


# 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		
<b>Seated, legs uncrossed</b>		If difference between left and right is > 10, top or bottom, there may be a blockage.
Left Arm:		
Right Arm:		
<b>Lying Face Up</b>		
<b>Standing</b>		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.
Immediately upon arising:		
1m:		
2m:		
3m:		
4m:		
5m:		

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## Taking a Pulse

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## Nutritionally Oriented Physical Exam

Name: _____		Date: _____	
Height: _____		Weight: _____	
Frame size (check one):	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large
Respiration – breaths per minute: _____			
Pulse – beats per minute: _____		Temperature: _____	
Blood Pressure			
<b>Seated, legs uncrossed</b>		If difference between left and right is > 10, top or bottom, there may be a blockage.	
Left Arm:	_____		
Right Arm:	_____		
<b>Lying Face Up</b>			
<b>Standing</b>		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.	
Immediately upon arising:			
1m:	_____		
2m:	_____		
3m:	_____		
4m:	_____		
5m:	_____		

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## Blood Pressure

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

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