

## SPINE, PELVIS & SACROILIAC JOINT WORKSHEET

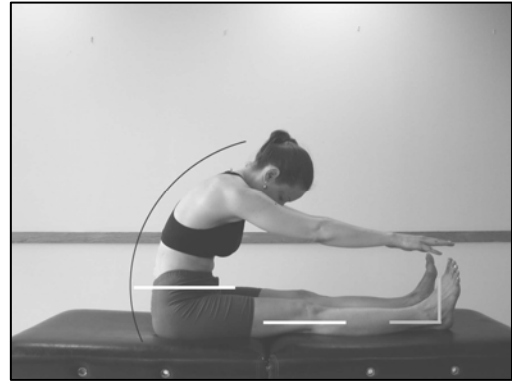
Record your findings. Circle the findings that fall outside of normal parameters.

			ACTIVE RANGE OF MOTION		
ACTIVE MOVEMENT		NORMAL	FINDINGS		
1.	<b>FLEXION OF LUMBAR SPINE</b> Erector spinae, Rotatores Interspinalis, Multifidus, Quadratus lumborum, Latissimus dorsi and Gluteus maximus ...which are eccentrically lengthening to allow this movement.	<b>40°-60°</b>			
		<b>PAINLESS</b>			
2.	<b>EXTENSION OF LUMBAR SPINE</b> Internal & External obliques, Rectus abdominis, Transversus abdominis, Psoas major and Intertransversari ...which are eccentrically lengthening to allow this movement.	<b>20°-35°</b>			
		<b>PAINLESS</b>			
			FINDINGS		
ACTIVE MOVEMENT		NORMAL	LEFT	RIGHT	
3.	<b>LATERAL FLEXION OF LUMBAR SPINE</b>	<b>15°-20°</b>			
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center; vertical-align: top;"> <b>LEFT</b>                      Abdominal obliques                      Quadratus lumborum                      Psoas major                      Latissimus dorsi                      Erector spinae                      Multifidi                      Rotatores                      ...which are                      eccentrically                      lengthening to allow                      this movement.                 </td> <td style="width: 50%; text-align: center; vertical-align: top;"> <b>RIGHT</b>                      Abdominal obliques                      Quadratus lumborum                      Psoas major                      Latissimus dorsi                      Erector spinae                      Multifidi                      Rotatores                      ...which are                      eccentrically                      lengthening to allow                      this movement.                 </td> </tr> </table>	<b>LEFT</b> Abdominal obliques Quadratus lumborum Psoas major Latissimus dorsi Erector spinae Multifidi Rotatores ...which are eccentrically lengthening to allow this movement.	<b>RIGHT</b> Abdominal obliques Quadratus lumborum Psoas major Latissimus dorsi Erector spinae Multifidi Rotatores ...which are eccentrically lengthening to allow this movement.	<b>PAINLESS</b>	
<b>LEFT</b> Abdominal obliques Quadratus lumborum Psoas major Latissimus dorsi Erector spinae Multifidi Rotatores ...which are eccentrically lengthening to allow this movement.	<b>RIGHT</b> Abdominal obliques Quadratus lumborum Psoas major Latissimus dorsi Erector spinae Multifidi Rotatores ...which are eccentrically lengthening to allow this movement.				
4.	<b>ROTATION OF LUMBAR SPINE</b>	<b>3°-18°</b>			
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center; vertical-align: top;">                     Right Internal obliques                      Left external obliques                      Multifidus                      Rotatores                      ..rotate the spine to the                      left.                 </td> <td style="width: 50%; text-align: center; vertical-align: top;">                     Left Internal obliques                      Right external obliques                      Multifidus                      Rotatores                      ..rotate the spine to the                      right.                 </td> </tr> </table>	Right Internal obliques Left external obliques Multifidus Rotatores ..rotate the spine to the left.	Left Internal obliques Right external obliques Multifidus Rotatores ..rotate the spine to the right.	<b>PAINLESS</b>	
Right Internal obliques Left external obliques Multifidus Rotatores ..rotate the spine to the left.	Left Internal obliques Right external obliques Multifidus Rotatores ..rotate the spine to the right.				

