

555 = Could not do due to physical problems

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888 = Refused, but theoretically could do





CN III, IV, VI (If blind mark: Unknown => 555 - physical problems)

8. PE_ = Vertical ocular movement PE 0 8

Q Asymmetrical Q Bilateral abnormal Q Unknown PE08MO 555 O 666 0777 O 888 O 999

9. PE_ = Horizontal ocular movement PE 0 9

GFull GAsymmetrical GBilateral abnormal **Q**Unknown PE09M O 555 O 666 O 777 O 999 O 888

10. PE_ = Wavy ocular tracking PE10

Abnormal Abnormal

QUnknown PE10M O 555 O 666 O 777 O 888 O 999

11. PE_ = Nystagmus **P E 1 1**

No nystagmus Present Nystagmus present

QUnknown O 555 O 666 O 999 O 777 O 888

12. PE_{-} = Convergence (at \geq 10 cm or 4 in.) PE12

Normal convergence Unable to converge

QUnknown PE12MO 555 O 666 O 777 O 888 O 999

CN VII

13. PE_ = Cranial nerve VII (facial) asymmetryPE13

Symmetrical Asymmetrical & Unknown

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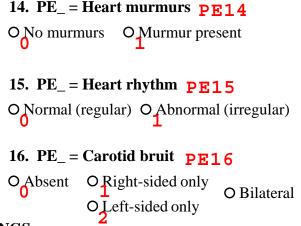
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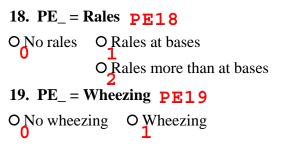
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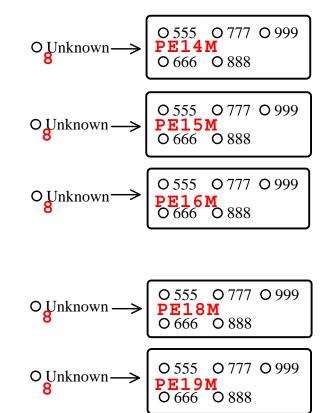


CARDIOVASCULAR









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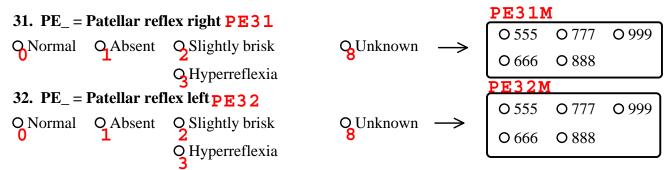
RAPIDLY ALTERNATING MOVEMENTS

"I want you to sit with your (dominant or most functional) hand palm down on your lap. As quickly and as precisely as possible, raise your hand, turn it over and strike your thigh in the same place with the back of your hand, like this. Keep doing this until I say stop."

23. PE_{-} = Hand rhythm PE23**O**Unknown **On Rhythmic** O₁Dysrhythmic PE23M O 555 O 888 O 999 O 666 O 777 24. PE_ = Number of hand strikes completed in 20 seconds: HAND STRIKES (count front and back hand strike as one) PE24DK O Unknown O 555 O 666 0777 O 888 O 999PE24M 8 **Pathologic Reflexes Present on Either Side** 28. PE_ = Palmomental sign PE 28 **Q**Unknown No contraction **O**Contraction PE28MO 555 O 666 O 777 O 888 O 999 29. $PE_= Glabellar sign PE 2 9$



