

# INE: Nutritionally Oriented Physical Exam - Vitals and Measurements



**INE** INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY

## Nutritionally Oriented Physical Exam: Vitals and Measurements

Dr. Ritamarie Loscalzo

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**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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### Nutritionally Oriented Physical Exam

Name:	Date:
Height:	Weight:
Frame size (check one):	Small      Medium      Large
Respiration – breaths per minute:	
Pulse – beats per minute:	Temperature:
Blood Pressure	
Seated, legs uncrossed	If difference between left and right is > 10, top or bottom, there may be a blockage.
Left Arm:	
Right Arm:	
Lying Face Up	
Standing	
Immediately upon arising:	Systolic blood pressure (top number) should increase by 10 when you stand up. If it does not or if it decreases, it's suggestive of adrenal stress. The more time it takes to restore the blood pressure to what it should be is suggestive of the degree of adrenal distress. Measure once a minute for up to 5 minutes. Stop when pressure increases by 10 points.
1m:	
2m:	
3m:	
4m:	
5m:	

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## Taking a Pulse



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<b>Nutritionally Oriented Physical Exam</b>		
Name:	Date:	
Height:	Weight:	
Frame size (check one):	Small	Medium
Respiration – breaths per minute:		
Pulse – beats per minute:	Temperature:	
<b>Blood Pressure</b>		
Seated, legs uncrossed		If difference between left and right is > 10, top or bottom, there may be a blockage.
Left Arm:		
Right Arm:		
Lying Face Up		
Standing		
Immediately upon arising:		
1m:	Systolic blood pressure (top number) should increase by 10 when you stand up. If it does not or if it decreases, it's suggestive of adrenal stress.	
2m:		
3m:		
4m:		
5m:	The more time it takes to restore the blood pressure to what it should be is suggestive of the degree of adrenal distress. Measure once a minute for up to 5 minutes. Stop when pressure increases by 10 points.	

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## Blood Pressure

- ✓ Seated
- ✓ Supine (lying face up)
- ✓ Standing



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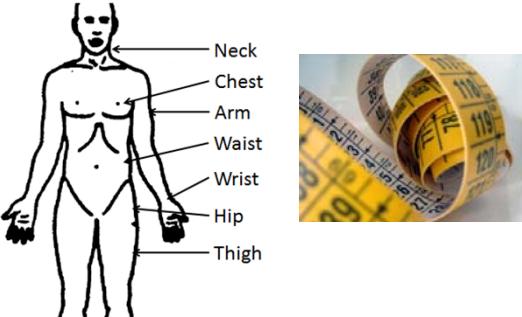
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**Nutritionally Oriented Physical Exam**

Name:	Date:
Height:	Weight:
Frame size (check one):	Small      Medium      Large
Respiration – breaths per minute:	
Pulse – beats per minute:      Temperature:	
<b>Blood Pressure</b>	
Seated, legs uncrossed	
Left Arm:	If difference between left and right is > 10, top or bottom, there may be a blockage.
Right Arm:	
Lying Face Up	
Standing	
Immediately upon arising:	
1m:	Systolic blood pressure (top number) should increase by 10 when you stand up. If it does not or if it decreases, it's suggestive of adrenal stress.
2m:	The more time it takes to restore the blood
3m:	pressure to what it should be is suggestive of the
4m:	degree of adrenal distress. Measure once a
5m:	minute for up to 5 minutes. Stop when pressure
	increases by 10 points.

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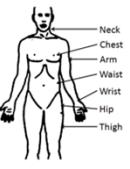
**Measurements**



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**Measurements**

Waist:	
Hip (across femur heads):	
Waist/Hip Ratio:	
Neck:	
Chest:	
Wrist:	Right:      Left:
Arm:	Right:      Left:
Thigh:	Right:      Left:



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