

CNS - OSPE

I Test the position sense in the upper limb of the given subject.

- 1 Make the subject sit comfortably and stand on the right side.
- 2 Give instruction about the flexed and extended position of the index finger and ask the subject to imitate the same movement on the opposite limb.
- 3 Ask the subject to close his eyes. Stabilize the index finger at the sides of the distal interphalangeal joint.
- 4 Do the passive flexion and extension of the distal phalanx of the index finger and report.

II Test the tone of the upper limb muscles at the elbow joint in the given subject.

- 1 Make the subject comfortable and stand on the right side of the subject.
- 2 Expose the part to be examined. Feel the Tautness of the muscle by holding the muscle to be examined between the thumb and other four fingers.
- 3 Feel the tone of the muscle by performing passive movements.
- 4 Do the same on the other limb and report.

III Test the power of the biceps muscle in the given subject

- 1 Make the subject comfortable and stand on the right side of the subject.
- 2 Expose the part to be examined and instruct the patient about the flexion movement and application of resistance.
- 3 Ask the subject to flex the arm against resistance and feel the strength of the biceps muscle.
- 4 Do the same on the other limb and report.

IV Test the coordination of movement in the upper limb by the finger finger nose test in the given subject.

- 1 Make the subject comfortable and stand on the right side.
- 2 Ask the subject to extend one arm on the side and put your index finger in front of the subject.
- 3 Ask the subject to first touch your finger with his index finger and then touch his nose 2 to 3 times.
- 4 Do the same procedure on the other limb and report.

V Demonstrate the Rinnes test in the given subject.

- 1 Make the subject comfortable and give the instruction.
- 2 Vibrate the tuning fork and keep the base over the mastoid process behind the ear.
- 3 Ask the subject to raise a finger when he stops hearing the sound, immediately hold the prongs of the tuning fork parallel to the external ear and ask whether he can hear the sound.
- 4 Do the same on the other side and report

VI Elicit the Knee jerk in the given subject in the sitting posture.

- 1 To stand on the right side of the subject. Proper positioning of the subject – he must cross the leg & the leg should not touch the ground.
- 2 Proper holding of the knee hammer.
- 3 Strike the patellar tendon with the narrow end of the knee hammer (only wrist movement)
- 4 Elicit the reflex similarly on the opposite side and report.

VII Examine the Plantar reflex in the given subject

- 1 To stand on the right side of the subject. Instruct the subject to stretch the leg on the stool & to relax completely.
- 2 Gently fix the foot by placing the left hand a little above the ankle.
- 3 Gently stroke with the pointed metallic end of the Knee hammer on the outer edge of the sole of the foot from heel towards the little toe & then medially across the Metatarsals.
- 4 Elicit the reflex on the other limb and report.

CVS & RS – OSPE

I Examine the JVP of the given subject.

- 1 Make the subject to sit with the upper part of the body supported at an angle of 45 degree.
- 2 The chin is turned slightly to the left.
- 3 Inspect the neck veins carefully.
- 4 Report.

II Examine the movements of the chest wall of the given subject.

- 1 Make the subject sit comfortably and stand on front.
- 2 Place the palm over the chest on both sides with fingers spread apart and the thumbs approximating each other in the midline.
- 3 Ask the subject to take in a deep inspiration.
- 4 Observe the separation of the thumb with the movements of the chest wall during deep inspiration and report.

III Examine the heart sounds of the given subject

- (a) Make the subject comfortable and stand to the subjects right side.
- (b) Expose the chest, touch and show all the four auscultatory areas.
- (c) Place the diaphragm of the stethoscope over all the 4 areas and auscultate.
- (d) Report.