



5 minute Neurology Exam for Divers

Diver's Name.....
Date of Birth.....Contact Number.....
Examiner's Name.....Date and Time.....

Work through the following examination, put a cross next to any abnormal findings. There is further space to record results overleaf

When Testing Sensation: With diver's eyes closed, lightly touch their skin, ask them to say "yes" each time they feel it.

1. Orientation

- a. Person: Diver can tell you their own name and DOB.
- b. Place: Diver is aware of where they are.
- c. Time: Time to nearest hour.

2. Eyes

- a. Eye Movements: Diver can follow your finger as you draw an "H" shape, eye movements should be smooth and not jerky.
- b. Vision: Diver can count fingers held up in front of them. Test each eye in turn.
- c. Pupils: Check they are equal in size and shrink in response to light.

3. Ears

- a. Hearing: Rub your thumb and finger together 30cm from diver's ear, check they can hear this on each side.

4. Face

- a. Sensation: Test several points on both sides of the face.
- b. Movements: Get diver to do the following in turn -
 - Raise eyebrows
 - Screw up eyes tightly
 - Show teeth

5. Mouth

- a. Movements: Get diver to do the following -
 - Stick out tongue (tongue should not deviate to either side).
 - Can the diver swallow a sip of water? If they choke keep them nil by mouth.

6. Torso

- a. Sensation: Test several points on both sides of the torso.

7. Upper limb

- a. Sensation: Test several points on both arms and shoulders.
- b. Movements: Get diver to do the following in turn, note any difference in strength between sides -
 - Shrug shoulders against resistance
 - Straighten and bend the elbows against resistance
 - Squeeze fingers

8. Lower Limb

- a. Sensation: Test several points on both legs.
- b. Movements: Get diver to do the following in turn, note any difference in strength between sides -
 - Raise and lower the entire leg against resistance
 - Straighten and bend the knee against resistance
- c. Coordination/balance: If no symptoms since dive and normal examination so far, ask diver to -
 - Walk normally.
 - Walk heel to toe.
 - Stand with feet together, arms outstretched and eyes closed.
 - (Ensure diver does not fall and look for any loss of balance)

Examination Findings:

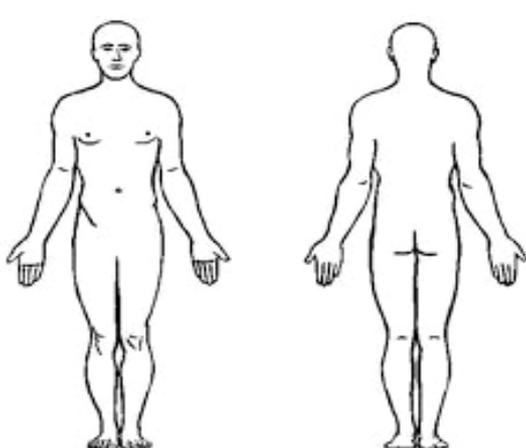
Normal exam Abnormal exam

If exam abnormal:

Were any abnormalities found in examining the eyes, ears or mouth?

Yes No

If "yes" specify.....



Shade any areas of sensory loss on the diagram

Was there any muscle weakness? Yes No

If "yes" specify.....

Was coordination/ balance normal? Yes No