



# **Neck & Cervical Assessment**

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**Lecture -5-**

## **Inspect neck for the following:**

### **Appearance:**

Normal :Symmetrical, centered head position

### **Movement:**

Smooth, controlled movements; range of motion


(ROM) from:

Flexion = 45 degree

Extension = 55 degree

Lateral abduction = 40 degree

Rotation = 70 degree

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- Abnormal : Asymmetrical , mass benign or malignant ,client may complains pain with flexion or rotation ,pain associated muscle spasm cause by meningitis , generalized discomfort may related to trauma, inflammation of muscle or vertebral disease

# Palpation

## **Palpate trachea for position**

(tracheal rings, cricoid & thyroid cartilage).

Midline position; symmetrical

## **Palpate thyroid for the following:**

### **Position**

Characteristics, landmarks

Midline ,Smooth, firm, no tender

Ask the client to drink sips of water normally thyroid move upward . The movement not visible in males the thyroid cartilage large or Adam's apple is more prominent than in females

## Guidelines for palpating thyroid:

- Stand behind client & position hands with thumbs on nape of client's neck.
- Ask client to flex neck forward & to the right, & use fingers of the left hand to displace thyroid to the right.
- Palpate the right lobe using the right fingers while client swallows small sips of water.
- Repeat procedure to examine the left lobe.

(Note: ability to see or palpate the thyroid varies considerably with client thyroid size & body build).

# palpating thyroid gland:



A. Palpation of the thyroid from behind



B. Palpation of the thyroid from in front

## Palpate cervical lymph nodes for the following:

Size & shape:

Cervical lymph nodes are usually not palpable. If palpable, they should be 1cm or less & round.

Delineation:

Discrete

Mobility:

Mobile

Consistency:

Soft

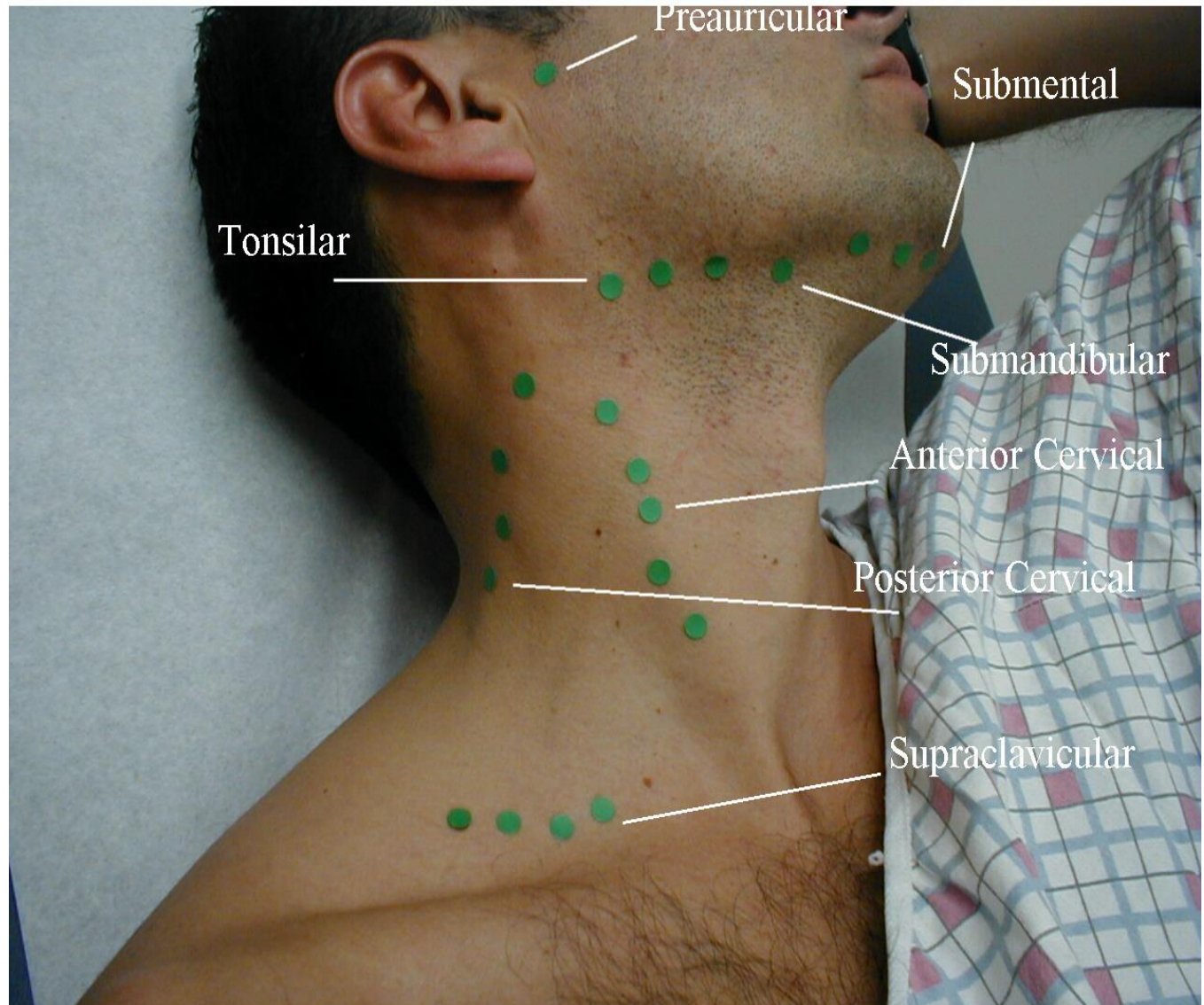
Tenderness:

