

Table 6: Key Components of An Obesity-Centred Physical Exam

Vital signs: blood pressure (appropriately sized cuff), heart rate
Anthropometric measurement: weight, height, waist circumference, BMI
Head and neck <ul style="list-style-type: none">• Neck circumference, Mallampati score• Thyroid exam• Cushing's (moon facies, prominent supraclavicular and dorsocervical fat pad)• Polycystic ovary syndrome (acanthosis nigricans, hirsutism, acne)
Cardiorespiratory <ul style="list-style-type: none">• Heart rate and rhythm• Signs of heart failure (added heart sounds, pedal edema, pulmonary rales)
Gastrointestinal <ul style="list-style-type: none">• Liver span• Umbilical, incisional hernias• Screening for stigmata of chronic liver disease (encephalopathy, ascites, jaundice, palmar erythema, etc.)
Musculoskeletal <ul style="list-style-type: none">• Osteoarthritis (Heberdens/Bouchards nodes, weight bearing joints)• Gout• Gait exam
Skin <ul style="list-style-type: none">• Candida, intertrigo, tinea, skin tags, psoriasis, acanthosis nigricans• Nutritional deficiencies (pallor of conjunctiva, palmar crease rubor, atrophic glossitis, neuropathy)⁸³• Abdominal striae (violaceous striae wider than 1 cm)
Lower limbs <ul style="list-style-type: none">• Lymphedema (non-painful, pitting edema, typically arms/legs)• Lipedema (often painful fat deposition, non-pitting edema, typically in arms and legs with sparing of the hands and feet)• Venous insufficiency, ulcers, stasis, thrombophlebitis