



I need a lower limb (legs) neurological exam

Produced by: Emergency Department/KKIND. Ref: 1897. This document can be made available in alternative formats on request for people with disability.
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1



I need a neurological examination of my legs so that the doctor can check how my nerves are working.

My nerves help my muscles move and help my skin to feel.

The doctor might do only some of these things and might do them in a different order. They will choose what I most need checked to help me get better.

2



I will lie down on the bed and have my legs checked. The doctor will move my legs while I lie still. I need to keep my legs floppy, like wobbly jelly on a plate, and let the doctor move them around gently.

3

Then I will show how strong my legs are!



I will lift my leg off the bed, keeping it straight. I will push up into the doctor's hand, then down against their hand towards the bed.

4



Next, I will bend and straighten my knee, pushing against the doctor's hand.

5



Then I will push my feet up and down against the doctor's hands.

6



The doctor will check my reflexes by doing some tapping. This won't hurt and I need to try and relax, and keep my legs floppy again. I might need to sit on the side of the bed to help my legs be floppy. It might feel a little funny when my leg moves, but this will only last a second.

7



The doctor will gently scratch the bottom of my foot. This might tickle a little!



Then I will push my heel down my other leg, from my knee to my ankle. I will lift my foot up and do it again.

8

I will show the doctor my walking – I might walk normally, then on my toes, then on my heels, and then like I'm on a tightrope with one foot just in front of the other.



I might close my eyes and tell the doctor when I feel them touching my legs.



Now that I am finished, the doctor will tell me what we need to do next so that I can get better.