

PHYSICAL EXAMINATION - Normal

Vital signs:

BP 120/80; P 68/min reg; RR 14/min; T 36.9 °C; Wt. 78 kg; Ht 175 cm;

General:

Well-developed, well-nourished, appearing stated age.

Alert, oriented to time, place, person, and situation. Recent and remote memory intact. Good insight and cognitive function. No aphasia, dysarthria or hoarseness.

Gait and station normal, Romberg negative.

Skin warm, dry, with good turgor, No abnormal pigmentation, bleeding, rash, or other lesions.

Hair normal texture and distribution. No nail changes.

Head:

Normocephalic without scalp lesions.

Sensation intact over face. No facial asymmetry, muscles of facial expression intact.

Ears and nose without deformity, external tenderness or discharge

Hearing intact bilaterally by rough testing (*or*: to whisper)

Eyes: Conjunctivae pink, sclerae white, without jaundice. No en- or exophthalmos or ptosis of lids. External ocular movements (EOM's) intact (*or*: full), no strabismus or nystagmus. Pupils equal round, react to light and accommodation (PERRLA). Visual fields intact to confrontation.

Mouth and Throat: Lips normal color, without lesions. Teeth present, good dental hygiene.

Gums (*or*: gingiva) and mucous membranes pink without bleeding, lesions or inflammation.

Tongue normal size and papillation, midline protrusion. Tonsils not enlarged (*or*: absent).

Palate elevates symmetrically, gag intact.

Neck:

Neck supple with full range of motion (ROM). No masses or tenderness. Jugular venous distension (JVD) normal. Trachea midline. Thyroid not palpable (*or*: normal size and consistency). Carotid pulses full and equal, without bruits.

Lymph Nodes: Occipital, pre- and postauricular, submandibular, anterior or posterior cervical, or supraclavicular nodes not enlarged.

Chest & back:

No abnormal curvature of spine. Full range of motion, no muscle spasm or tenderness.

Breasts (female) symmetrical, normal size; no dimpling, masses, tenderness, or skin changes. No nipple deformity or discharge.

Axillary lymph nodes not enlarged.

Lungs:

Respiratory excursions full and symmetrical. Lungs resonant to percussion & vesicular breath sounds throughout peripheral lung fields (*an accepted abbreviation for normal lung percussion and auscultation: "Clear to A&P"*). No rales, ronchi, wheezes, or rubs. Vocal and tactile fremitus normal.

Cardiovascular:

Point of maximal impact (*or*: impulse) (PMI) 5th intercostal space in mid-clavicular line (MCL), not visible. No abnormal heaves or lifts. No thrill. Regular rate and rhythm. (RRR) 1st and 2nd sounds normal intensity (2nd sound physiologically split). No extra sounds or murmurs.

Abdomen:

Scaphoid without scars. No abnormal tympany. Normal bowel sounds, no bruits. Superficial & deep palpation without organomegaly or masses; no direct or rebound tenderness, rigidity,

or guarding. Liver edge soft (*or*: not palpable), liver span 10 cm. Spleen normal size (*or*: not palpable), kidneys not palpable.

Extremities:

No asymmetry or muscle atrophy. Full range of motion (ROM) of all joints.

Normal skin temperature. No edema, or superficial varicosities.

Inguinal lymph nodes not enlarged.

All distal pulses (*or*: femoral, popliteal, PT, and DP pulses) intact, full, and equal; no bruits over femoral artery.

Rectal:

No external lesions. Good sphincter tone. No tenderness or masses. Prostate approx. 20 gms., firm, without tenderness or nodules. Brown stool.

Genitalia (male):

Penis without lesions. No urethral discharge. Testes normal size without masses or tenderness. No scrotal masses. No hernia.