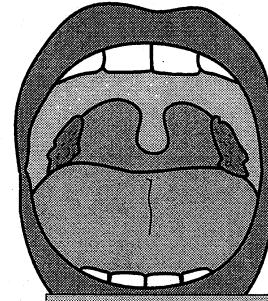


# Nutrition Physical Exam

name \_\_\_\_\_ Date \_\_\_\_\_ Age \_\_\_\_\_ height \_\_\_\_\_ weight \_\_\_\_\_

**Eyes:**  
*Conjunctiva:* red / clear / growths  
*Retina:* vessels-AV nicking / copper wire  
 hemorrhages + - / tortuosity + -  
 disk bulge + - ; irregular + -  
*Lens-cataracts* + -

**Teeth:**  
 # of Hg fillings \_\_\_\_ ; # missing \_\_\_\_  
 other fillings \_\_\_\_  
 Root canals \_\_\_\_



**Posterior Pharynx:**  
 inflamed + -  
 lymph swelling + -  
 mucus + -  
**Tonsil hypertrophy**  
 0 1 2 3

**PERRLA**  
 yes / no

**Vision Right:**  
 unassisted 20/\_\_\_\_  
 assisted 20/\_\_\_\_

**Vision Left:**  
 unassisted 20/\_\_\_\_  
 assisted 20/\_\_\_\_

**Gums:**  
 pointed  
 spongy + -  
 inflamed + -  
 recession 0 1 2 3

**Tongue:**  
*coat:* none / thin / thick / dry / wet  
 white / pale yellow / yellow / dark  
*body color:*  
 pink / pale / red / purple  
 uniform / red dots / cracks / scalloped  
*movement:* still / quivering / deviated R/L

Weber localized to L R M  
 Rhine can't hear air + -

**TM:** clear / fluid / yeast  
 retracted / scarring  
 inflamed 0 1 2 3 4

**TM:** clear / fluid / yeast  
 retracted / scarring  
 inflamed 0 1 2 3 4

**Canal**  
 Dry / scaly / red  
 wax 0 1 2 3  
 dark / thick / thin

**Canal**  
 Dry / scaly / red  
 wax 0 1 2 3  
 dark / thick / thin

**Tophi**  
 ear lobe crease + -

**Face:** moles + - ; keratosis + -  
 verticle crease forehead + -  
 hirsutism / scaling / acne  
 redness  
**Lips:** cracks / dry

**Scalp:**  
 oily / dry / oily  
 scaliness + -  
 dandruff + -

**Hair:**  
 coarse / fine / norm  
 dry / oily / normal  
 full / thinning  
 loss / grey

**Thyroid:** nodules + - enlarged + -  
**Cervical Lymph nodes** enlarged + -

**Tophi** + -  
 ear lobe crease + -

**Lungs**  
 Rails + -  
 wheezing + -  
 deep / bronch

**Abdomen:** Tender + -  
 Murphy's sign + -  
 McBirney's + -

**Heart :** Irreg / murmurs  
 extra sounds / fast / slow  
 arrhythmias

**Back:**  
 sensitive to skin roll  
 0 1 2 3  
 moles + -  
 acne 0 1 2 3

**Kyphosis** + -

**Posterior arms**  
 FHK 0 1 2 3

**R. Pulse**  
 1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_

**L. Pulse**  
 1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_

**Elbows**  
 Dry/thick skin 0 1 2 3 4

**Scolliosis** + -

**Bp:**  
 LAS \_\_\_\_\_ / \_\_\_\_\_  
 LAL \_\_\_\_\_ / \_\_\_\_\_  
 upon standing  
 \_\_\_\_\_ / \_\_\_\_\_  
 dizzy 0 1 2 3  
**pulse**

**Hiatal hernia**  
 trigger points  
 + -

**Penis:**  
 dischx: none / thin / thick  
 yellow / white / frothy

**Prostate:** tender / masses + -  
 central sulcus + - irregular + -  
 hard / firm / spongy / soft

Size \_\_\_\_\_ cm

**Knees:** DTR 0 1 2 3 4

pain + -  
 grating + -  
 Apley's + -  
 compression + -  
 Patella entrapment + -

**Skin:** dry / scaly / oily  
 norm / sores / mottling  
 bruising 0 1 2 3  
 varicosities 0 1 2 3  
 hair + - Shiny skin + -

Dry / thick skin 0 1 2 3 4

**Edema:** 0 1 2 3 4  
 pitting or nonpitting

**Nails:**  
 thin / thick / strong  
 brittle / flaking  
 white spots / spooning  
 ridging vert / horiz  
**Cuticles** red / hangnails  
 normal

**Feet:** pronation  
 supination  
**Arches:** flat  
 high or normal

**Pulses**  
 Dorsal pedal strong / moderate / weak

**Achilles Return Reflex:**  
 none  
 very delayed  
 delayed  
 OK  
 brisk

**Toes:**  
 cracks (tinea) + -

**Nails:**  
 thickened + -

**Hands temp**  
 Hot / warm / cold

**Feet:**  
 Hot / warm / cold

**www.Nutrition-Testing.com**  
**Karl Mincin**  
 Nutritionist  
 360-336-2616

Notes: