

Name \_\_\_\_\_ Date \_\_\_\_\_ Total Score \_\_\_\_\_

**Cervical Flexion**  Primary  Secondary

Can't Touch Sternum \_\_\_\_\_

**Cervical Extension**

Greater than 10 Degrees of Parallel \_\_\_\_\_

**Cervical Rotation**

*RIGHT* – Can't Touch Chin to Mid-Clavicle \_\_\_\_\_

*LEFT* - Can't Touch Chin to Mid-Clavicle \_\_\_\_\_

**Upper Extremity**  Primary  Secondary  *RIGHT*  *LEFT*

*RIGHT*  *LEFT* Can't Touch Inferior Angle of the Contralateral Scapula

*RIGHT*  *LEFT* Can't Touch Spine of the Contralateral Scapula

*RIGHT*  *LEFT* Pain with Horizontal Adduction

*RIGHT*  *LEFT* Pain with Active Impingement

**Multi-Segmental Flexion**  Primary  Secondary

Can't Touch Toes and Return to Standing Position \_\_\_\_\_

< 70 Degrees Sacral Angle \_\_\_\_\_

No Posterior Weight Shift (T-L Junction over foot) \_\_\_\_\_

Non-Uniform Spinal Curves \_\_\_\_\_

**Multi-Segmental Extension**  Primary  Secondary

ASIS Doesn't Clear the Toes \_\_\_\_\_

Can't Maintain Normal ( $\geq 170$  degrees) Shoulder Flexion \_\_\_\_\_

Spine of Scapula Doesn't Clear the Heels \_\_\_\_\_

Non-Uniform Spinal Curves \_\_\_\_\_

**Multi-Segmental Rotation**  Primary  Secondary  *RIGHT*  *LEFT*

*RIGHT*  *LEFT* Pelvis Rotation < 50 degrees \_\_\_\_\_

*RIGHT*  *LEFT* Trunk/shoulder < 50 degrees more than pelvis \_\_\_\_\_

*RIGHT*  *LEFT* Spinal/Pelvic Deviation \_\_\_\_\_

*RIGHT*  *LEFT* Excessive Knee Flexion \_\_\_\_\_

**Single Leg Stance**  Primary  Secondary  *RIGHT*  *LEFT*

*RIGHT*  *LEFT* Eyes Open Standing < 10 seconds \_\_\_\_\_

*RIGHT*  *LEFT* Eyes Closed Standing < 10 seconds \_\_\_\_\_

*RIGHT*  *LEFT* Abnormal Dynamic Leg Swings \_\_\_\_\_

*RIGHT*  *LEFT* Loss of Height \_\_\_\_\_

**Overhead Squating**  Primary  Secondary

Loss of Shoulder Flexion \_\_\_\_\_

Thoracic Flexes \_\_\_\_\_

Hips Don't Break Parallel \_\_\_\_\_

Sagittal Plane Deviation of Lower Extremity Rt. \_\_\_\_\_ Lt, \_\_\_\_\_