

Annex No. 25
to Order No. 834H by the Ministry
of Health of the Russian Federation
dated December 15, 2014

Information Leaflet Form No. 1

INITIAL OSTEOPATHIC EXAMINATION

1. Date: day _____ month _____ year _____

2. Complaints on first visit:

- | | |
|--|---|
| <input type="checkbox"/> musculoskeletal system dysfunction | <input type="checkbox"/> respiratory system dysfunction |
| <input type="checkbox"/> gastrointestinal system dysfunction | <input type="checkbox"/> urinary and genital system dysfunction |
| <input type="checkbox"/> cardiovascular system dysfunction | <input type="checkbox"/> pain syndrome |

Additional information: _____

3. Somatic status:

- 3.1. Overall condition: fair poor severe critical
- 3.2. Body type: normosthenic hypersthenic asthenic
- 3.3. Skin: clear rash wet dry excoriated
- 3.4. Mucous membranes: clear rash wet dry
- 3.5. Breathing: puerile vesicular stiff decreased; crackles: none wet dry
- 3.6. BP _____ mmHg
- 3.7. Radial artery pulse _____ bpm;
- rhythmic arrhythmic symmetrical asymmetrical tense not tense
- 3.8. Abdomen: soft rigid deep palpation possible non-tender tender upon palpation

3.9. Unconditioned reflexes (for infants under one year):

<input type="checkbox"/> rooting reflex	<input type="checkbox"/> stepping reflex	<input type="checkbox"/> Babkin reflex
<input type="checkbox"/> suck reflex	<input type="checkbox"/> Bauer crawling reflex	<input type="checkbox"/> Babinski reflex
<input type="checkbox"/> tonic neck reflex	<input type="checkbox"/> plantar reflex	<input type="checkbox"/> Moro reflex
<input type="checkbox"/> grasp reflex		

3.10. Psychomotor development (for children): age-appropriate age-inappropriate

For children under one year:

<input type="checkbox"/> head up in prone position	<input type="checkbox"/> walks holding onto one hand
<input type="checkbox"/> up on elbows in prone position	<input type="checkbox"/> walks without support
<input type="checkbox"/> rolls over supine to prone	<input type="checkbox"/> smiles socially
<input type="checkbox"/> rolls over prone to supine	<input type="checkbox"/> differentiates between parents' faces and faces of strangers
<input type="checkbox"/> grasps toys	<input type="checkbox"/> babbles
<input type="checkbox"/> sits supported	<input type="checkbox"/> fixes and follows an object
<input type="checkbox"/> gets to sit	<input type="checkbox"/> coos
<input type="checkbox"/> creeps	<input type="checkbox"/> jargons
<input type="checkbox"/> crawls	<input type="checkbox"/> pronounces basic defining words
<input type="checkbox"/> grasps objects and does simple actions with them	<input type="checkbox"/> knows names of basic objects and search for them when prompted
<input type="checkbox"/> pulls to standing	<input type="checkbox"/> additional information:
<input type="checkbox"/> cruises	

4. Osteopathic status

4.1 General exam

4.1.1. Indicator evaluated:	symmetry / positioned at one level	asymmetrically / positioned at different levels
Anterior:	□	□
head position	□	□
interpupillary line	□	□
auricle position	□	□
mandible angle position	□	□
shoulder height, shoulder girdle muscle knots	□	□
clavicle level and symmetry	□	□
thoracic rotation and shape	□	□
thoracic excursion during tidal breathing	□	□
waist triangles;	□	□
upper extremity position	□	□

