



OSCE Checklist: Spine Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the examination will involve using patient-friendly language	
5	Gain consent to proceed with the examination	
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	
To complete the examination...		

26	Explain to the patient that the examination is now finished	
27	Thank the patient for their time	
28	Dispose of PPE appropriately and wash your hands	
29	Summarise your findings	
30	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)	

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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