

Telemedicine Lumbar Spine Physical exam

Do you know your height and weight? Are you able to take your blood pressure or pulse, pulse oximetry?

So I can see how your body is moving, Please remove just your outer clothes.

Leave your shorts/sports bra on -OR-

please lift your shirt so I can see your low back.

Remove your socks if possible.

Standing

Please point with one finger where you feel your pain the most. Please back away from the camera so I can see your whole body including your feet.

Please walk back and forth.

Walk on your heels.

Walk on your toes.

Stand on one leg.

Walk forward pretending you are on a balance beam or tight rope.

Tap your toes as if you are tapping your foot to the beat of music.

While standing on one leg, do a partial squat if your able (please hold on to wall or furniture for balance).

While standing on one leg, raise on your toes getting your heel in the air. Go up and down (please hold on to wall or furniture for balance).

Bend forward as if to touch your toes, go as far as you feel comfortable

Bend backward like in a backbend, go as far as you feel comfortable.

Side bend, leaning to the right, now the left.

Bend backward, twist your right shoulder backward to the right.

Bend backward, twist your left shoulder backward to the left.

Which of those motions were the most painful?

Sitting

Sit down. Try not to use hands and stand up.

Sit down again. While using the strength of one leg, try to stand up using the strength of only that one leg. Now the other side.

Please pull your pant leg up so I can see your legs/feet.

Raise your right knee in the air like you are marching and let it down. Do

the same on your left knee.

Cross your leg putting your right ankle on your left knee. Now push your right knee toward the ground. Any pain? Now do the same on the left side. Any pain?

Place your hands behind your back, slouch like you have bad posture. Straighten out right leg so leg is straight pointing your toes toward your nose. Let right leg down, now do the same thing on the left side. Any pain on either side?

If another person is available, push against big toe while moving big toe toward the sky.

Lying Down

Lie down on bed, couch, or floor if you are able.

Raise your right leg straight in the air. Now the left. Any pain on either side?

Bend your knees so your feet are flat on ground. Bring right knee toward your chest and hold on to it with your hands. Bring knee toward left shoulder. Do the same thing on the left side. Any pain on either side?

Let your knees down so your knees are bent and feet are flat on ground. Allow your right knee to rest outward to the right opening up your hip. Do the same thing on the left side. Any pain on either side?

Lie on back close to the edge of bed or couch so the right side is closest to the edge of the bed/couch. Bring the left knee toward your chest, holding on with both hands. Let the right leg fall off the edge of the couch. Any usual pain with this?

Side-Lying

Lie on right side. Lift left leg toward the ceiling. Tender on the right hip?

Lie on left side. Lift right leg toward the ceiling. Tender on the left hip?

Lying on belly

Lie on your belly. How is this position for your pain? Worse? Better? No different?

Bend your right knee as far as you are able. Grab your ankle if you are able and pull it toward your buttock. Any pain?

Let right side down and do the same for the left side.

Is there anything else you would like me to check? If not, you can put your

clothes back on and return to the camera so we can go over your treatment plan.