			PASSIVE RANGE OF MOTION		
	PASSIVE MOVEMENT		NORMAL	FINDINGS	
5.	<b>FLEXION OF LUMBAR SPINE</b> Erector spinae Rotatores Interspinalis Multifidi Quadratus lumborum Latissimus dorsi Gluteus maximus		40°-60°		
			TISSUE STRETCH		
			PAINLESS		
6.	<b>EXTENSION OF LUMBAR SPINE</b> Internal & External obliques Rectus abdominis Transversus abdominis Psoas major Intertransversari		20°-35°		
			TISSUE STRETCH		
			PAINLESS		
			<b>FINDINGS</b>		
	PASSIVE MOVEMENT		NORMAL	LEFT	RIGHT
7.	<b>LATERAL FLEXION OF LUMBAR SPINE</b>		15°-20°		
	Left abdominal obliques Quadratus lumborum Psoas major Latissimus dorsi Erector spinae Multifidus Rotatores ...may limit lateral flexion to the right.	Right abdominal obliques Quadratus lumborum Psoas major Latissimus dorsi Erector spinae Multifidus Rotatores ...may limit lateral flexion to the left.	TISSUE STRETCH		
			PAINLESS		
8.	<b>ROTATION OF LUMBAR SPINE</b>		3°-18°		
	<b>Shortness of the left</b> Internal oblique or right External oblique Multifidus Rotatores ...rotate the spine to the right.	<b>Shortness of the right</b> Internal oblique or left External oblique Multifidus Rotatores ...rotate the spine to the left.	TISSUE STRETCH		
			PAINLESS		

## SCANNING TEST

### Long Sitting Position



LONG SITTING POSITION				
		NORMAL	WHAT TO RECORD UNDER "FINDINGS"	FINDINGS
9.	<b>THORACIC SPINE</b>	Normal flexion of the thoracic spine produces a smooth continuous arc.	<i>Note any excessive or reduced curvature or any sharp angulation.</i>	
10.	<b>LUMBAR SPINE</b>	Normal flexion of the lumbar spine allows it to flatten in this position.	<i>Note if the lumbar spine remains lordotic (extended).</i>	
11.	<b>PELVIS</b>	Normal extensibility of the hamstrings and gluteus maximus allow the PSIS and ASIS to be level with each other in this position.	<i>Note the position of the ASIS in relation to the and PSIS.</i>	
12.	<b>KNEE</b>	Normal extensibility of hamstrings and gastrocnemius allow the knees to be extended (straight) in this position.	<i>Note the position of the knee.</i>	
13.	<b>ANKLE</b>	Normal extensibility of the gastrocnemius and plantarflexors allows the ankle to be neutral between dorsi and plantarflexion in this position.	<i>Note the position of the ankle.</i>	

	MUSCLE LENGTH TEST	NORMAL	LEFT	RIGHT
14.	<b>SEMIMEMBRANOSUS, SEMITENDINOSUS &amp; BICEPS FEMORIS</b> extend knee flex hip	80° to 90° OF HIP FLEXION		
		TISSUE STRETCH		
		PAINLESS		
15.	<b>SEMITENDINOSUS SEMIMEMBRANOSUS</b> extend knee laterally rotate hip flex hip	80° to 90° OF HIP FLEXION		
		TISSUE STRETCH		
		PAINLESS		
16.	<b>BICEPS FEMORIS</b> extend knee medially rotate hip flex hip	80° to 90° OF HIP FLEXION		
		TISSUE STRETCH		
		PAINLESS		
17.	<b>GLUTEUS MAXIMUS</b> <b>The Sign of the Buttock Test</b> flex knee flex hip	110° to 120° OF HIP FLEXION		
		TISSUE STRETCH		
		PAINLESS		
18.	<b>GRACILIS</b> extend knee abduct hip	30° to 50° OF HIP ABDUCTION		
		TISSUE STRETCH		
		PAINLESS		
19.	<b>RECTUS FEMORIS</b> <b>Ely's Test</b> hip neutral flex knee	150° to 160° OF KNEE FLEXION		
		APPROXIMATION		
		PAINLESS		
20.	<b>TENSOR FASCIAE LATAE (TFL)</b> <b>Ober's Test</b> extend hip extend knee adduct hip	10° OF HIP ADDUCTION		
		TISSUE STRETCH		
		PAINLESS		
21.	<b>LATISSIMUS DORSI</b> forearm supinated full coronal abduction of the shoulder	180° OF SHOULDER ABDUCTION		
		TISSUE STRETCH		
		PAINLESS		