A diagram of a medical procedure

AI-generated content may be incorrect.

**AlignPro腰痛查体清单**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 步骤 | 项目 | | 阳性/阴性 | 如果阳性，位置 |
| 视诊  （从前面、后面和侧面站立观察体态） | 姿势不对称 | |  |  |
| 脊柱弯曲  如：脊柱侧弯或驼背 | |  |  |
| 皮肤异常 | |  |  |
| 触诊 | 脊柱、椎旁和软组织压痛 | |  |  |
| 椎体棘突压痛 | |  |  |
| 运动  （观察步态/在行走或改变姿势时的运动） | 运动的严重限制 | |  |  |
| 运动时疼痛 | |  |  |
| 腰椎活动度 (前屈后伸受限) | |  |  |
| 神经功能检查 | 肌力 （肌力下降为阳性，或按分级记录） | 踝背伸 |  |  |
| 踝跖屈 |  |  |
| 拇趾背伸 |  |  |
| 感觉 | 感觉减退 |  |  |
| 感觉过敏 |  |  |
| 反射 | 膝反射 |  |  |
| 踝反射 |  |  |

可以根据查体判断有无神经根病，单纯LBP的神经功能检查应当是正常的。

腰椎管狭窄症神经查体多数也是正常的，因此主要根据症状（行走或站立较长时间出现根性痛，坐下休息症状即减轻，即腰椎管狭窄的间歇性跛行症状）及影像学诊断。

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Steps** | **Items** | | **Positive/Negative** | **If Positive, Location** |
| **Inspection** | Posture asymmetry | |  |  |
| Spinal curvature  e.g., scoliosis or kyphosis | |  |  |
| Skin abnormalities | |  |  |
| **Palpation** | Pain in the spine, vertebrae, or soft tissues | |  |  |
| Vertebral compression pain | |  |  |
| **Movement** | Severe movement limitation | |  |  |
| Movement-induced pain | |  |  |
| Lumbar range of motion (forward/backward bending) | |  |  |
| Functional Testing | Muscle strength (record as reduced if below normal or grade accordingly) | Heel raise weakness |  |  |
| Toe raise weakness |  |  |
| Hip extension weakness |  |  |
| Sensation | Sensory reduction |  |  |
| Sensory hypersensitivity |  |  |
| Reflexes | Knee reflex reduction |  |  |
| Knee reflex exaggeration |  |  |

Low Back Pain Physical Examination Checklist

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| steps | Items | | Positive/Negative | If positive, location |
| **Inspection**  (in standing from the front, back and sides for body habitus) | asymmetry of posture | |  |  |
| spinal curves  e.g. scoliosis or kyphosis | |  |  |
| muscle bulk | |  |  |
| abnormalities on the skin | |  |  |
| **Palpation** of the spine | spinal, paraspinal and soft tissue tenderness. | |  |  |
| vertebral spinous process tenderness | |  |  |
| **Movement**  (Observe for gait/ movement while walking or changing posture) | gross limitations of movement | |  |  |
| pain on gross movement | |  |  |
| **Neurological examination** | radicular pain | straight leg raise (L4, L5, S1, S2)  (provocative tests for nerve root irritation) |  |  |
| prone knee bend (L2, L3, L4)  (provocative tests for nerve root irritation) |  |  |
| lumbar extension and ipsilateral side flexion  exacerbates radicular pain |  |  |
| radiculopathy | Sensory: diminished light touch or pinprick in  dermatomal distribution |  |  |
| Sensory: paraesthesia intensifies with  lumbar extension |  |  |
| Motor: myotomal weakness |  |  |
| Reflexes: reduced or absent knee jerk or ankle jerk |  |  |
| lumbar spinal stenosis | mild motor weakness or sensory changes |  |  |
|  | antalgic postures (stooped standing and walking), straightened posture can amplify leg pain or numbness |  |  |
| wide based gait |  |  |