A diagram of a medical procedure

AI-generated content may be incorrect.

**AlignPro腰痛查体清单**

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| --- | --- | --- | --- | --- |
| 步骤 | 项目 | | 阳性/阴性 | 如果阳性，位置 |
| 检查  （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 | |  |  |
| 肌肉体积 | |  |  |
| 皮肤异常 | |  |  |
| 脊柱触诊 | 脊柱、椎旁和软组织压痛 | |  |  |
| 椎体棘突压痛 | |  |  |
| 运动  **（观察步态/行走或前屈/后伸）** | 运动的严重限制 | |  |  |
| 运动时疼痛 | |  |  |
| 神经学检查 | 放射性疼痛 | 直腿抬高（L4、L5、S1、S2）  （神经根刺激诱发试验） |  |  |
| 俯卧屈膝（L2、L3、L4）  （神经根刺激诱发试验） |  |  |
| 腰椎伸展和同侧侧屈  加重放射性疼痛 |  |  |
| 神经根病 | 感觉：皮节分布区轻触或针刺感觉减退 |  |  |
| 感觉：腰椎伸展时感觉异常加重 |  |  |
| 运动：肌节段无力 |  |  |
| 反射：膝跳反射或踝反射减弱或消失 |  |  |
| 腰椎管狭窄 | 轻度运动无力或感觉改变 |  |  |
| 缓解姿势（弯腰站立和行走）  直立姿势会加重腿痛或麻木 |  |  |
| 宽基底步态 |  |  |

Low Back Pain Physical Examination Checklist

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| --- | --- | --- | --- | --- |
| 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 |  |  |