

# Examination of the Head and Neck (Lymph Nodes)

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**Wash your hands & Introduce the exam to your patient**

## Positioning & Draping

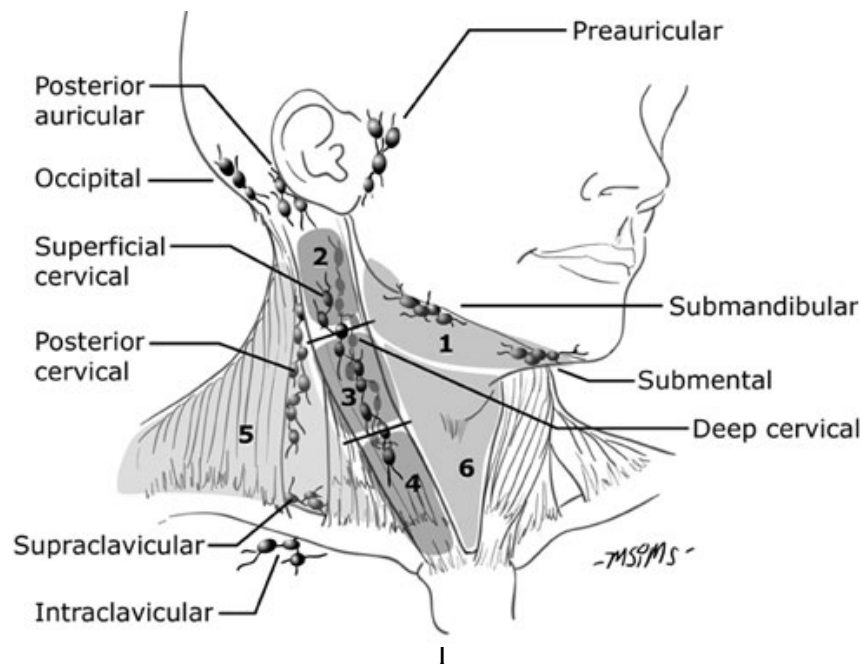
- With the patient seated or supine, expose their neck from shoulder-to-shoulder down to the level of the manubrium and clavicles

## Inspection

- In all 6 zones of the neck (see Figure 1), look for:
  - masses, scars, and lesions (trauma)
  - atrophy/hypertrophy
  - discolouration
  - swelling
  - muscle bulk/symmetry

**Figure 1:**

## Zones of the Neck with corresponding Lymph Nodes



## Palpation

- Lymph nodes (see Figure 1):
  - start from the back of the head, work forwards, then work down
  - to palpate the submandibular nodes, you can also use gloves and feel from the inside of the patient's mouth (optional)
  - comment on:
    - size (<2cm = good)
    - shape (regular borders = good)
    - soft/firm (soft = good)
    - tethered to skin or deeper structures (mobile = good)

## Auscultation

- attempt to detect a vascular bruit (i.e., in carotid stenosis) or a vascular tumour by placing the bell of stethoscope over carotid arteries