

appendix one

Lower Quarter Examination

(*key test for low back diagnosis)

A. STANDING

1. Appearance (size, structural proportions)
2. Alignment
3. Forward bending; corrected forward bending*
4. Return from forward bending; corrected return from forward bending*
5. Side bending; corrected side bending*
6. Rotation*
7. Back bending*
8. Single leg stance
9. Hip and knee flexion (partial squat) (LE)

B. SITTING

1. Alignment (corrected vs. flexed or extended)*
2. Knee extension with dorsiflexion
3. Hip flexion (iliopsoas) muscle performance (LE)
4. Hip rotation (muscle performance and ROM) (LE)

C. SUPINE

1. Bilateral hip and knee flexion (passive)*
2. Hip flexor length test
3. Position of hips and knees extended vs. hips and knees flexed*
4. Unilateral hip and knee flexion (passive and active)
5. Hip abduction/lateral rotation from flexion*
6. Lower abdominal muscle performance

Source: Shirley Sahrmann.

7. Upper abdominal muscle performance (optional)
8. SLR (passive and active)
9. Iliopsoas muscle performance (LE)
10. TFL-ITB muscle performance (LE)

D. SIDE LYING

1. Position
2. Hip lateral rotation/abduction
3. Hip abduction
4. Hip adduction (top LE and bottom LE)
5. Modified Ober (LE)
6. Hip abd/LR/ext (post. gluteus med.) muscle performance

E. PRONE

1. Position (pillow vs. no pillow)*
2. Knee flexion*
3. Hip rotation*
4. Hip extension with knee extended*
5. Hip extension with the knee flexed (gluteus maximus) muscle performance

F. QUADRUPED

1. Alignment (preferred vs. corrected)
2. Rocking backward*
3. Rocking forward*
4. Shoulder flexion*

G. STANDING WITH BACK TO WALL

1. Flatten back*
2. Shoulder flexion

H. BASIC MOBILITY

1. Rolling
2. Supine to sit
3. Sit to stand
4. Gait
5. Stairs
6. Positions or movements specific to job or sport

LE: test item for hip, knee or foot syndrome