



Signs of Meningeal Irritation

Equipment

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Procedure

0	Stiff neck (nuchal rigidity) tells the patient what to check and asks for permission.
1	Put your hand under the patient's head in the occipital area and slowly lift your head so that your chin touches your chest.
2	Use the hand of the patient's head to turn to the left-right. Hold the patient's two shoulders and lift it up without lifting the head to observe whether the neck is facing backward or not.
3	Positive result when neck stiffness The back or extensor muscles of the neck are tensed, unable to bend or lift.
4	Kernig's sign tells the patient what to check and asks for permission.
5	Bend the patient's hips and knees one at a time at about a 90-degree angle. Slowly stretch the patient's knees until they are taut.
6	Positive result when unable to fully extend both knees (or less than 135 degrees) or pain in the hamstring muscles on both sides

