

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.