<u>KNEE AND HIP EXAMINATION</u>



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BLSA ID Visit No. GENERAL PHYSICAL EXAMINATION	
ANKLE, KNEE AND PROPRIOCEPTIVE EXAM Place participant in supine position. Place foam under calves. Ankles should hang off edge of foam for ankle measurement.	20° 0° Neutral
39. Right Ankle	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$
39a. Dorsiflexion maximum motion: Examiner over-presses beyond active range and records maximum range of motion. PE39 ADEGREES expected 0-30	90°
39b. Painful dorsiflexion maximum motion: As the participant moves the ankle, the examiner asks, "Is this painful or tender?" PE39B	PE39BM
O No pain O Pain localized to ankle (anterior, medial or lateral)	O 555 O 888
Pain due to tendon tightness (posterior) Quality Pain due to tendon tightness (posterior) Quality Pain Vocanized to tankie (tancertor, mediat of lateral)	O 666 O 999
Q Due to muscle tightness or spasm (calf)	0 777
39c. Plantarflexion maximum motion: Examiner over-presses beyond active range and records maximum range of motion. 39d. Painful plantarflexion maximum motion: As the ankle is moved, the examiner asks, "Is this painful or tender?" PE3 9D O No pain O Pain present O Unknown	
0 1 mm process	3 000 3 777
40. Left Ankle 40a. Dorsiflexion maximum motion: Examiner over-presses beyond active range and records maximum range of motion. 40b. "Is this painful or tender?" PE40B O No pain O Pain localized to ankle (anterior, medial, or lateral) O Pain due to tendon tightness (posterior)	DEGREES expected 0-30 PE40BM O 555 O 888 O 666 O 999
Q Due to muscle tightness or spasm (calft)	0 777
40c. Plantarflexion maximum motion: Examiner over-presses beyond active range and records maximum range of motion.	40 CDEGREES expected 0-80
40d. Painful plantarflexion maximum motion: "Is this painful or tender?"	
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	7 0 888 0 999
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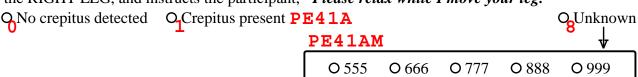
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41. Right Knee

41a. Right knee crepitus: Examiner places one hand on the RIGHT KNEE, uses the other to lift the RIGHT LEG, and instructs the participant, "Please relax while I move your leg."



41b. Right knee painful passive motion: While checking for crepitus, the examiner asks the participant, "Is this painful or tender?" **PE41B**

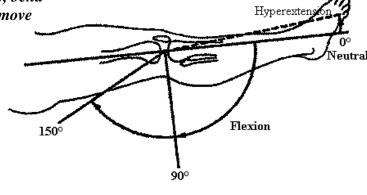


41c. Right knee maximal flexion range of motion:

The examiner instructs the participant:

"To see how much motion you have in your knee, bend your knee (place your foot flat on the table) and move your heel as close to your buttocks as you can."





41d. Right knee painful maximum flexion:

As the examiner moves the knee into maximum flexion, the examiner asks, "Is this painful or tender?" PE41D

Ono pain
Opain localized to the knee
Opain due to muscle cramping or spasm

PE41I)M		QUnkn	own
O 555	O 666	0 777	O 888	O 999

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BLSA ID	Visit No.								
	GENERAL PHYSICAL EXAMINATION								
41e. Right 9 0 degrees 9 Contractu	T 10E/	(position foam	block infer	iorly to th	ne poplito	eal fossa)			
9 Hyperexte		GREES PE41		0 777	O 888	O 999			
''I'm g	knee effusion: Evaluate eoing to feel your knee joing to feel your knee joing detected PEffusion p	nts for swelling present	PE41FM			Q Unkno			
41g. Right knee tibiofemoral tenderness: While applying 3 lbs of pressure over the tibiofemoral joint line the examiner asks, "Is this painful or tender?" PE41G									
No pain	QPain present	QUnknown—	> 0 555	O 666	O 777	O 888	O 999		
the foot. "T table." When PE 4 1 He "Do you ha	ve pain behing your knee	." Examiner property slowly push ntracts or tighter cap?"	esses down of the back as the quadri	on the pate to of your k ceps muse	ella and d knee dow	istal towar n to the	rds		
No pain	Pain present	QUnknown—	> 0 555	O 666	0 777	O 888	O 999		
The exar	straight leg raise range on miner instructs the participour leg as I lift your leg j	ant:	PE4	; Th	DEGREES expected 50 *Make sure remain flat	0-120* e opposite leg	g and buttocks		
_	straight leg raise painfu ''Is this painful or tender	-	rming the str	aight leg t	test above	e, the exam			
% No pain	O Pain localized to groin O Pain localized to thigh O Pain localized to back	l	lower extre	Q Unkn	own —>		O 888 O 999		
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BLSA ID Visit No.	~ · · · ·					
42. Left Knee 42a. Left knee crepitus: Examiner places one	hand on t	he LEFT I	KNEE, an	d uses the	e other to li	ift
Tro crepitus detected Perepitus present	E42A		move you	r leg."	&Unknow	vn
	PE42A O 555	O 666	0 777	O 888	O 999	
Y No pain Y Pain present	this painful 42B PE42B		r?''		& Unknov	vn
	O 555	O 666	0 777	O 888	O 999	7
42c. Left knee maximal flexion range of mot The examiner instructs the participant: "To see how much motion you have in your (place your foot flat on the table) and move you	knee, bend	•		PE4	expe	GREES ected 0-150
42d. Left knee painful maximum flexion: As flexion, the examiner asks, "Is this painful or a			s the knee	e into maz		
No pain Pain localized to the knee Pain due to muscle cramping	or spasm	PE42D	M		&Unkno	wn
2	1	O 555	O 666	0 777	O 888	O 999
Z 31 DEGREES	PE42E		ly to the		fossa)	\neg
Qunknown	O 555	O 666	0 777	O 888	O 999	
42f. Left knee effusion: Evaluate effusions us "I'm going to feel your knee joints for sw			patellar ta	p.		
ONo effusion OEffusion present	PE42F	M			Q Unknow	vn
	O 555	O 666	0 777	O 888	O 999	
555 = Could not do due to phys 666 = Could not do due to men 777 = Could not do due to both 888 = Refused, but theoreticall 999 = Did not do due to technic	tal proble physical y could de	ems and ment o	tal proble	ems	_	uraft

