

Protocol ID: _____
Study Name: _____
Site: _____
Event Name: _____
Event Date: _____

Study Subject ID: _____
Interviewer Name: _____
Interview Date: _____

BLSA Physical Exam - Ver. 1.1**Section Title: Physical Exam****Instructions:**

Date Completed

☐ Blank

Tester ID

Physical Examination not done:

- ☐ Exam done
☐ Exam not done leave form blank
☐ Exam incomplete

3. Oral prosthesis

- ☐ No prosthesis
☐ Partial prosthesis
☐ Complete prosthesis
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

6. Hearing aid

- ☐ Absent
☐ Present
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

CN IX and X

7. PE_Oropharynx

- ☐ Symmetrical
☐ Asymmetrical
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

CN III, IV, VI (If blind mark: Unknown 555 - physical problems)

8. PE_Vertical Ocular Movement

- ☐ Full
☐ Asymmetrical
☐ Bilateral abnormal
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

9. PE_Horizontal Ocular Movement

- ☐ Full
☐ Asymmetrical
☐ Bilateral abnormal
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

10. PE_Wavy ocular tracking

- ☐ Normal
☐ Abnormal
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

11. PE_Nystagmus

- ☐ No nystagmus
☐ Nystagmus present
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

12. PE_Convergence
(at >= 10 cm or 4 in.)

- ☐ Normal convergence
☐ Unable to converge
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

CN VII

13. PE_Cranial nerve VII
(facial) asymmetry

- ☐ Symmetrical
☐ Asymmetrical
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Cardiovascular

14. Heart murmurs

- ☐ No murmurs
☐ Murmur present
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

15. Heart rhythm

- ☐ Normal (regular)
☐ Abnormal (irregular)
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

16. Carotid bruit

- ☐ Absent
☐ Right side only
☐ Left side only
☐ Bilateral
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Lungs

18. Rales

- ☐ No rales
☐ Rales at bases
☐ Rales more than at bases
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

19. Wheezing

- ☐ No wheezing
☐ Wheezing
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

RAPIDLY ALTERNATING MOVEMENTS

"I want you to sit with your (dominant or most functional) hand palm down on your lap. As quickly and as precisely as possible, raise your hand, turn it over and strike your thigh in the same place with the back of your hand, like this. Keep doing this until I say stop."

23. PE_Hand rhythm

- ☐ Rhythmic
☐ Dysrhythmic
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

24. PE_Number of hand strikes
completed in 20 seconds: (count
back and front hand strike as one)

(Hand Strikes)

- ☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Pathologic Reflexes Present on Either Side

28. PE_Palmontal sign

- ☐ No contraction
☐ Contraction
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

29. PE_Giabellar sign
- ☐ Stops in < = 5 blinks
☐ Stops in 6 - 15 blinks
☐ Persists > 15 blinks
☐ Unknown
- Reason unknown
- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

KNEE AND HIP EXAMINATION

31. PE_Patellar reflex right
- ☐ Normal
☐ Absent
☐ Slightly brisk
☐ Hyperreflexia
☐ Unknown
- Reason unknown
- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems
32. PE_Patellar reflex left
- ☐ Normal
☐ Absent
☐ Slightly brisk
☐ Hyperreflexia
☐ Unknown
- Reason unknown
- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

While performing the straight leg test, the examiner asks: *"Is this painful or tender?"*

- 41k. Right straight leg raise painful?
- ☐ No Pain
☐ Pain localized to groin or hip
☐ Pain localized to thigh
☐ Pain localized to back or shoots down lower extremity
☐ Unknown
- Reason unknown
- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

While performing the straight leg test, the examiner asks: *"Is this painful or tender?"*

- 42k. Left straight leg raise painful?
- ☐ No Pain
☐ Pain localized to groin or hip
☐ Pain localized to thigh
☐ Pain localized to back or shoots down lower extremity
☐ Unknown
- Reason unknown
- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Graphesthesia - *"I am going to draw three symbols on the sole (arch to heel) of your foot using the blunt end of this reflex hammer. I want you to tell me what symbol I drew. Please close your eyes."*
If the participant doesn't know, the examiner asks him or her: *"Please make a guess. For research purposes, I need to write something down, so make your best guess."*

