

## Lecture 4 Neck Exam

### PHYSICAL EXAM – PowerPoint Lecture

Inspect the neck for symmetry, masses, scars, lesions

Palpate neck for lymph nodes: use #2, 3, 4 pads of finger in chain-like distribution

Occipital, post-auricular, pre-auricular, tonsillar, submandibular, submental

Superficial cervical: SCM belly

Posterior cervical: anterior border of trapezius

Deep cervical: posterior border of SCM

Supraclavicular: fossa along clavicle

*Note: size, consistency; mobility; discreteness nodes, tenderness, increased warmth in skin and soft tissue*

**NORMAL:** mobile, discrete, nontender nodes up to 1cm

**ABNORMAL:** tender nodes – suggestive of infection or inflammation  
Hard, fixed, indistinct nodes – suggest malignancy



Inspect trachea for position – should be midline

Palpate trachea for deviation (2 thumbs)

Location: lower half of the neck

Anterior border of SCM as a reference point

Inspect neck for thyroid gland, (2) sip water and inspect again

Location: below the cricoid cartilage

Palpate thyroid with direct and oppositional pressure

Palpate thyroid with swallows

Stand behind and right of patient

Patient instruction: flex head slightly forward to relax neck muscles

Palpate isthmus and each lobe separately, palpate with water swallow

Isthmus: hands together, midline

Lobes: both hands move over to R and L

Palpate each lobe again with oppositional pressure (no water)



### TEXTBOOK

Anterior cervical triangle: mandible above, SCM muscle laterally, midline of neck medially

Posterior cervical triangle: SCM, trapezius, clavicle

### GREAT VESSELS

Deep to SCM: carotid artery, internal jugular vein

Surface of SCM: external jugular vein

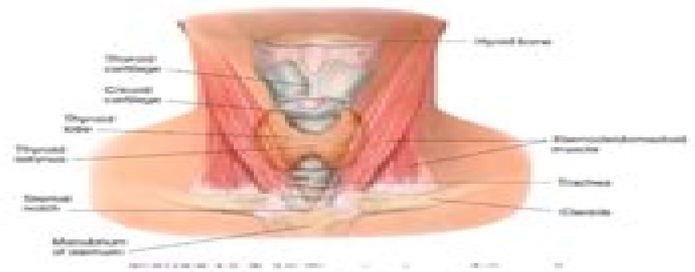
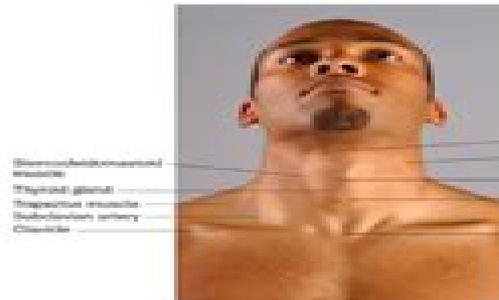
Jugular vein distention: hallmark of HF

### MIDLINE STRUCTURES, THYROID GLAND

Masses in neck may cause tracheal deviation to one side, raising suspicion of conditions in the thorax: mediastinal mass, atelectasis, or pneumothorax

Stridor – ominous, high pitched musical sound from severe subglottic or tracheal obstruction → respiratory emergency

Caused: epiglottic foreign body, goiter, stenosis from artificial airway



# Head Neck Exam Notes

**Emilie Sanchez**



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