

# Back Examination

## Prepare patient

- Introduction
- Position: standing in underwear

## Look

### General inspection

- Obvious other joint disease
- Deformity - scoliosis, loss of normal lumbar lordosis/thoracic kyphosis (ank. spondylosis)

## Feel

### Each vertebrae, SIJs, and para-spinal muscle bulks

## Move

### Lumbar movements

- Forward flexion - touch toes.
  - Schrober's test: mark level of L5 (or dimples of Venus). Place one finger ~5 cm below this mark, and a second ~10 cm above this mark. When patient tries to touch toes distance should increase  $\geq 5$ cm.
- Lateral flexion - slide hand down to touch knees
- Extension
- Rotation (fix pelvis - e.g. by sitting)

### Leg

- Straight leg raising ( $>60^\circ$ )
- Test for radicular pain on dorsiflexing foot at limit of SLR

## Function

### Full neurological examination of lower limb

### Anal tone

### Test for saddle anaesthesia

### Ask about bladder & bowel problems

