

Section	Items	Details	
I: General Information	Present Symptom:		
	History of Onset:	First onset/Recurrence	
		Initial Onset Date	
	Progress of Condition:	improving / deteriorating / static / fluctuating	
II: Subjective Examination	Pain Score (NPRS)		
	Aggravating Factor(s)		
	Tolerance (minutes)	Sitting	
		Standing	
		Walking	
		Aid	
	Red Flags Screening	Potential Serious Pathology /Malignancy	Significant weight loss Poor appetite Fever Night pain
		Cauda Equina/ neurology/ myelopathy	Bladder/Bowel (B/B) Disturbance Saddle Anaesthesia Bilateral UL/LL weakness Bilateral UL/LL sensory deficit Hand Clumsiness Gait disturbance
III: Objective Examination	Cervical	Posture	
		ROM	Flexion Extension Side flexion L Side flexion R Rotation L Rotation R
	Lumbar	Posture:	
		ROM:	Flexion: Extension: Side flexion L: Side flexion R: Rotation L: Rotation R:
	Straight Leg Raise (SLR)	Left degrees	
		Right degrees	
	Prone Knee Bend (PKB)	Left	
		Right	

	UL Tension Tests:	Median:	
		Ulnar:	
		Radial:	
		Jerks	Jerks: <div><div></div><div>Right</div><div>Left</div></div> <div>Biceps:++ Triceps:++ Knee:++ Ankle:++ Babinski Sign: Ankle Clonus: Hoffman Sign: Tandem walk: Finger Escape Sign: 10s:</div>
		Myotomes	Myotomes: <div><div></div><div>Right</div><div>Left</div></div> <div>Upper limb: C4 Shoulder shrugs5 C5 Shoulder abduction ,Elbow flexion5 C6 Wrist Extension5 C7 Elbow extension ,Wrist flexion5 C8 Thumb extension, Finger flexion5 T1 Finger abduction/adduction5</div>
		Lower limb	Lower limb: <div><div></div><div>Right</div><div>Left</div></div> <div>L2 hip flexion L3 Knee extension5 L4 Ankle dorsiflexion5 L5 Big toe extension5 S1 Ankle Plantarflexion5 S2 Knee Flexion5</div>
Reflex and Myelopathy Sign:	Other Peripheral joints		

IV: Function Score	Roland-Morris Disability Questionnaire (RMDQ) (24-item scale for low back pain impact) RMDQ	/24
	Neck Disability Index (NDI) (10-item percentage scale for cervical dysfunction)	%

V: Intervention	Postural correction	
	Pain Modulation (hot pack)	
	Therapeutic Exercise	
	Gait re-education	

VI: Recommendation	Discharge with advice & home program	
	Further Specialist Outpatient Department (SOPD) follow up	
	MMRC OPD PT	
	OPD PT	
	MMRC Day Rehabilitation	