BLSA ID	Visit No.									
	GENERAL PHYSICAL EXAMINATION									
_	knee tibiofemoral tenderness: Wh		-	ressure o	ver the til	biofemora	al			
Q No pain	e examiner asks, ''Is this painful on Q Pain present	r tender?''P	E42G			O Unkno	wn			
O'10 pain	1 am present	PE42GM				QUnkno	WII			
		O 555	O 666	0 777	O 888	O 999				
the foot. "Itable." Wh	r kneecap for tenderness." Exant in the example of tenderness. Example the participant contracts the quality pain behing your kneecap?" Pain present	niner presses Ily pushing t adriceps mus	down on the back of the cale the ex	the patel of your kn	la and dis nee down ks,	stal towar				
		O 555	O 666	0 777	O 888	O 999				
The ex	raight leg raise range of motion: aminer instructs the participant r leg as I lift your leg from the table	le.''	PE 42	expe *Ma	GREES cted 50-120 ke sure opp in flat on t	osite leg aı	nd buttocks			
	ctraight leg raise painful? While painful or tender?" PE 4.2 Pain localized to groin or hip Pain localized to thigh	2 K	Q	t leg test a		PE42F O 555 O 666				
	Pain localized to back shoots do	own lower e	Auciiity			0 777				

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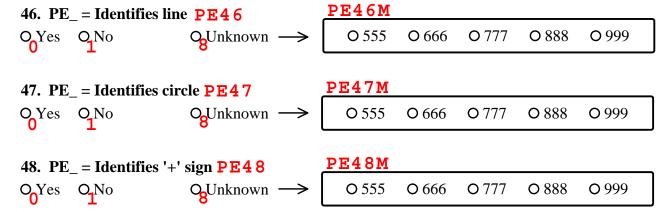
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Graphestesia

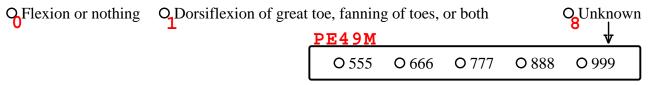
"I am going to draw three symbols on the sole (arch to heel) of your foot using the blunt end of this reflex hammer. I want you to tell me what symbol I drew. Please close your eyes."

If the participant doesn't know, the examiner asks him or her:

"Please make a guess. For research purposes, I need to write something down, so make your best



Pathologic Reflexes



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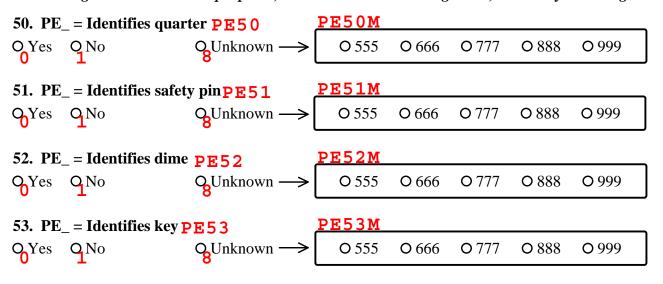


BLSA ID					Visi	it No).

