

In the lab you will be expected to perform the following tests on one of your colleagues

Station 1

Tone

- Ask the patient to relax (go floppy)
- Passively flex and extend the elbow and wrist joints
- Compare the right and left sides

Power

- Test: wrist and elbow (flexion, extension)
- Assess for the patient's ability to push against your hand
- Compare the right and left sides

Station 2

Reflexes

- The limbs should be in a relaxed and symmetric position; it is important to compare each reflex immediately with its contralateral counterpart so that any asymmetries can be detected.
- Deliver impulses from a tendon hammer to the tendon NOT the muscle.
- Check the: knee-jerk reflex (L3, L4)

Station 3

Coordination

- Perform Finger-to-nose test.
 - Ask the patient to touch their nose with the tip of their index finger and then touch your fingertip as fast as they can while you continually move your finger.
- Perform rapid-alternating movement test
 - Ask the patient to place their left palm on top of their right palm then turn over their left hand and touch the back of it onto their right palm then return their left hand to the original position and repeat the sequence quickly