

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 (≥ 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, _____