

# Appendix 3.4

## Core Components to Include in the Neurologic and Musculoskeletal Exam

### Physical

- Examine the site(s) of Injury

#### Cervical Spine

- Range of motion
- Focal areas of tenderness
- Spasm
- Hypertonicity

#### Temporomandibular Joint

- Range of opening
- Tenderness
- Dislocation

### Cognitive

- Cognition
- Language

### Vision

- Acuity
- Tracking
- Saccades
- Nystagmus
- Vergence
- Diplopia
- Pupil symmetry and reactivity
- Visual fields to confrontation
- No optic edema

### Auditory

- Hearing Screen
- Otoscopic Exam

### Sensory

- Sharp
- Light touch
- Proprioception
- No extinction to bilateral tactile stimuli
- Vibration

### Motor

- Power
- Pronator drift
- Asymmetrical weakness
- Symmetry of reflexes
- Coordination

### Vestibular

- Head Impulse
- Head Shake
- Vestibular Ocular Reflex Suppression (VORS)
- Dynamic Visual Acuity (DVA)
- Positional testing

### Functional Activities

- Romberg with eyes open/closed
- Single leg stance

#### Gait

- Walking
- Tandem walking
- Turning

If any focal abnormalities are observed, refer for appropriate imaging and to an appropriate specialist.

#### **Links for Neck & Neurological Exam Video Demonstrations**

<http://www.youtube.com/watch?v=iuegN6P2SAA> (Neck Exam)

<http://www.youtube.com/watch?v=QirMbworS10> (Neck Exam)

<http://www.youtube.com/watch?v=fgwN1P5PDaA> (Neurological Exam)