Dr. Littrell’s Physical Examination Procedure (Suggested Order)
Procedures that are bracketed { } are not required for the final practical, but would be performed with most comprehensive physical examinations.

Patient position: Standing

{Height and weight}
Right atrial pressure/hand vein evaluation
Distance acuity evaluation with the Snellen or Sloan chart

Patient position: Seated
Doctor position: Facing the patient

Vitals, Head and Neck:
Temperature
Respiration
Radial pulses
Capillary return in the upper extremities
Lymph node evaluation
Salivary gland evaluation
Tracheal evaluation
Blood pressure evaluation
Auscultation of the carotid and subclavian arteries

EENT:
External EENT observations
Peripheral fields testing
Cardinal planes of gaze
Accommodation evaluation
Auditory acuity evaluation
Sinus palpation and percussion
{Sinus transillumination (if needed)}
Nasal patency evaluation
Nasal mucosa evaluation
Oropharynx evaluation
Otoscopic evaluation
Corneal light reflection
Direct reflexes/indirect reflexes
{“Swinging penlight” evaluation}
Ophthalmoscopic evaluation
Patient position: Seated
Doctor position: Behind the patient

Thyroid assessment (could be performed from anterior)
Supraclavicular lymph node assessment (could be performed from anterior)
{Axillary and epitrochlear lymph node assessment}

Thorax:
  Inspection
  Thoracic expansion
  Tactile fremitus
  {Percussion (global)}
  Diaphragmatic excursion evaluation
  Auscultation of breath sounds
  {Vocal resonance (as needed)}
  Kidney punch (performed before kidney palpation ONLY in those w/o flank pain)

Patient position: Supine
Doctor position: To the right of the patient

Dorsal pedis pulses (or most distal lower extremity pulse)
Capillary return in the lower extremities
Observe for edema and varicosities (check depth of edema if present)
Observe the jugular venous pulse
Observe the PMI
{Palpate over the heart valves}
Auscultation of breath sounds
Auscultation of heart sounds
{Vocal resonance (as needed)}
Observe the abdomen
Auscultate the abdominal vascular sounds
Auscultate the bowel sounds
{Assess the abdominal reflexes}
Percuss the intestines
{Percuss the liver size}
{Percuss the spleen size}
Palpate the intestines (light, moderate, and deep)
Palpate the liver
Palpate the gall bladder
Palpate the right kidney
Palpate the spleen
Palpate the left kidney
Fist percuss for liver pain