

## Musculoskeletal Screening Examination Checklist

Instructions: *Italicized information indicates what the student should be verbalizing.*

Abnormal findings from the screening exam would prompt the examiner to perform a more detailed examination of the particular area (i.e., shoulder).

	Performed	Verbalized
<b><i>Washes hands FIRST.</i></b>		Y / N
<b><i>Introduces self to patient using first and last name, including role.</i></b>	Y / N	
<b>Notes general appearance and vital signs.</b>		Y / N
Patient stands facing examiner	Y / N	
Patient looks at ceiling, floor, over both shoulders, touch ears to shoulder <i>Neck ROM: observe for restriction [symmetric or asymmetric], pain, and crepitus.</i>	Y / N	
Patient shrugs shoulders (resistance)	Y / N	
Patient abducts arms to 90° (resistance at 90°) <i>Observe for restriction [symmetric or asymmetric], pain, and crepitus)</i>	Y / N	Y / N
Patient performs full external rotation of arms <i>Observe for restriction [symmetric or asymmetric], pain, and crepitus.</i>	Y / N	Y / N
Patient flexes and extends elbows <i>Observe for restriction [symmetric or asymmetric], pain, and crepitus.</i>	Y / N	Y / N
With arms at sides and elbows flexed 90°, patient pronates and supinates hands <i>Observe for restriction [symmetric or asymmetric], pain, and crepitus.</i>	Y / N	Y / N
Patient spreads fingers and makes fist <i>Observe for restriction [symmetric or asymmetric], pain, and crepitus.</i>	Y / N	Y / N
Patient tightens (contracts) quadriceps <i>Leg extension strength.</i>	Y / N	Y / N
Patient turns back to examiner <i>Check spine for abnormal curvature.</i>	Y / N	Y / N
With knees straight, patient touches toes <i>Check for flexibility and curvature of the spine, such as scoliosis, smoothness and symmetry of motion, flattening of the lumbar curve with flexion.</i>	Y / N	Y / N
Patients raises up on toes, heels	Y / N	
Patient “duck walks” away from and toward examiner <i>Have patient assume a squatting position with knees flexed to the fullest and take at least 4 steps in that position without holding on to any objects for support.</i>	Y / N	Y / N

Adapted from Albany Medical College, Center for Physician Assistant Studies | Bickley: *Bates' Guide to Physical Examination and History Taking*, Thirteenth Edition. Copyright © 2021 Wolters Kluwer Health