

**COMPLETE PHYSICAL EXAMINATION**

Date \_\_\_\_\_

Examiner \_\_\_\_\_

Patient \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Occupation \_\_\_\_\_ Reason for visit \_\_\_\_\_

**General Survey of Patient**

1. Appears stated age \_\_\_\_\_
2. Level of consciousness \_\_\_\_\_
3. Skin color \_\_\_\_\_
4. Nutritional status \_\_\_\_\_
5. Posture and position \_\_\_\_\_
6. Obvious physical deformities \_\_\_\_\_
7. Mobility: gait, use of assistive devices, ROM of joints, no involuntary movement \_\_\_\_\_
8. Facial expression \_\_\_\_\_
9. Mood and affect \_\_\_\_\_
10. Speech: articulation, pattern, content appropriate, native language \_\_\_\_\_
11. Hearing \_\_\_\_\_
12. Personal hygiene \_\_\_\_\_

**Measurement and Vital Signs**

1. Weight \_\_\_\_\_
2. Height \_\_\_\_\_
3. Waist circumference \_\_\_\_\_
4. Body mass index \_\_\_\_\_
5. Vision using Snellen eye chart \_\_\_\_\_  
Right eye \_\_\_\_\_ Left eye \_\_\_\_\_ Correction? \_\_\_\_\_
6. Radial pulse, rate, and rhythm \_\_\_\_\_
7. Respirations, rate, depth \_\_\_\_\_
8. Blood pressure  
Right arm \_\_\_\_\_ (sitting or lying?)  
Left arm \_\_\_\_\_ (sitting or lying?)
9. Temperature (if indicated) \_\_\_\_\_
10. Pain assessment \_\_\_\_\_

**Stand in Front of Patient, Patient Is Sitting****Skin**

1. Hands and nails \_\_\_\_\_
2. (For remainder of examination, examine skin with corresponding region)  
Color and pigmentation \_\_\_\_\_  
Temperature \_\_\_\_\_  
Moisture \_\_\_\_\_  
Texture \_\_\_\_\_  
Turgor \_\_\_\_\_  
Any lesions \_\_\_\_\_

**Head and Face**

1. Scalp, hair, cranium \_\_\_\_\_
2. Face (cranial nerve VII) \_\_\_\_\_
3. Temporal artery, temporomandibular joint \_\_\_\_\_
4. Maxillary sinuses, frontal sinuses \_\_\_\_\_

**Eyes**

1. Visual fields (cranial nerve II) \_\_\_\_\_
2. Extraocular muscles, corneal light reflex \_\_\_\_\_  
Cardinal positions of gaze (cranial nerves III, IV, VI) \_\_\_\_\_
3. External structures \_\_\_\_\_
4. Conjunctivae \_\_\_\_\_  
Sclerae \_\_\_\_\_  
Corneas \_\_\_\_\_  
Irides \_\_\_\_\_
5. Pupils \_\_\_\_\_
6. Ophthalmoscope, red reflex \_\_\_\_\_  
Disc \_\_\_\_\_  
Vessels \_\_\_\_\_  
Retinal background \_\_\_\_\_

**Ears**

1. External ear \_\_\_\_\_
2. Any tenderness \_\_\_\_\_
3. Otoscope, ear canal \_\_\_\_\_  
Tympanic membrane \_\_\_\_\_
4. Test hearing (cranial nerve VIII), voice test \_\_\_\_\_

**Nose**

1. External nose \_\_\_\_\_
2. Patency of nostrils \_\_\_\_\_
3. Speculum, nasal mucosa \_\_\_\_\_  
Septum \_\_\_\_\_  
Turbinates \_\_\_\_\_

**Mouth and Throat**

1. Lips and buccal mucosa \_\_\_\_\_  
Teeth and gums \_\_\_\_\_  
Tongue \_\_\_\_\_  
Hard/soft palate \_\_\_\_\_
2. Tonsils \_\_\_\_\_
3. Uvula (cranial nerves IX, X) \_\_\_\_\_
4. Tongue (cranial nerve XII) \_\_\_\_\_

**Neck**

1. Symmetry, lumps, pulsations \_\_\_\_\_
2. Cervical lymph nodes \_\_\_\_\_
3. Carotid pulse (bruits if indicated) \_\_\_\_\_
4. Trachea \_\_\_\_\_
5. ROM and muscle strength (cranial nerve XI) \_\_\_\_\_

**Move to Back of Patient, Patient Sitting**

6. Thyroid gland \_\_\_\_\_

**Chest and Lungs, Posterior and Lateral**

1. Thoracic cage configuration \_\_\_\_\_  
Skin characteristics \_\_\_\_\_  
Symmetry \_\_\_\_\_
2. Symmetric expansion \_\_\_\_\_  
Tactile fremitus \_\_\_\_\_  
Lumps or tenderness \_\_\_\_\_
3. Spinous processes \_\_\_\_\_
4. Percussion over lung fields \_\_\_\_\_  
Diaphragmatic excursion \_\_\_\_\_
5. CVA tenderness \_\_\_\_\_
6. Breath sounds \_\_\_\_\_
7. Adventitious sounds \_\_\_\_\_

