



CLIENT PREPARATION / DEFENSE MEDICAL EXAM

Before the Defense Medical Exam

Eight points to review with your attorney before the appointment

01 The examiner is not your friend ☐

Be polite, but remember this is a defense evaluation, not a treatment visit. Casual remarks may appear in the report.

05 Expect observation from arrival ☐

Walking, sitting, standing, and other everyday movements may be observed before and after testing. Be yourself.

02 Answer only what is asked ☐

Respond briefly, truthfully, and within your attorney's instructions. Avoid volunteering extra history or details.

06 Know the nurse observer's role ☐

The observer documents what is asked, done, measured, and reported; the observer does not coach or interfere.

03 Do not minimize or exaggerate ☐

Describe pain and limitations accurately, including symptoms that arise during the examination.

07 Check before completing forms ☐

Follow your attorney's instructions about sign-in sheets, releases, questionnaires, consents, and other paperwork.

04 Stay within your physical limits ☐

Move naturally. Do not push past pain, weakness, instability, or your usual limitation to satisfy a request.

08 Show ID only as instructed ☐

You may show ID for verification. Ask your attorney before allowing the office to copy, scan, photograph, or retain it.