### Introduction

1. Introduce yourself to the patient including your name and role  
2. Confirm the patient's name and date of birth  
3. Briefly explain what the examination will involve using patient-friendly language  
4. Gain consent to proceed with the examination  
5. Wash your hands  
6. Adequately expose the patient's upper body  
7. Position the patient standing for initial inspection of the spine  
8. Ask if the patient has any pain before proceeding  
9. Gather equipment

### Look

10. Perform a brief general inspection of the patient, looking for clinical signs suggestive of underlying pathology  
11. Inspect the spine with the patient standing (anterior/lateral/posterior)  
12. Assess the patient's gait

### Feel

13. Palpate the spinal processes and sacroiliac joints  
14. Palpate the paraspinal muscles

### Move

15. Assess flexion of the cervical spine  
16. Assess extension of the cervical spine  
17. Assess lateral flexion of the cervical spine  
18. Assess rotation of the cervical spine  
19. Assess flexion of the lumbar spine  
20. Assess extension of the lumbar spine  
21. Assess lateral flexion of the lumbar spine  
22. Assess rotation of the thoracic spine

### Special tests

23. Perform Schober's test  
24. Perform the sciatic nerve stretch test (straight leg raise)  
25. Perform the femoral nerve stretch test
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<tr>
<td><strong>To complete the examination...</strong></td>
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<tr>
<td><strong>26</strong></td>
<td>Explain to the patient that the examination is now finished</td>
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<tr>
<td><strong>27</strong></td>
<td>Thank the patient for their time</td>
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<tr>
<td><strong>28</strong></td>
<td>Wash your hands</td>
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<tr>
<td><strong>29</strong></td>
<td>Summarise your findings</td>
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<tr>
<td><strong>30</strong></td>
<td>Suggest further assessments and investigations (e.g. neurovascular examination of the upper and lower limbs, examination of the hip and shoulder joints and further imaging)</td>
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