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| **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  http://www.rcemlearning.co.uk/wp-content/uploads/01_dermatomes_lower_limb.jpgRomberg’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). |