

three

appendix three

Movement System Syndromes of the Low Back

Source: Shirley Sahrmann.

*No permission needed to duplicate

Name _____ M F Hgt _____ Weight _____ Age _____ Date _____

Occupation _____ Fitness Activity _____

Structural Characteristics _____

Pain Location: _____

Position	Test	Segment	Impairment	Ext	Rot	Flex
Standing		spine	Pain			
	Alignment	Thoracic	Kyphosis	E		
			Flat			F
			Swayback	E		
			Asymmetry R L		R	
		Lumbar	Lordosis	E		
			Flat/flex			F
			Asymmetry R L		R	
		Pelvis	Anterior tilt	E		
			Posterior tilt			F
	Lateral tilt			R		
	Forward bend (Fb)	Spine	Pain			F
	Corrected F b		Pain Y N <			F
	Return F b		Pain	E		
			Lumbar ext	E		
	Corrected return		Pain Y N <	< E		
Side bending		Pain			R	
		Asymmetry			R	
Rotation		Pain			R	
		Asymmetry			R	
Single-leg Stand		Spine rotation			X	
		Hip drop			X	
Total						

Comments:

*No permission needed to duplicate

Position	Test	Segment	Impairment	Ext	Rot	Flex
Supine	Hip flexor lgth compensation	Lumbopelvic	Anterior tilt	E		
			TFL short/stiff		R	
			Flex short/stiff	E		
			R L asymmetrical		R	
	Position	LE extended	Pain < = >	> E		< F
		LE flexed	Pain < = >	< E		> F
		Support L spine	Pain < = >	> E		< F
	Hip-knee flexion	Lumbopelvic	pain	E	R	
			Pelvic rotation		R	
	Hip abd/lateral rot	Lumbopelvic	Pain		R	
			Pelvic rotation		R	
	Abdominal muscles	Pelvis	< 2/5	E		
			> 2/5			
Sidelying	Position	L spine	Pain		R	
	Support at waist	L spine	Pain < = >		R	
	Hip lateral rotation	Lumbopelvic	Pain		R	
			Pelvic rotation		R	
	Hip abductor MMT	lumbopelvic	Pain		R	
			Weak/long			
Hip abd/add active	lumbopelvic	Lateral pelvic tilt		R		
Total						

Comments:

*No permission needed to duplicate

Position	Test	Segment	Impairment	Ext	Rot	Flex
Prone	Position	Lumbopelvic	pain	E		
	Support under abdomen		Pain < = >	<E		>F
	Knee flexion	Lumbopelvic	Pain	E		
	Hip lateral rotation	Lumbopelvic	Pain		R	
			Pelvic rotation		R	
	Hip medial rotation	Lumbopelvic	Pain		R	
			Pelvic rotation		R	
Quadruped	Position	Lumbopelvic	Pain			
		Alignment	Lumbar flexion			F
		Lumbar rotation		R		
		Thoracic flexion	E			
		Thoracic rotation		R		
	Rocking backward	Lumbar	Pain			F
			Flexion			F
			Rotation		R	
			Extension	E		
	Shoulder flexion	Lumbar	Pain		R	
		Rotation		R		
Sitting	Flexed	Lumbar	Pain			F
			Flat			F
			Extended		E	
	Knee extension	Lumbopelvic	Pain			F
			Flexion-rotation		R	F
Standing	Resting L-spine on wall	Lumbopelvic	Pain < = >	<E		>F
	Shoulder flexion		Pain < = >	>E		
Gait	gait	Lumbopelvic	Pain		R	
			Pelvic rotation		R	
			Hip drop		R	
			L-spine extension	E		
Total						

Comments:

*No permission needed to duplicate

Diagnosis for Physical Therapy: flexion; extension; rotation; rotation-extension; rotation-flexion

Contributing factors:

Functional activities needing modification

Walking

Standing

Sitting

Recumbent
Position

Rolling

Work arrangement

Recreational/fitness activities

Symptom modification activities

Contract abdominals

Back against wall

Sitting

Quadruped

Recumbent: supine prone

Key exercises

*No permission needed to duplicate