

1. Inspect head & face - symmetry & midline
2. Palpate sinuses
  - a. Frontal & maxillary
3. Palpate lymph nodes (9)
4. Palpate temporomandibular joint (crepitus)
5. CN 5/ trigeminal, 2 parts
  - a. Motor (clinch jaw)
  - b. Sensory (close eyes)
6. CN 7/ facial (expressions)
7. Inspect ears
8. Inspect ear canal with otoscope
  - a. Auditory canal
  - b. Tympanic membrane
  - c. No effusion
9. Palpate pinna & tragus
10. CN 8/ acoustic (whisper)
11. Inspect conjunctiva & sclera
12. CN 2/ optic nerve, 3 parts (stand up)
  - a. Central (Snellen)
  - b. Peripheral (wiggle)
  - c. Response to light (pen light)
13. CN 3,4,6/ocular motor, trochlear & abducens(H)
14. Inspect nose
  - a. R & L turbinate
15. Inspect lips, teeth & gums
16. Inspect buccal mucosa bilaterally
17. Inspect hard & soft palate
18. Inspect tongue & floor of mouth
19. Inspect posterior pharynx
20. Inspect lack of tonsils
21. CN 10/ vagus (soft palate + uvula rise symmetrically w/ phonation)
22. CN 12/ hypoglossal (side to side)
23. Inspect neck
24. Palpate trachea
25. Palpate thyroid gland (swallow)
26. Palpate carotid arteries
27. Auscultate carotid arteries (hold breath, bell, bruits)
28. Cranial nerve 11/spinal accessory (shrug)
29. Inspect anterior chest
30. Auscultate heart sounds (APETM, bell & diaphragm)
  - a. Aortic (2<sup>nd</sup>, R sternal border)
  - b. Pulmonic (2<sup>nd</sup>, L sternal border)
  - c. Erb's point (3<sup>rd</sup>, L sternal border)
  - d. Tricuspid (4<sup>th</sup>, L sternal border)
  - e. Mitral (5<sup>th</sup>, midclavicular line)
31. Auscultate anterior lung sounds (6)
32. Auscultate posterior lung sounds (start above scapula, 8)
33. Inspect hands - bilaterally
34. Assess capillary refill - bilaterally
35. Palpate radial pulses - bilaterally
36. Assess grip strength - bilaterally
37. Cerebellar coordination
  - a. Fingers & hands
38. Active neck ROM
  - a. Flex & extend
  - b. Laterally flexion & rotation
39. Passive elbow ROM - unilaterally
40. Passi
  - unila
  - a. Fl
  - b. In
  - c. AB
41. Bicep
  - resist
  - bilat
  - a. Fl
42. Deep
  - unila
  - a. Bi
  - Ac
43. Inspe
  - symm
44. Au
45. Au
  - a. Ac
  - b. LE
  - un
  - c. LE
  - un
46. Pe
  - a. Du
47. Pa
  - a. Li
  - ar
  - th
  - ar
  - ar
  - b. Sp
  - or
  - co
  - in
  - dc
48. Blum
  - angle
49. In
50. Kr
  - a. Pu