

## What to Expect During a Physical Exam

### Head, Eyes, Ears, Nose, and Throat (HEENT)

**Head:** Check for lumps, bumps, or tenderness on your scalp and face.

**Eyes:** Check your pupillary response.

**Ears:** Look inside your ears to see your tympanic membranes; remove wax if needed.

**Throat:** Inspect your mouth, throat, teeth, gums, and tonsils.

**Heart:** Look at and feel your chest for any unusual movements. Listen to your heart to check your heartbeat and any unusual sounds.

**Lungs:** Observe your chest movements as you breathe. Listen to your lungs to check your breathing.

**Abdomen:** Look at your abdomen for swelling or scars. Listen to your abdomen for bowel sounds. Feel your abdomen for tenderness or lumps.

**Lymph Nodes:** Feel your neck, armpits, and groin for any swollen lymph nodes.

**Pulse Check:** Check the pulse in your wrists, neck, and feet to assess circulation.

**Reflexes:** Test your reflexes by gently tapping certain areas with a small hammer.

**Skin Check (omitted if you see Dermatology):** Look at your skin for any rashes, moles, or other abnormalities.

### Special Exams

**Prostate Exam (for certain men):** Check the prostate through the rectum for any issues.

**Breast/GYN Exam (for certain women):** Look at and feel the breasts for lumps or changes. Pelvic exam to evaluate for signs of infection, problems or cancer

**EKG:** To assess heart rhythm.

**Orders:** We will place test orders and/or review test reporting.

**Review:** We will review preventative medicine guidelines which include vaccines.

### Tips for a Comfortable Exam:

- **We'll Explain Everything:** We'll let you know what we're doing and why.
- **Stay Relaxed:** We'll guide you through the process to make you comfortable.
- **Ask Questions:** Feel free to ask about anything you're curious or concerned about.

**Reminder:** if you have acute issues or have ongoing conditions that need evaluation, testing, treatment or follow-up, this is not a service included in a preventative physical and may result in additional charges.