**Move to Front of Patient****Chest and Lungs, Anterior**

1. Respirations and skin characteristics \_\_\_\_\_
2. Tactile fremitus, lumps, tenderness \_\_\_\_\_
3. Percuss lung fields \_\_\_\_\_
4. Breath sounds \_\_\_\_\_

**Upper Extremities**

1. ROM and muscle strength \_\_\_\_\_
2. Epitrochlear nodes \_\_\_\_\_

**Breasts**

1. Symmetry, mobility, dimpling \_\_\_\_\_
2. Supraclavicular and infraclavicular areas \_\_\_\_\_

**Patient Supine, Stand at Patient's Right**

3. Breast palpation \_\_\_\_\_
4. Nipple \_\_\_\_\_
5. Axillae and regional nodes \_\_\_\_\_
6. Teach breast self-examination \_\_\_\_\_

**Neck Vessels**

1. Jugular venous pulse \_\_\_\_\_
2. Jugular venous pressure, if indicated \_\_\_\_\_

**Heart**

1. Precordium: pulsations and heave \_\_\_\_\_
2. Apical impulse \_\_\_\_\_
3. Precordium, thrills \_\_\_\_\_

4. Apical rate and rhythm \_\_\_\_\_
5. Heart sounds \_\_\_\_\_

**Abdomen**

1. Contour, symmetry \_\_\_\_\_  
 Skin characteristics \_\_\_\_\_  
 Umbilicus and pulsations \_\_\_\_\_
2. Bowel sounds \_\_\_\_\_
3. Vascular sounds \_\_\_\_\_
4. Percussion \_\_\_\_\_
5. Liver span in right MCL \_\_\_\_\_
6. Spleen \_\_\_\_\_
7. Light and deep palpation \_\_\_\_\_
8. Palpation of liver, spleen, kidneys, aorta \_\_\_\_\_
9. Abdominal reflexes, if indicated \_\_\_\_\_

**Inguinal Area**

1. Femoral pulse \_\_\_\_\_
2. Inguinal nodes \_\_\_\_\_

**Lower Extremities**

1. Symmetry \_\_\_\_\_  
 Skin characteristics, hair distribution \_\_\_\_\_
2. Pulses, popliteal \_\_\_\_\_  
 Posterior tibial \_\_\_\_\_  
 Dorsalis pedis \_\_\_\_\_
3. Temperature, pretibial edema \_\_\_\_\_
4. Toes \_\_\_\_\_

**Patient Sits Up**

5. ROM and muscle strength, hips \_\_\_\_\_  
 Knees \_\_\_\_\_  
 Ankles and feet \_\_\_\_\_

**Neurologic**

1. Sensation, face \_\_\_\_\_  
 Arms and hands \_\_\_\_\_  
 Legs and feet \_\_\_\_\_
2. Position sense \_\_\_\_\_
3. Stereognosis \_\_\_\_\_
4. Cerebellar function, finger-to-nose \_\_\_\_\_
5. Cerebellar function, heel-to-shin \_\_\_\_\_
6. Deep tendon reflexes  
 Biceps \_\_\_\_\_ Triceps \_\_\_\_\_  
 Brachioradialis \_\_\_\_\_ Patellar \_\_\_\_\_  
 Achilles \_\_\_\_\_
7. Babinski reflex \_\_\_\_\_

**Patient Stands Up****Musculoskeletal**

1. Walk across room \_\_\_\_\_  
Walk, heel to toe \_\_\_\_\_
2. Walk on tiptoes, and then walk on heels \_\_\_\_\_
3. Romberg sign \_\_\_\_\_
4. Shallow knee bend \_\_\_\_\_
5. Touch toes \_\_\_\_\_
6. ROM of spine \_\_\_\_\_

**Male Genitalia**

1. Penis and scrotum \_\_\_\_\_
2. Testes and spermatic cord \_\_\_\_\_
3. Inguinal hernia \_\_\_\_\_
4. Teach testicular self-examination \_\_\_\_\_

**Male Rectum**

1. Perianal area \_\_\_\_\_
2. Rectal walls and prostate gland \_\_\_\_\_
3. Stool for occult blood \_\_\_\_\_

**Female Patient in Lithotomy Position****Female Genitalia and Rectum**

1. Perineal and perianal areas \_\_\_\_\_
2. Vaginal speculum: cervix and vaginal walls \_\_\_\_\_
3. Procure specimens \_\_\_\_\_
4. Bimanual: cervix, uterus, and adnexa \_\_\_\_\_  
\_\_\_\_\_
5. Rectovaginal \_\_\_\_\_
6. Stool for occult blood \_\_\_\_\_

**Closure**

1. Help patient sit up
2. Thank patient for time, and depart from patient