


INE: Nutritionally Oriented Physical Exam - Interpretation



Nutritionally Oriented Physical Exam: Interpretation

Dr. Ritamarie Loscalzo

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Functional Exam Interpretation

- ✓ Map findings
- ✓ Scores for each system
- ✓ Great learning tool

Nutritionally Oriented Physical Exam Interpretation Guide

Adrenal (Calculate score based on the column headings)	0	1	2	3
Highlight or circle your positive finding				
Blood pressure upon standing	100/70	Same	100/110	100/150
Pupils constrict with bright light	20 sec	10-20 sec	<10 Sec	<5 sec
100 single tenderness	Absent	Mild	Moderate	Severe
Brown discoloration below eyelids	Absent	Mild	Moderate	Severe
Black discoloration below eyelids	Absent	Mild	Moderate	Severe
Dark gray or reddish back of tongue	Absent	Mild	Moderate	Severe
Discoloration on cardiac apex	Absent	Mild	Moderate	Severe
Bad breath	Absent	Mild	Moderate	Severe
Rough, red, flaky cuticles	Absent	Mild	Moderate	Severe
Tongue signs: Outpouring Marks	Absent	Present		
Diagram: deep seated laterally	Absent	Present		
Tongue: Outpouring Marks Diagram	Absent	Present		
signs - emotions along spinal column	Absent	Present		
Total Adrenal				

Digestion – Liver and Gallbladder

- Yellow discoloration below bottom eyelids
- Yellow/brown sclera
- Red sclera
- Green sclera
- Facial color: yellow

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Adrenal (Calculate score based on the column headings)				
Highlight or circle your positive finding	0	1	2	3
• Blood pressure upon standing	Norm 10	Same	Drop < 10	Drop > 10
• Pupil constriction with bright light	20 sec	10-20 sec	< 10 Sec	< 5 sec
• Rib margin tenderness	Absent	Mild	Moderate	Severe
• Brown discoloration below eyelids	Absent	Mild	Moderate	Severe
• Black discoloration below eyelids	Absent	Mild	Moderate	Severe
• Dark gray or reddish back of tongue	Absent	Mild	Moderate	Severe
• Ulcerations or canker sores	Absent	Mild	Moderate	Severe
• Bad breath	Absent	Mild	Moderate	Severe
• Rough, red, flaky cuticles	Absent	Mild	Moderate	Severe
• Tongue signs - Distinguishing Marks diagram - deep seated hairiness	Absent	Present		
• Tongue - Distinguishing Marks diagram signs - emotions along spinal column	Absent	Present		
Total Adrenal				
Digestion - Liver and Gallbladder				
• Yellow discoloration below bottom eyelids				
• Yellow/brown sclera				
• Red sclera				
• Green sclera				
• Facial color yellow				
• Creases between eyes				
• Bulbous nose				
• Tongue irritation/redness				
• Splitting cuticles				
• Excessive vertical ridges on nails				
• Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)				
• Gray ring around the cornea				
