

HEAD, NECK, THORAX

Chapter 3: Physical Exam of Headaches and Pain

Physical Exam.

1. Vital signs
2. Mental and mood status
3. Inspection of head, face, ears, eyes, nose, mouth
4. Neuro-vascular exam
 - a. Valsalva maneuver (non-specific, increases intracranial pressure)
 - b. Cranial nerve
 - c. Brain stem and cerebrum
 - d. Upper motor neuron/gross motor
 - e. Gross sensory
 - f. Cerebellar dysfunction
 - g. Lower motor and sensory neuron exam

Differential Diagnosis Considerations

- Vascular
 - Migrainous and cluster headaches
 - Sub-arachnoid hemorrhage
 - Aneurysm or ischemic/occlusive stroke
 - Hypertensive headache
 - Temporal arteritis
- Infectious
 - Meningitis
 - Sinusitis
 - Osteomyelitis
 - Nephritis
- Neurological
 - Neuralgia (trigeminal, glossopharyngeal, cervical)
 - Tension headache
 - SUNCT headache
- Neoplastic
- Alcohol or drug toxicity
- Intracranial disease

- Eye disorders
- Psychosocial
 - Acute stress
 - Anxiety-depression spectrum disorders
 - Post-traumatic stress
 - Sociogenic: pain behaviors, secondary gain