

# Full Physical Exam Checklist

**Patient's full name:**

**Date of physical exam:**

## **I. GENERAL**

- Check/update the patient's medical history
- Take their blood pressure
- Take their heart rate
- Take their temperature
- Take their respiratory rate
- Take their height
- Take their weight

**Attending physician's full name and signature:**

## **II. HEENT EXAMINATION**

- Examine their head
- Examine their hair and scalp
- Examine their face and facial movements
- Measure their visual acuity
- Inspect eyelids
- Inspect eyelashes
- Inspect bulbar conjunctivas
- Inspect palpebral conjunctivas
- Inspect scleras
- Inspect corneas

- Inspect anterior chambers
- Inspect irises
- Assess pupils
- Perform ophthalmoscopy
- Examined external ears
- Inspect the auricle
- Inspect the tympanic membrane
- Conduct the Whisper Test
- Conduct the Weber Test
- Conduct the Rinne Test
- Inspect the nose and its symmetry
- Inspect the septum and nostrils
- Inspect the sinuses
- Conducted the Smell Test
- Inspected the lips (moistness and color)
- Inspect the gums
- Inspect the teeth
- Inspect the buccal mucosa
- Inspect the palate
- Inspect the tongue
- Inspect the uvula and tonsils
- Examine the jaw joint
- Examine the neck's range of motion
- Palpate the neck's lymph nodes
- Palpate the neck and trachea
- Check for Jugular Vein Distention

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**III. CHEST AND PULMONARY EXAMINATION**

- Examine the chest wall
- Percuss posterior lung fields
- Auscultate anterior lung fields
- Auscultate posterior lung fields
- Auscultate lateral lung fields

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**IV. CARDIAC EXAMINATION**

- Inspect the precordium
- Inspect the neck veins and carotid pulse
- Inspect the heart apex
- Palpate the heart at the apex, over the right ventricle, and at the base
- Auscultate the patient while they're seated upright, lying down in a supine position, and while they're lateral (left)
- Auscultate the upper right sternal border, upper left sternal border, lower left sternal border, and the apical impulse point at the left ventricle area
- Auscultate the bell and diaphragm

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**V. ABDOMINAL EXAMINATION**

- Inspect the abdomen
- Auscultate the abdomen for bowel sounds
- Auscultate the aorta and bilateral renal arteries
- Percuss all four quadrants of the abdomen
- Deeply palpate all four quadrants of the abdomen
- Palpate the liver edge
- Percuss the liver span along the mid-clavicular line
- Palpate the spleen tip

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**VI. EXTREMITIES**

- Inspect and palpate arms and legs for the possibility of any deformities
- Palpate the legs to check for the possibility of edema
- Inspect the feet for any deformities and ulcers

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**VI. PERIPHERAL VASCULAR EXAMINATION**

- Bilateral palpation of radial pulses
- Bilateral palpation of brachial pulses
- Palpation of posterior tibial pulses
- Palpate dorsalis pedis pulses

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**VIII. NEUROLOGICAL EXAMINATION**

- Assess the motor strength of their arms
- Assess the motor strength of their legs
- Assess their reflexes with a weighted reflex hammer
- Assess their gait
- Assess their sensations by touching their extremities
- Assess their cerebral function

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**IX. MUSCULOSKELETAL EXAMINATION**

- Inspect the knees (palpate them, check their range of motion, and assess their strength)
- Inspect the shoulders (palpate them, check their range of motion, and assess their strength)
- Inspect the hip (palpate it, check its range of motion, and assess its strength)
- Inspect the back/spine (palpate it, check its range of motion, and assess its strength)

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**X. MISCELLANEOUS**

- Urinalysis
- Stool analysis
- Hernia examination

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**XI. FOR MEN ONLY**

- Testicular examination
- Prostate examination

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**XII. FOR WOMEN ONLY**

- Breast examination
- Pap smear

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