):		

Leg length: L: \_

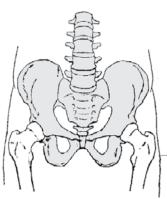
## **Lumbosacral:**

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:

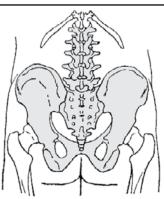
Observation 

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		

## 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:
- $\hfill\Box$  Asymmetry:

Palpation: □ WNL

- □ Soft tissue:
- □ Bone:
- □ Tibial pulse:
- □ Dorsal pedial:
- □ 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		



Each item should be utilized as a diagnostic option based on the patient's presenting symptoms and the clinical discretion of the examiner. Every procedure does not have to be performed on every patient. Patient information contained within this form is considered strictly confidential. Reproduction is permitted for personal use, not for resale or redistribution.

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Signature:

Date: