Tendon Reflexes

Root Levels of reflexes:
- Tricep: C7-8
- Bicep: C5-6
- Supinator: C5-6
- Knee: L3-4
- Ankle: S1-2

Grading of reflexes:
- 0 - absent
- +/- - present with reinforcement
- + - reduced
- ++ - normal
- +++ - increased
- ++++ - increased with clonus

Basics:
- Check both sides to compare (if absent ask the patient to clench their teeth - reinforcement)
- Absent/reduced indicate LMN
- Brisk indicates UMN