46. PE_Identifies line
- ☐ Yes
☐ No
☐ Unknown
- Reason unknown
- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems
47. PE_Identifies circle
- ☐ Yes
☐ No
☐ Unknown
- Reason unknown
- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems
48. PE_Identifies '+' sign
- ☐ Yes
☐ No
☐ Unknown
- Reason unknown
- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Pathologic Reflexes

49. PE_Babinski sign
- ☐ Flexion or nothing
☐ Dorsiflexion of great toe fanning of toes or both
☐ Unknown
- Reason unknown
- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Stereognosis - *"Close your eyes. I am going to place some objects in your hand. You may move the objects in your hand. I want you to identify each one."*
If he/she cannot name the object, say the following: *"Please make a guess. For research purposes, I need to write something down, so make your best guess."*

50. PE_Identifies quarter ☐ Yes
☐ No
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

51. PE_Identifies safety pin ☐ Yes
☐ No
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

52. PE_Identifies dime ☐ Yes
☐ No
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

53. PE_Identifies key ☐ Yes
☐ No
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Peripheral Pulses - Right

61. PE_Posterior tibial ☐ Present
☐ Absent
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

62. PE_Dorsalis pedis ☐ Present
☐ Absent
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Peripheral Pulses - Left

63. PE_Posterior tibial ☐ Present
☐ Absent
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

64. PE_Dorsalis pedis ☐ Present
☐ Absent
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Venous Insufficiency

65. PE_Telangiectasis or reticular veins (venules/bluish veins <3mm
_tmplItem="76" dia) ☐ Absent
☐ Present
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

66. PE_Varicose veins (= >3mm
diameter, usually tortuous, visible
veins) ☐ Absent
☐ Present
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

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Section Title: Blood Pressure**Instructions:**

BLOOD PRESSURE: *"Next I will measure your blood pressure 3 times in each arm. You must be relaxed, so I will turn down the lights and we should not talk to each other until all the measurements are taken."*

Take the BP measurements by alternating right arm then left arm, allowing 1 minute between each measurement.

67a. Arm cuff size ☐ Small ☐ Regular ☐ Large ☐ Thigh ☐ Unknown [Click to deselect entry](#)

67b. Pulse obliteration level: (Palpated Systolic*) *Add 30 to obtain Maximum Inflation Level (MIL)

67c. Does participant have any of the following conditions?

- | | |
|--|---|
| <input type="checkbox"/> Aortic regurgitation | <input type="checkbox"/> Hyperthyroidism |
| <input type="checkbox"/> AV shunt left arm | <input type="checkbox"/> AV shunt right arm |
| <input type="checkbox"/> Previous surgery right side | <input type="checkbox"/> Previous surgery left side |

67d. SUPINE MEASUREMENTS**Measurement 1**

Right Systolic	Right Diastolic
Left Systolic	Left Diastolic

Measurement 2

Right Systolic	Right Diastolic
Left Systolic	Left Diastolic

Measurement 3

Right Systolic	Right Diastolic
Left Systolic	Left Diastolic

67e. Heart Rate (bpm)

67f. Supine blood pressure completed ☐ Yes ☐ No [Click to deselect entry](#) [Reason not done](#)

☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

STANDING BLOOD PRESSURE MEASUREMENTS: Set timer for 3 minutes. Perform assessments on femur to tibia alignment, Romberg test and hand exam during the 3-minute wait for standing BP.

"Stand with your feet together but not touching and without touching anything for support. Now close your eyes."

69. Romberg Sign ☐ Absent Reason unknown ☐ 555 - Physical problems
☐ Present ☐ 666 - Mental problems
☐ Unknown ☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Standing blood pressure measurements: (Use right arm if possible)

70a. Systolic	Diastolic
---------------	-----------

Heart Rate (bpm)

70b. Dizziness or light headed with standing? ☐ Yes ☐ No [Click to deselect entry](#)

70c. Standing blood pressure completed? ☐ Yes ☐ No [Click to deselect entry](#) [Reason not done](#)

☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Pronator Drift

"Stand and hold your arms stretched out straight in front of you with your palms up and eyes closed until I tell you to stop."72. PE_Presence of pronator drift
in 30 seconds.