Stereognosis

"Close your eyes. I am going to place some objects in your hand. You may move the objects in your hand. I want you to identify each one." If he/she cannot name the object, say the following:

"Please make a guess. For research purposes, I need to write something down, so make your best guess."



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Peripheral Pulses - Right

61. PE_ = Posterior tibial PE61

Present

O_Absent

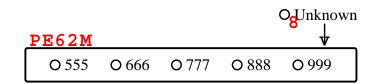
PE61M ▼

0 555 0 666 0 777 0 888 0 999

62. PE_ = Dorsalis pedis PE62

Present

O_Absent



Peripheral Pulses - Left

63. PE = Posterior tibial PE 6 3

Present

O_Absent

PE63M ▼

0 555 0 666 0 777 0 888 0 999

64. PE_ = Dorsalis pedis PE 6 4

OPresent

O₄Absent



Venous Insufficiency

65. PE_ = Telangiectasis or reticular veins (venules/bluish veins <3 mm dia)



66. PE_ = Varicose veins (=>3 mm diameter, usually tortuous, visible veins)



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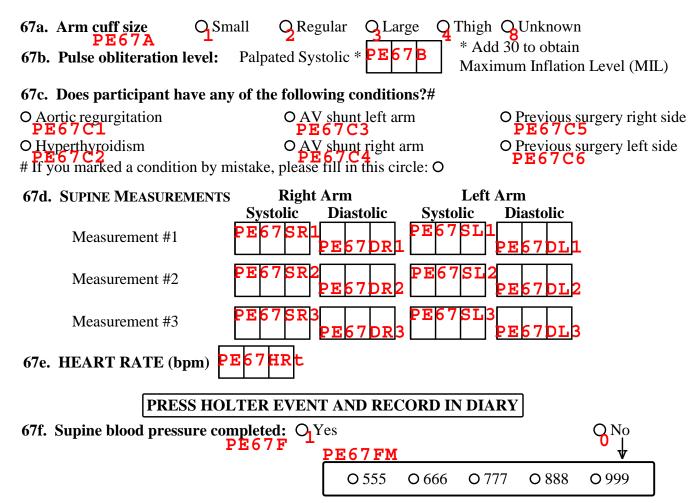
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67. BLOOD PRESSURE

"Next I will measure your blood pressure 3 times in each arm. You must be relaxed, so I will turn down the lights and we should not talk to each other until all the measurements are taken."

Take the BP measurements by alternating right arm then left arm, allowing 1 minute between each measurement.



STANDING BLOOD PRESSURE MEASUREMENTS: Set timer for 3 minutes. Perform assessments on femur to tibia alignment, Romberg test, and hand exam during the 3-minute wait for standing BP.

PRESS HOLTER EVENT WHEN PARTICIPANT STANDS AND RECORD IN DIARY

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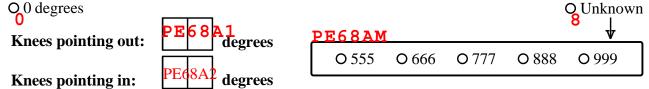
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PARTICIPANT STANDING

68a. Right femur to tibia standing alignment PE68A



68b. Left femur to tibia standing alignment PE68B



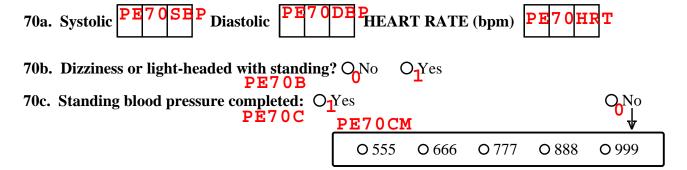
69. Romberg Sign

PE	= Romberg	sign	in 20 seconds	PE69
111_		SISIL	m 20 seconds	1 10 2



Standing blood pressure measurements:

(Use right arm if possible)



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[&]quot;Stand with your feet together, but not touching, and without touching anything for support. Now close your eyes."



Pronator Drift

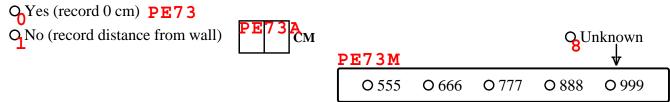
"Stand and hold your arms stretched out straight in front of you with your palms up and eyes closed until I tell you to stop."

