

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

Procedures that are bracketed { } are not required for the final practical, but would be performed with most comprehensive physical examinations.

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
- Lymph node evaluation
- Salivary gland evaluation
- Tracheal evaluation
- Blood pressure evaluation
- Auscultation of the carotid and subclavian arteries

EENT:

- External EENT observations
- 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 reflexes/indirect reflexes
- {“Swinging penlight” evaluation}
- Ophthalmoscopic evaluation

Patient position: Seated

Doctor position: Behind the patient

Thyroid assessment (could be performed from anterior)

Supraclavicular lymph node assessment (could be performed from anterior)

{ Axillary and epitrochlear lymph node assessment }

Thorax:

Inspection

Thoracic expansion

Tactile fremitus

{ Percussion (global) }

Diaphragmatic excursion evaluation

Auscultation of breath sounds

{ Vocal resonance (as needed) }

Kidney punch (performed before kidney palpation ONLY in those w/o flank pain)

Patient position: Supine

Doctor position: To the right of the patient

Dorsal pedis pulses (or most distal lower extremity pulse)

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 }

Auscultation of breath sounds

Auscultation of heart sounds

{ Vocal resonance (as needed) }

Observe the abdomen

Auscultate the abdominal vascular sounds

Auscultate the bowel sounds

{ Assess the abdominal reflexes }

Percuss the intestines

{ Percuss the liver size }

{ Percuss the spleen size }

Palpate the intestines (light, moderate, and deep)

Palpate the liver

Palpate the gall bladder

Palpate the right kidney

Palpate the spleen

Palpate the left kidney

Fist percuss for liver pain