Single-System Musculoskeletal Exam

Joint Exam

Joint	Patient Right Pain/Tend.	Swelling	Crepitus	ROM	Patient Left Pain/Tend.	Swelling	Crepitus	ROM
TMJ	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
S-C	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
A-C	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
GHJ	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
Elbow	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
Wrist	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
CMC	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MCP I	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MCP II	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MCP III	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MCP IV	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MCP V	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
IP	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
PIP II	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
PIP III	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
PIP IV	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
PIP V	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
DIP II	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
DIP III	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
DIP IV	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
DIP V	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
Hip	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
Knee	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
Ankle	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
Tarsus	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MTP I	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MTP II	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MTP III	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MTP IV	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
MTP V	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
Great Toe	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
IP II	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
IP III	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
IP IV	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
IP V	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
DIP II	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
DIP III	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
DIP IV	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D
DIP V	0 1	0 1	0 1	N D	0 1	0 1	0 1	N D

Key

0 Absent
1 Present
N Normal
D Decreased

Gait
☐Antalgic
☐Broad-based

Devices Used by Patient
☐Wheelchair
☐Splint_____
☐Cane
☐Crutches
☐Walker
☐Braces_____

Deformities/Subluxation
Fingers
☐Swan Neck_____
☐Boutonniere _____
☐Wrist
☐Thumb
Knee
☐Valgus
☐Varus
☐Popliteal Cyst
☐Instability
☐Flex. Contracture___
☐Ankle
Toes
☐Bunion_____
☐Hammer Toe_____

Joint/Point Count

Total Painful/Swollen Joints _____

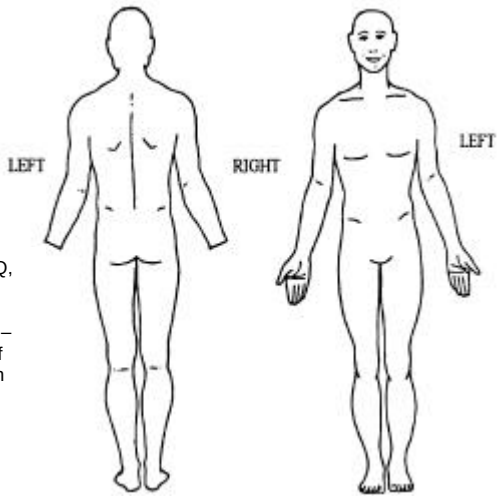
Total Tender Points _____

Spine Exam

	WNL	ND	**Abnormalities** (ROM, Palpation, Inspection, Strength, Dermatomal Sensation, Reflexes, Special Tests, etc.)
Cervical	☐	☐	
Thoracic	☐	☐	☐ Kyphosis ☐ Scoliosis Chest Expansion:
Lumbo-sacral	☐	☐	SI Joint WNL ☐ Tenderness ☐ ND☐ Shober's Test:

Non-Articular Exam

Shade areas of non-articular pain or tenderness.



Adapted from CLINHAQ, Wolfe F and Pincus T. Current Comment – Listening to the patient – A practical guide to self report questionnaires in clinical care. Arthritis Rheum. 1999;42 (9):1797-808. Used by permission.

Additional Notes

Patient Name_____ **Date of Visit** _____ **Physician's Initials** _____

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