72. PE_ = Presence of pronator drift in 30 seconds PE 7 2



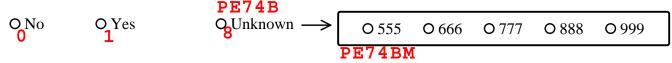
PARTICIPANT STANDING CLOSE TO AND FACING AWAY FROM WALL

73. Natural occipital to wall distance: "With your lower back flat against the wall, touch the back of your head to the wall." Does occiput touch wall?



PARTICIPANT IS STANDING FACING AWAY FROM THE EXAMINER

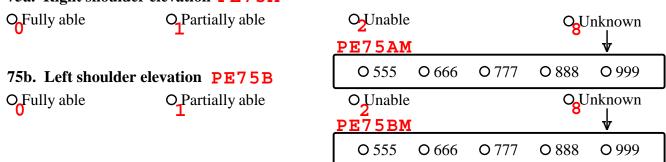
74b. Spinal flexion motion painful? "Is this movement painful or uncomfortable in your back?"



75. Shoulder Elevation

While demonstrating, instruct participant, "Now please lift your hands directly in front of you as high as you can with your thumbs pointing up".

75a. Right shoulder elevation PE75A



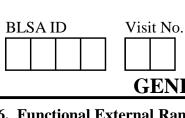
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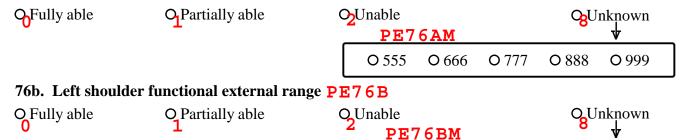




76. Functional External Range of Motion

"Now please put both hands behind your neck at the level of your ears. Keep your arms parallel to the floor, and point your elbows out to the side like this."

76a. Right shoulder functional external range PE76A



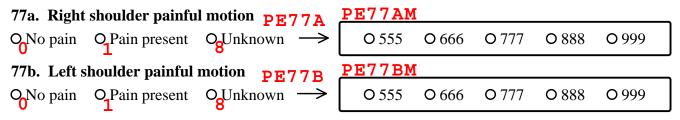
O 555

O 666

O 777

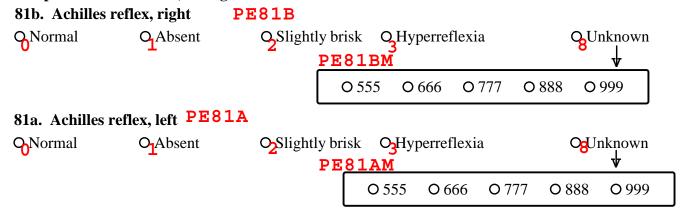
O 888

77. Shoulder motion painful? While the participant is performing external rotation, the examiner asks, "Is this movement painful or uncomfortable?"



PARTICIPANT WILL BE SEATED IN A CHAIR FOR THE NEXT PART OF THE EXAMINATION

Participant kneels in chair, facing back of chair



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O 999

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Edema = fluid in the subcutaneous tissue that indents with pressure 83. PE_ = Clinical score for edema PE83 O Trace pitting Overy obvious pitting O₁None **Q**Unknown PE83M O 999 O 555 O 666 O 777 O 888 90. PE_ = Extremities inspection (multiple choice) PE 9 0 O777 O999 O_A Amputation O Paresis Q None O Paralysis O 888 End of Go to Go to Go to Examination #91 #92 #93 91. PE = Amputations(indicate location): PE_ = right upper extremity (level)PE91A Missing digits (If 1+ phalanges) **P** Digits: **PE_** = left upper extremity (level) 9 Metacarpal 4 Digits: 919181 PE9183 PE9185 PE9182 03 949754 PE_ = right lower extremity (level PE91C PE91C1 PE91C3 PE91C5 Metatarsal **P** Digits: **PE_** = left lower extremity (level) 92. PE_ = Paralysis (multiple choice) (indicate limb): O right upper extremity O left upper extremity O right lower extremity O left lower extremity PE92A PE92B PE92C PE92D 93. PE_ = Paresis (multiple choice) (indicate limb): O right upper extremity O left upper extremity O right lower extremity O left lower extremity PE93A PE93B PE93C PE93D

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