navel position	<input type="checkbox"/>	<input type="checkbox"/>
iliac crest position	<input type="checkbox"/>	<input type="checkbox"/>
anterior superior iliac spine position	<input type="checkbox"/>	<input type="checkbox"/>
pelvic rotation	<input type="checkbox"/>	<input type="checkbox"/>
lower extremity position (external or internal rotation, length)	<input type="checkbox"/>	<input type="checkbox"/>
patella position	<input type="checkbox"/>	<input type="checkbox"/>
foot arch position	<input type="checkbox"/>	<input type="checkbox"/>
Posterior:	<input type="checkbox"/>	<input type="checkbox"/>
head and cervical spinal cord position	<input type="checkbox"/>	<input type="checkbox"/>
mastoid bone level	<input type="checkbox"/>	<input type="checkbox"/>
shoulder height, shoulder girdle muscle knots	<input type="checkbox"/>	<input type="checkbox"/>
scapula level	<input type="checkbox"/>	<input type="checkbox"/>
spinal cord in coronal plane	<input type="checkbox"/>	<input type="checkbox"/>
waist triangles	<input type="checkbox"/>	<input type="checkbox"/>
iliac crest height	<input type="checkbox"/>	<input type="checkbox"/>
posterior superior iliac spine position	<input type="checkbox"/>	<input type="checkbox"/>
gluteal fold symmetry	<input type="checkbox"/>	<input type="checkbox"/>
pelvic rotation	<input type="checkbox"/>	<input type="checkbox"/>
leaning on the foot	<input type="checkbox"/>	<input type="checkbox"/>
heel position	<input type="checkbox"/>	<input type="checkbox"/>

4.1.2. Barré's vertical evaluation: deviation no deviation

4.1.3. Spinal curves in sagittal plane:

cervical lordosis preserved reduced increased

thoracic kyphosis preserved reduced increased

lumbar lordosis preserved reduced increased

4.2 Muscle tone: symmetrical asymmetrical

Additional information: _____

4.3. Active tests:

general flexion not restricted restricted: in cervical in thoracic in lumbar region

general extension not restricted restricted: in cervical in thoracic in lumbar region

right lateral flexion not restricted restricted: in cervical in thoracic in lumbar region

left lateral flexion not restricted restricted: in cervical in thoracic in lumbar region

Additional information: _____

4.4. Global flexion test (for children under one year): restricted not restricted

4.5. General listening: to the front to the back to the right to the left

Additional information: _____

4.6. Flexion test:

standing: negative positive «+» «++» «+++» on the right on the left

seated: negative positive «+» «++» «+++» on the right on the left

4.7. Supine leg length evaluation:

- equal
- shortened on the right
- shortened on the left

4.8. Joint and surrounding soft tissues rigidity:

4.8.1. Lower extremity and pelvic joints:

Joint evaluated:	rigidity and restriction	no rigidity and restriction
sacroiliac	<input type="checkbox"/>	<input type="checkbox"/>
hip	<input type="checkbox"/>	<input type="checkbox"/>
knee	<input type="checkbox"/>	<input type="checkbox"/>
ankle	<input type="checkbox"/>	<input type="checkbox"/>
subtalar	<input type="checkbox"/>	<input type="checkbox"/>
cuboideonavicular	<input type="checkbox"/>	<input type="checkbox"/>
intercuneiform	<input type="checkbox"/>	<input type="checkbox"/>
metatarsophalangeal	<input type="checkbox"/>	<input type="checkbox"/>

4.8.2. Shoulder girdle and upper extremity joints:

Joint evaluated:	rigidity and restriction	no rigidity and restriction
sternoclavicular		<input type="checkbox"/>
acromioclavicular		<input type="checkbox"/>
shoulder		<input type="checkbox"/>
elbow		<input type="checkbox"/>
wrist	<input type="checkbox"/>	<input type="checkbox"/>

4.9. Translation evaluation:

pelvis not restricted restricted on the right restricted on the left
 lumbar region not restricted restricted on the right restricted on the left

thoracic region	<input type="checkbox"/> not restricted	<input type="checkbox"/> restricted on the right	<input type="checkbox"/> restricted on the left
cervical region	<input type="checkbox"/> not restricted	<input type="checkbox"/> restricted on the right	<input type="checkbox"/> restricted on the left

4.10. Passive flexion and extension evaluation:

lumbar region	<input type="checkbox"/> no restriction	<input type="checkbox"/> flexion restricted	<input type="checkbox"/> extension restricted
thoracic region	<input type="checkbox"/> no restriction	<input type="checkbox"/> flexion restricted	<input type="checkbox"/> extension restricted

4.11. Evaluation of visceral mass shift in sagittal plane:

middle and lower abdominal cavity	<input type="checkbox"/> not restricted	<input type="checkbox"/> ventrally restricted	<input type="checkbox"/> dorsally restricted
upper abdominal cavity	<input type="checkbox"/> not restricted	<input type="checkbox"/> ventrally restricted	<input type="checkbox"/> dorsally restricted
thoracic cavity	<input type="checkbox"/> not restricted	<input type="checkbox"/> ventrally restricted	<input type="checkbox"/> dorsally restricted