- ☐ Absent
☐ Present
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

PARTICIPANT STANDING CLOSE TO AND FACING AWAY FROM WALL

73. Natural occipital to wall distance: *"With your lower back flat against the wall, touch the back of your head to the wall."*

Does occiput touch wall?

- ☐ Yes (record 0 cm)
☐ No (record distance from wall)
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

Distance from wall

PARTICIPANT IS STANDING FACING AWAY FROM THE EXAMINER

74b. Spinal flexion motion painful? *"Is this movement painful or uncomfortable in your back?"*

- ☐ No
☐ Yes
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

PARTICIPANT WILL BE SEATED IN A CHAIR FOR THE NEXT PART OF THE EXAMINATION

Participant kneels in chair, facing back of chair

81b. Achilles reflex, right

- ☐ Normal
☐ Absent
☐ Slightly brisk
☐ Hyperreflexia
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

81a. Achilles reflex, left

- ☐ Normal
☐ Absent
☐ Slightly brisk
☐ Hyperreflexia
☐ Unknown

Reason unknown

- ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
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Section Title: Extremities Inspection

Instructions:

Edema - fluid in the subcutaneous tissue that indents with pressure

83. PE_Clinical score for edema ☐ None
☐ Trace pitting
☐ Very obvious pitting
☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

90. Extremities inspection

☐ None ☐ Amputation ☐ Paralysis ☐ Paresis ☐ Unknown

Reason unknown ☐ 555 - Physical problems
☐ 666 - Mental problems
☐ 777 - Both Physical and Mental problems
☐ 888 - Refused but could do
☐ 999 - Technical Problems

91. Amputations - multiple choice (*indicate location*):

Right upper extremity ☐ Above elbow
☐ Below elbow
☐ Metacarpal
☐ Digits

Missing Digits (If 1+ phalanges)

1st finger	<input type="checkbox"/> 1	2nd finger	<input type="checkbox"/> 2	3rd finger	<input type="checkbox"/> 3	4th finger	<input type="checkbox"/> 4	5th finger	<input type="checkbox"/> 5
------------	----------------------------	------------	----------------------------	------------	----------------------------	------------	----------------------------	------------	----------------------------

Left upper extremity ☐ Above elbow
☐ Below elbow
☐ Metacarpal
☐ Digits

1st finger	<input type="checkbox"/> 1	2nd finger	<input type="checkbox"/> 2	3rd finger	<input type="checkbox"/> 3	4th finger	<input type="checkbox"/> 4	5th finger	<input type="checkbox"/> 5
------------	----------------------------	------------	----------------------------	------------	----------------------------	------------	----------------------------	------------	----------------------------

Right lower extremity ☐ Above knee
☐ Below knee
☐ Metatarsal
☐ Digits

1st toe	<input type="checkbox"/> 1	2nd toe	<input type="checkbox"/> 2	3rd toe	<input type="checkbox"/> 3	4th toe	<input type="checkbox"/> 4	5th toe	<input type="checkbox"/> 5
---------	----------------------------	---------	----------------------------	---------	----------------------------	---------	----------------------------	---------	----------------------------

Left lower extremity ☐ Above knee
☐ Below knee
☐ Metatarsal
☐ Digits

1st toe	<input type="checkbox"/> 1	2nd toe	<input type="checkbox"/> 2	3rd toe	<input type="checkbox"/> 3	4th toe	<input type="checkbox"/> 4	5th toe	<input type="checkbox"/> 5
---------	----------------------------	---------	----------------------------	---------	----------------------------	---------	----------------------------	---------	----------------------------

92. Paralysis - multiple choice (*indicate limb*):

Upper extremity	<input type="checkbox"/> Right	Upper extremity	<input type="checkbox"/> Left
-----------------	--------------------------------	-----------------	-------------------------------

Lower extremity	<input type="checkbox"/> Right	Lower extremity	<input type="checkbox"/> Left
-----------------	--------------------------------	-----------------	-------------------------------

93. Paresis - multiple choice (*indicate limb*):

Upper extremity	<input type="checkbox"/> Right	Upper extremity	<input type="checkbox"/> Left
-----------------	--------------------------------	-----------------	-------------------------------

Lower extremity

☐ Right

Lower extremity

☐ Left

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