

Dr. Littrell's Physical Examination Procedure (Suggested Order)

Patient position: Standing

- Height and weight
- Right atrial pressure/hand vein evaluation
- Distance acuity evaluation with the Snellen or Sloan chart

Patient position: Seated

Doctor position: Facing the patient

Vitals, Head and Neck:

- Temperature
- Respiration
- Radial pulses
- Capillary return in the upper extremities
- Skull evaluation
- Lymph node evaluation
- Salivary gland evaluation
- Sinus palpation and percussion
- Tracheal evaluation
- Blood pressure evaluation
- Auscultation of the carotid and subclavian arteries

EENT:

- Peripheral fields testing
- Cardinal planes of gaze
- Accommodation evaluation
- Auditory acuity evaluation
- Sinus palpation and percussion
- Sinus transillumination (if needed)
- Nasal patency evaluation
- Nasal mucosa evaluation
- Oropharynx evaluation
- Otoscopic evaluation
- Corneal light reflection
- Direct reflex
- Indirect reflex
- "Swinging penlight" evaluation
- Ophthalmoscopic evaluation

Patient position: Seated
Doctor position: Behind the patient

Thyroid assessment
Supraclavicular lymph node assessment
Axillary and epitrochlear lymph node assessment

Thorax:

Thoracic expansion
Tactile fremitus
Percussion
Diaphragmatic excursion evaluation
Auscultation of breath sounds
Vocal resonance (if needed)
Kidney punch

Patient position: Supine
Doctor position: To the right of the patient

Dorsal pedis pulses
Capillary return in the lower extremities
Observe for edema and varicosities; check depth of edema if present
Observe the jugular venous pulse
Observe the PMI
Palpate over the heart valves
Tactile fremitus (if needed)
Percussion (if needed)
Auscultation of breath sounds
Vocal resonance (if needed)
Observe the abdomen
Auscultate the abdominal vascular sounds
Auscultate the bowel sounds
Assess the abdominal reflexes
Percuss the intestines
Percuss the liver size
Fist percuss for liver pain
Percuss the spleen size
Palpate the intestines
Palpate the liver
Palpate the gall bladder
Palpate the right kidney
Palpate the spleen
Palpate the left kidney