4.12. Evaluation of visceral mass shift in coronal plane:

middle and lower abdominal cavity	<input type="checkbox"/> not restricted	<input type="checkbox"/> restricted on the right	<input type="checkbox"/> restricted on the left
upper abdominal cavity	<input type="checkbox"/> not restricted	<input type="checkbox"/> restricted on the right	<input type="checkbox"/> restricted on the left
thoracic cavity	<input type="checkbox"/> not restricted	<input type="checkbox"/> restricted on the right	<input type="checkbox"/> restricted on the left
visceral space of the neck	<input type="checkbox"/> not restricted	<input type="checkbox"/> restricted on the right	<input type="checkbox"/> restricted on the left

4.13. Three-Sphere Test (evaluation for children under one year)

head and cervical region volume:	<input type="checkbox"/> no restriction	<input type="checkbox"/> ventrally restricted	<input type="checkbox"/> dorsally restricted
thoracic volume:	<input type="checkbox"/> no restriction	<input type="checkbox"/> ventrally restricted	<input type="checkbox"/> dorsally restricted
abdominal and pelvic volume:	<input type="checkbox"/> no restriction	<input type="checkbox"/> ventrally restricted	<input type="checkbox"/> dorsally restricted

4.14. Thoracic and abdominal cavity mobility evaluation:

<input type="checkbox"/> no restriction	<input type="checkbox"/> thoracic cavity restriction	<input type="checkbox"/> abdominal cavity restriction
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4.15. Rhythmogenic aspect evaluation.

4.15.1 Cranial rhythmic impulse: _____ per minute; range _____; intensity _____

4.15.2 Cardiac rhythmic impulse: _____ per minute; range _____; intensity _____

4.15.3 Thoracic rhythmic impulse: _____ per minute; range _____; intensity _____

4.15.4 Radial artery pulse: symmetrical yes no rhythmic yes no

4.15.5 Posterior tibial artery pulse: symmetrical yes no; rhythmic yes no

4.16. Additional osteopathic tests: _____

5. Osteopathic conclusion.

Level	Dysfunction	Biomechanical, Points	Rhythmogenic, Points	Neurodynamic*, Points	
Global		1 2 3	Cranial 1 2 3 Cardiac 1 2 3 Respiratory 1 2 3	Psychoviscerosomatic 1 2 3 Postural 1 2 3	
Regional	Region:	Structural part	Visceral part	Cr C1—C3	Viscerosomatic component Somato-visceral component
	Head	1 2 3			1 2 3
	Neck	1 2 3	123		1 2 3
	Upper extremities	1 2 3		C4—C6	1 2 3
	Thoracic	1 2 3	123	C7—Th1	1 2 3
	Lumbar	1 2 3	123	Th2—Th5	1 2 3
	Pelvic	1 2 3	123	Th6—Th9	1 2 3
	Lower extremities	1 2 3		Th10—L1	1 2 3
	Dura	1 2 3		L2—L5	1 2 3
Local	Individual somatic dysfunctions are indicated (acute or chronic):				
Prevailing somatic dysfunction:					

*Global neurodynamic dysfunction is not evaluated in children under one year. Postural dysfunction is evaluated in children from 12 years.

6. **Diagnosis:** Primary condition: _____
 _____ ICD-10 code _____

Complications: _____

Co-morbidities: _____ ICD-10 code _____
 _____ ICD-10 code _____

7. Treatment plan: _____

8. Sick leave, certificate: _____

9. Recommendations: _____

9.1. Specialist advice:
 neurologist GP pediatrician orthopedist ophthalmologist dentist

9.2. Tests:
 complete blood count urinalysis test biochemical profile _____
 X-ray _____ ultrasonography: _____
 MRI: _____ CT: _____

Additional diagnostic techniques: _____

9.3. Drug treatment:

9.4. Additional drug-free treatment modalities: rehabilitation exercises massage physiotherapy reflexotherapy

9.5. Motion regime recommendations: _____

9.6. Dietary recommendations: _____

9.7. Re-examination in _____ days Osteopath: _____ (_____)