

FUNCTIONAL PHYSICAL EXAMINATION TRACKING FORM

Patient name: _____ **Age:** _____ **Sex:** M ___ F ___ **Date:** _____

Height: _____ **Weight:** _____ **BP:** _____ / _____

DIGESTION

	Scale of tenderness 0 – 10										
Upper Digestion	0	1	2	3	4	5	6	7	8	9	10
_____ HCL point	0	1	2	3	4	5	6	7	8	9	10
_____ Upper Digestion Reflex	0	1	2	3	4	5	6	7	8	9	10
_____ Pancreatic Enzyme point	0	1	2	3	4	5	6	7	8	9	10
Hepato-Biliary System											
_____ Liver/Gallbladder reflex	0	1	2	3	4	5	6	7	8	9	10
_____ Murphy's sign	0			+1			+2			+3	
Small Intestine											
Palpate around umbilicus:											
_____ RUQ	0	1	2	3	4	5	6	7	8	9	10
_____ RLQ	0	1	2	3	4	5	6	7	8	9	10
_____ LUQ	0	1	2	3	4	5	6	7	8	9	10
_____ LLQ	0	1	2	3	4	5	6	7	8	9	10
Large Intestine											
Palpate Large intestine:											
_____ Ascending (A)	0	1	2	3	4	5	6	7	8	9	10
_____ Transverse (B)	0	1	2	3	4	5	6	7	8	9	10
_____ Descending (C)	0	1	2	3	4	5	6	7	8	9	10
Palpate Iliotibial band											
_____ Ascending (A)	0	1	2	3	4	5	6	7	8	9	10
_____ Transverse (B)	0	1	2	3	4	5	6	7	8	9	10
_____ Descending (C)	0	1	2	3	4	5	6	7	8	9	10

TISSUE MINERAL ASSESSMENT TEST

Left calf: _____ mmHg

Right calf: _____ mmHg

ESSENTIAL FATTY ACIDS

- | | | | |
|--|---|---|---|
| _____ Oral pH _____ | <input type="checkbox"/> Dry Skin | <input type="checkbox"/> Bumps on arms or thigh | <input type="checkbox"/> Dry Hair and/or dandruff |
| <input type="checkbox"/> Muscles easily fatigued | <input type="checkbox"/> Dry skin around eyes | <input type="checkbox"/> Itchy ears | <input type="checkbox"/> Dark ear wax |

HYDRATION

_____ Dietary intake of water: _____ cups

_____ Dietary intake of diuretics: _____ cups

_____ Vascular hydration indicator **Excellent** **Fair** **Poor**

BLOOD SUGAR ASSESSMENT

	Systolic Blood Pressure Supine: _____					Systolic Blood Pressure Standing: _____					
Adrenals	1	2	3	4	5	1	2	3	4	5	
_____ Postural hypotension											
_____ Paradoxical Pupil reflex											
_____ Posterior Ilium											
_____ Inguinal lig. tenderness	0	1	2	3	4	5	6	7	8	9	10
_____ Medial knee pain	0	1	2	3	4	5	6	7	8	9	10
Pancreas											
_____ T6/T7 tender on right side	0	1	2	3	4	5	6	7	8	9	10
_____ Endocrine Pancreas Reflex	0	1	2	3	4	5	6	7	8	9	10
Liver											
_____ Murphy's sign	0			+1			+2			+3	
_____ 3 rd rib tender on right	0	1	2	3	4	5	6	7	8	9	10
_____ Liver/Gallbladder reflex	0	1	2	3	4	5	6	7	8	9	10

Pupil response: 1 = excellent (pupil holds), 2 = fair (holds but pulses after 10 seconds), 3 = Poor (pulses, becomes large after 10-15 seconds) 4 = failure (pupil pulses and becomes larger over first 5-10 seconds), 5 = Exhaustion (pupil immediately becomes large)