

## EXTRAORAL EXAMINATION

### Palpation of the face

- begin at temples, palpate around forehead
- from forehead, palpate down to TMJ then across cheekbones
- from cheekbones palpate down around to chin

### Lateral muscles of the Neck

- Client tilts head away and to right/left
- Palpate from clavicle up the mastoid located behind ear
- Palpate relaxed muscles on opposite side
- Have client tilt head to opposite side and repeat previous steps

### Anterior Neck Region

- Use 2-3 fingers. Place at sides of trachea just under chin
- Walk down trachea, moving trachea from left to right until you reach bony notches of clavicle bone
- Place fingers at thyroid and ask patient to swallow, move thyroid from left to right
- Palpate clavicular nodes from anterior to posterior

### Occipital Nodes

- Place fingers at superior edge of the scapulae, in circular fashion palpate the back of the neck to the spinal column and up to the occipital bone

### Submandibular Nodes

- Place 4 fingers at midline of mandibular ridge. Compress the tissue to the midline. Use opposite hand continue to pull the tissue toward adjacent mandibular ridge. This entraps inflamed node
- Repeat on opposite side
- At the angle of the mandible, palpate the parotid nodes

### Cervicle Nodes

- Place 4 fingers of each hand of prominent ridge of mandibular bone
- Take one step in and using light to moderate pressure walk your fingers over the tissue without raising them up
- Area should feel firm but mobile

### Preauricular and Postauricular Nodes

- Palpate posterior to each ear at the base of the earlobe
- Palpate anterior to the ear in the vicinity of the TMJ

### TMJ

- In front of chair, place 2 fingers at TMJ
- Using light pressure to locate joint, have client open and close slowly
- Observe pathway of mandible
- Note subluxation, popping or crepitus