

OSCE Checklist: Examination of the Spine

Introduction	
Introduce yourself	
Wash hands	
Briefly explain to the patient what the examination involves	
Ask the patient to remove their top clothing, exposing the entire spine	
Inspection	
<ul style="list-style-type: none"> - Asymmetry or deviation - Scars or skin changes - Muscle bulk 	
Palpate	
Spinous processes <ul style="list-style-type: none"> - Include atlanto-occipital and sacroiliac joints 	
Trapezius and paraspinal muscles	
Percuss down the spine (for tenderness)	
Temperature	
Movement	
Cervical spine: <ul style="list-style-type: none"> - Flexion-extension - Lateral rotation - Lateral flexion 	
Thoracolumbar spine: <ul style="list-style-type: none"> - Lateral rotation - Flexion-extension - Lateral flexion 	
Special Tests	
Ask the patient to squat and rise from squatting (assesses L3)	
Ask patient to stand on their heels (assesses L4)	
Ask the patient to lift their big toes off the ground (assesses L5)	
Ask patient to stand on their tip toes (assesses S1)	
Schober's test	
Sciatic nerve stretch test	
Completing the Examination	
Thank the patient and allow them to redress	
To complete the examination: <ul style="list-style-type: none"> - Review any relevant imaging available 	