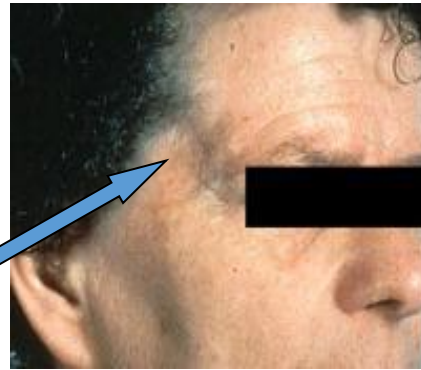


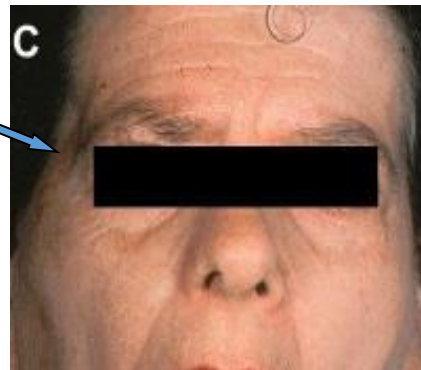
Exam Area: Temples - Temporalis Muscle

View patient when standing directly in front of them, ask patient to turn head side to side

<u>Severe</u>	<u>Mild -Moderate</u>	<u>Normal</u>
Hollowing, scooping, depression	Slight depression	Can see/feel well-defined muscle



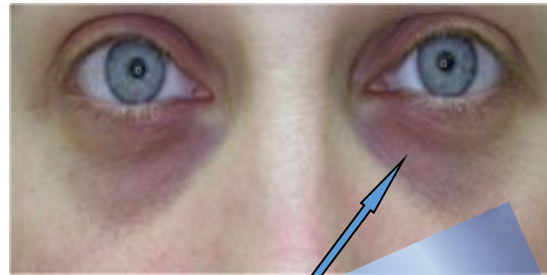
MUSCLE



Exam Area: Orbital Area - Fat Pad Around Eye

View patient when standing directly in front of them,
touch above cheekbone

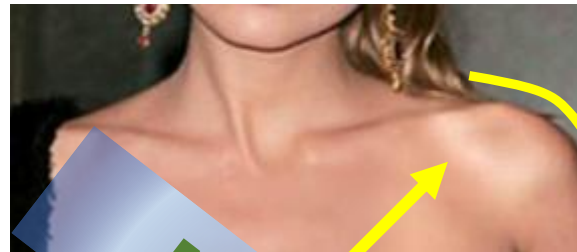
<u>Severe</u>	<u>Mild -Moderate</u>	<u>Normal</u>
Hollow look, depressions, dark circles, loose skin	Slightly dark circles, somewhat hollow look	Slightly bulged fat pads. Fluid retention may mask loss



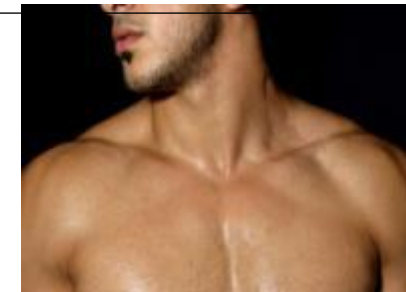
Exam Area: Clavicle & Acromion Bone - Deltoid Muscle

Patient arms at side; observe shape

<u>Severe</u>	<u>Mild -Moderate</u>	<u>Normal</u>
Shoulder to arm joint looks square. Bones prominent. Acromion prominent	Acromion process may slightly protrude	Rounded, curves at arm/shoulder/neck



MUSCLE



Exam Area: Scapular Bone Region

Trapezius, Supraspinatus, Infraspinatus Muscles

Ask patient to extend hands straight out, push against solid object.

<u>Severe</u>	<u>Mild -Moderate</u>	<u>Normal</u>
Prominent, visible bones, depressions between ribs/scapula or shoulder/spine	Mild depression or bone may show slightly	Bones not prominent, no significant depressions



MUSCLE

Exam Area: Thoracic & Lumbar Region – Ribs, Lower Back, Midaxillary Line

Have patient press hands hard against a solid object

<u>Severe</u>	<u>Mild -Moderate</u>	<u>Normal</u>
Depression between the ribs very apparent; iliac crest very prominent	Ribs apparent, but depressions less pronounced; iliac crest somewhat prominent	Chest is full, ribs do not show. Slight to no protrusion of the iliac crest.



FAT



Exam Area: Upper Arm Region - Triceps/Biceps

Arm bent, roll skin between fingers, do not include muscle in pinch

<u>Severe</u>	<u>Mild -Moderate</u>	<u>Normal</u>
Very little space between folds, fingers touch	Some depth pinch, but not ample	Ample fat tissue obvious between folds of skin

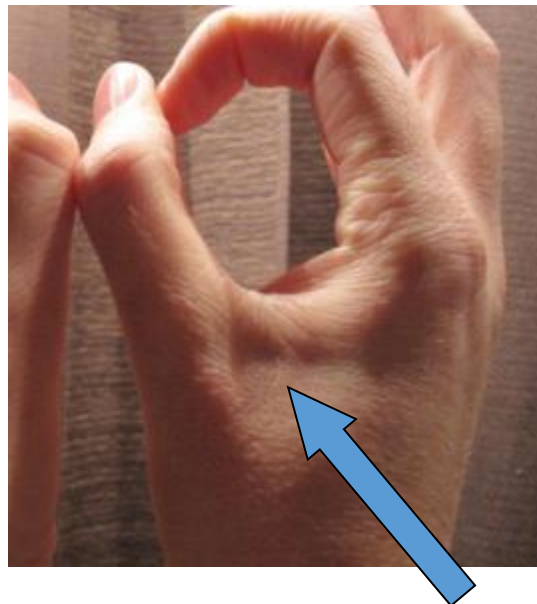


Keys A. *JAMA*. 1948;138:500-511

Exam Area: Dorsal Hand - Interosseous Muscle

Look at thumb side of hand; look at pads of thumb when tip of forefinger touching tip of thumb

<u>Severe</u>	<u>Mild -Moderate</u>	<u>Normal</u>
Depressed area between thumb-forefinger	Slightly depressed	Muscle bulges, could be flat in some well nourished people



MUSCLE

Exam Area: Anterior Thighs – Quadriceps & Patellar Region

Ask patient to sit, leg propped up, knee bent
Grasp quads to differentiate muscle vs. fat tissue

<u>Severe</u>	<u>Mild -Moderate</u>	<u>Normal</u>
Depression/line on thigh, obviously thin Bones prominent, little sign of muscle around knee	Mild depression on inner thigh Knee cap less prominent, more rounded	Well rounded, well developed Muscles protrude, bones not prominent



MUSCLE

Exam Area: Posterior Calf Region – Gastrocnemius Muscle

Grasp the calf muscle to determine amount of tissue

<u>Severe</u>	<u>Mild -Moderate</u>	<u>Normal</u>
Thin, minimal to no muscle definition	Not well developed	Well-developed bulb of muscle



MUSCLE