Lower limbs

Observe and expose:

Posture
- Adducted and extended
- Frog leg
- CDH, short leg adducted

Scars- tendon releases
Muscle bulk- ie wasting
Champagne bottle leg and high foot arch (HSMN type 1)
Skin Neuro-cutaneous stigmata
Symmetry- Limb hypertrophy,
Fatty change (SMA)

Approach child:

Expose and examine back.

Gait
Tone
- Increased, normal or decreased
  Test for clonus (Up to 2 beats normal), and is it sustained?

Power
- All joints
  Grade 1-5

Reflexes
- Abscent, reduced, normal and increased. If unable to elicit should try reinforcement.
  
  All- Knee L2-L4
  Ankle S1
  Plantars can be up-going till 1 year age

Sensation
- Test following dermatomal distribution (see figure) Start peripherally and work up, demarcating the level of change in sensation.
  
  Pain and temperature- spinothalamic tracts
  Light touch and proprioception- posterior column

Other notes:

Reflexes
- Corneal reflex- Afferent CN V, efferent CN VII
- Abdominal reflex- Contraction of superficial abdominal muscles when stroking abdomen lightly. Significant if asymmetric- usually signifies UMN on absent side.
- Cremasteric reflex- Gain consent first.