

# Spine examination

**Instructions** - “*Examine the spine of this patient*”

1	Washes hands	
2	Introduces themselves & confirms patient details	
3	Explains examination & gains consent	
4	Exposes patient appropriately	
5	Inspects patient's spine ( <i>anterior / lateral / posterior</i> )	
6	Palpates spinal processes	
7	Palpates sacroiliac joints	
8	Palpates paraspinal muscles	
9	Cervical flexion ( <i>active</i> )	
10	Cervical extension ( <i>active</i> )	
11	Cervical lateral flexion ( <i>active</i> )	
12	Cervical rotation ( <i>active</i> )	
13	Lumbar flexion ( <i>active</i> )	
14	Lumbar extension ( <i>active</i> )	
15	Lumbar lateral flexion ( <i>active</i> )	
16	Thoracic rotation	
17	Schober's test	
18	Sciatic nerve stretch test	
19	Femoral nerve stretch test	
20	Thanks patient	
21	Washes hands	

## EXAMINER

“*Summarise your findings and suggest further investigations*”

22	Accurately summarises salient findings	
23	Suggests appropriate further investigations	

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