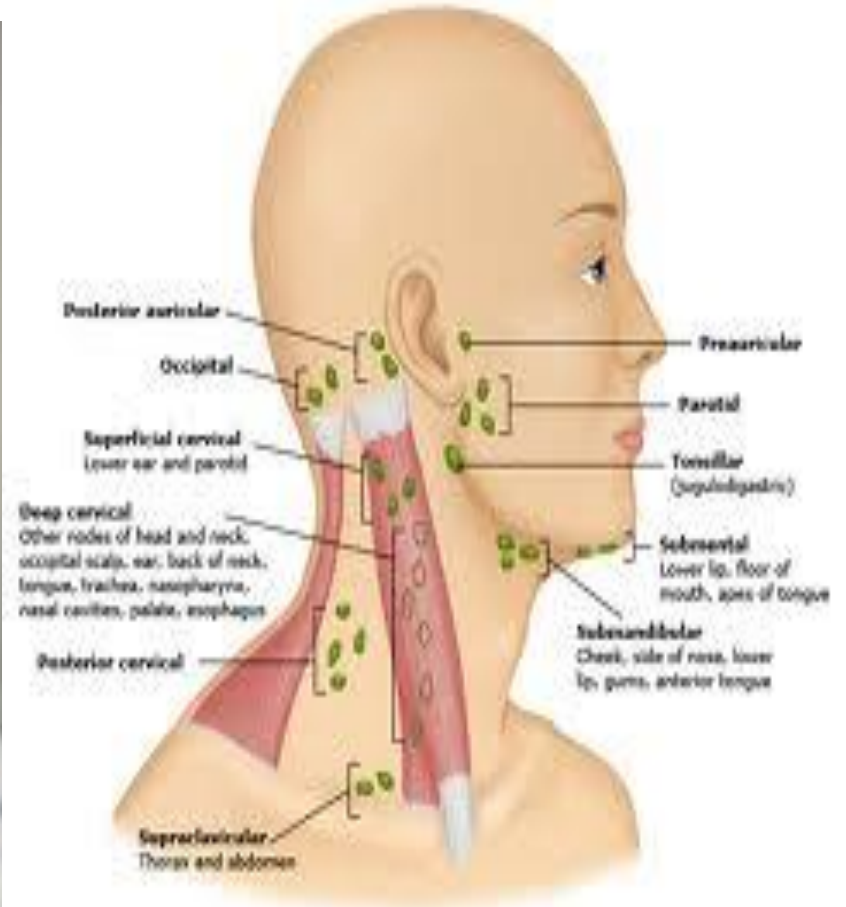
No tender

# Lymph Nodes

- 1- Preaurical ✓
- 2- Postaurical ✓
- 3- Occipital ✓
- 4- Tonsillar ✓
- 5- Submandibular ✓
- 6- Submental ✓
- 7- Anterior cervical chain (deep cervical) ✓
- 8- Posterior cervical chain ✓
- 9- Supraclavical ✓









# Auscultation

Use bell to assess bruit sound

