

General inspection

Postural abnormalities or deformities
Muscle wasting
Fasciculations
Abnormal movements

Tone

'Roll' legs side to side on bed
Flex and extend knee
Rotate ankle
Test for clonus – Upon forceful plantarflexion a patient involuntarily repeats the plantarflexion motion

Power

Hips flexion
Hips abduction – Not and against force
Hips adduction – Not and against force
Hips extension – Not and against force
Knees flexion – Not and against force
Knees extension – Not and against force
Ankle dorsiflexion – Not and against force
Ankle plantarflexion – Not and against force
Big toe extension – Not and against force

Coordination

Run heel of one leg up the shin of the other
Tap each foot on the ground

Tendon reflexes

Knee (L4, L4)
Ankle (S1)
Plantar response – Scrape sole upwards towards toes. Toe flexion is expected. Toe extension and fanning is abnormal.

Sensation – Light soft touch

Upper part of the upper leg (L2)
Lower-medial part of upper leg (L3)
Medial lower leg (L4)

Lateral lower leg (L5)

Sole of foot (S1)

Back of upper leg (S2)

Sensation – 'Painful' sharp touch

Upper part of the upper leg (L2)
Lower-medial part of upper leg (L3)
Medial lower leg (L4)
Lateral lower leg (L5)
Sole of foot (S1)
Back of upper leg (S2)

Sensation – Proprioception

Joint position sense – Ask patient to close eyes and flex and extend their knee. The patient is to state if their distal leg is in the up or down position.

Other

Gait

Romberg's test – Ask patient to stand with feet close together and eyes closed. Observe sense of balance with or without pushing (if appropriate and with patient consent).

