MMRC Physiotherapy Department

  Back and Neck Assessment

 I: General Information:

  Present Symptom:

  History of Onset:

   First onset

   Recurrence

   IOD

  Progress of Condition: improving / deteriorating / static / fluctuating

 II: Subjective Examination:

  Pain Score (NPRS):

  Aggravating Factor:

  Tolerance (minutes):

  Sitting:

  Standing:

  Walking:                            Aid:

  Red Flags Screening:

  Potential Serious Pathology/Malignancy:

  Y/N

    Significant weight loss

    Poor appetite

    Fever

    Night pain

  Cauda Equina/neurology/myelopathy

  Y/N

    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:

  SLR: Left degrees  Right degrees

  PKB:

  UL Tension Tests:

   Median:

   Ulnar:

   Radial:

Reflex and Myelopathy Sign:

Jerks:

|  |  |  |
| --- | --- | --- |
|  | Right | Left |
| Biceps: | ++ | ++ |
| Triceps: | ++ | ++ |
| Knee: | ++ | ++ |
| Ankle: | ++ | ++ |
| Babinski Sign: |  |  |
| Ankle Clonus: |  |  |
| Hoffman Sign: |  |  |
| Tandem walk: |  |  |
| Finger Escape Sign: |  |  |
| 10s: |  |  |

Myotomes:

|  |  |  |
| --- | --- | --- |
| Upper limb: | Right | Left |
| C4 Shoulder shrugs | 5 | 5 |
| C5 Shoulder abduction ,Elbow flexion | 5 | 5 |
| C6 Wrist Extension | 5 | 5 |
| C7 Elbow extension ,Wrist flexion | 5 | 5 |
| C8 Thumb extension, Finger flexion | 5 | 5 |
| T1 Finger abduction/adduction | 5 | 5 |

Lower limb:

|  |  |  |
| --- | --- | --- |
| L2 hip flexion | Right | Left |
| L3 Knee extension | 5 | 5 |
| L4 Ankle dorsiflexion | 5 | 5 |
| L5 Big toe extension | 5 | 5 |
| S1 Ankle Plantarflexion | 5 | 5 |
| S2 Knee Flexion | 5 | 5 |

 Other Peripheral joints:

\*Assessment Highlights:

IV: Function Score:

  RMDQ:  /24

  NDI:   %

V: Intervention:

   Postural correction

   Pain Modulation (hot pack)

   Therapeutic Exercise

   Gait re-education

VI: Recommendation:

          Discharge with advice & home program

          Further SOPD follow up

          MMRC OPD PT

          OPD PT

          MMRC Day Rehabilitation