

<i>Supine</i> SCREENS	L	R	L	R	L	R	L	R
15. CERVICAL STRENGTH – (2 methods) 1) Nexerciser / dynamometer – (mmHg) 2) STATIC NECK ENDURANCE Time to the point of Drops head	Fl _____ RLF _____ Ext _____ LLF _____ Static Neck Endur.: _____ Sec.	Fl _____ RLF _____ Ext _____ LLF _____ Static Neck Endur.: _____ Sec.	Fl _____ RLF _____ Ext _____ LLF _____ Static Neck Endur.: _____ Sec.	Fl _____ RLF _____ Ext _____ LLF _____ Static Neck Endur.: _____ Sec.	Fl _____ RLF _____ Ext _____ LLF _____ Static Neck Endur.: _____ Sec.	Fl _____ RLF _____ Ext _____ LLF _____ Static Neck Endur.: _____ Sec.	Fl _____ RLF _____ Ext _____ LLF _____ Static Neck Endur.: _____ Sec.	Fl _____ RLF _____ Ext _____ LLF _____ Static Neck Endur.: _____ Sec.
16. Repetitive Sit-up • Sit-up, knees 90°, anchor feet, 1 rep/2-3 sec, touch thenar to sup. patella, max.50 reps	<i>Strength</i> reps _____ / 50		<i>Strength</i> reps _____ / 50		<i>Strength</i> reps _____ / 50		<i>Strength</i> reps _____ / 50	
17. Hip Flexion / Modified Thomas • Measure: Passive Hip extension (psoas tension)	_____ °	_____ °	_____ °	_____ °	_____ °	_____ °	_____ °	_____ °
18. Hip Flexion/Supine SLR Measure angle: at point of knee flex	_____ °	_____ °	_____ °	_____ °	_____ °	_____ °	_____ °	_____ °
19. Double Leg Lowering (maintain pelv tilt < 65 degrees)	_____ degrees		_____ degrees		_____ degrees		_____ degrees	

<i>Prone</i> SCREENS	L	R	L	R	L	R	L	R
20. Static Back Endurance • Static Back Endurance: Pt holds trunk horizontal up to max. of 240 sec.	Static Time _____ /240 sec.		Static Time _____ /240 sec.		Static Time _____ /240 sec.		Static Time _____ /240 sec.	
21. Knee Flexion Test / Modified Nachlas	_____ °	_____ °	_____ °	_____ °	_____ °	_____ °	_____ °	_____ °
22. Hip ROM • Internal Rotation • External Rotation	IR _____ ° ER _____ °	IR _____ ° ER _____ °	IR _____ ° ER _____ °	IR _____ ° ER _____ °	IR _____ ° ER _____ °	IR _____ ° ER _____ °	IR _____ ° ER _____ °	IR _____ ° ER _____ °

SCREENS	L	R	L	R	L	R	L	R
23. Grip Dynamometry Dominant: Left / Right (circle) • Use Jamar • Use Position 1 or 2 • Three trials (average)	1. _____ 2. _____ 3. _____ ave _____	1. _____ 2. _____ 3. _____ ave _____	1. _____ 2. _____ 3. _____ ave _____	1. _____ 2. _____ 3. _____ ave _____	1. _____ 2. _____ 3. _____ ave _____	1. _____ 2. _____ 3. _____ ave _____	1. _____ 2. _____ 3. _____ ave _____	1. _____ 2. _____ 3. _____ ave _____
24. Repetitive Arch Up • Repetitive arch up: Waist at table's edge fixed at ankle flexed 45° raises up to horizontal; 1 rep/2-3 seconds; max. 50reps	Reps _____ /50		Reps _____ /50		Reps _____ /50		Reps _____ /50	
25. Post-Screen VAS	_____ /10		_____ /10		_____ /10		_____ /10	

SIGNED _____ DATE _____ TIME OUT _____
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NAME: Ken Esthetic (EX.) Occupation: WC DATE: 10-30-98 BD: 1-19-58 AGE: 40
 Dx: LBP w/o leg pain Test #: 1, 2, 3, 4 Symptom Duration: 3 weeks Prior Episodes: YES/NO

SCREEN NAME	NORMAL	PATIENT		% OF NORM	
1. Pre-Screen VAS	0/10	<u>2</u> /10		NA	
2. 3-minute Step Screen (pulse) *	<u>40</u> yo F M	<u>81</u> Pre- <u>92</u> Post-		78%	
3. ROM / Lumbar Spine					
Flexion	65°	<u>56</u> °		86%	
Extension	30°	<u>25</u> °		83%	
Rt. Lateral Flexion	25°	<u>27</u> °		108%	
Lt. Lateral Flexion	25°	<u>28</u> °		112 %	
4. Waddell #1: Pain	Negative	Positive / Negative		NA	
5. Waddell #2: Simulation	Negative	Positive / Negative		NA	
6. Horizontal Side Bridge	96M, 75W (max. 240sec.)	Lt <u>89</u> /Rt <u>91</u> sec.		93%	95 %
7. Gastrocnemius /Ankle DF	23°	Lt.: <u>21</u>	Rt.: <u>24</u>	91%	104%
8. Soleus / Ankle DF	25°	Lt.: <u>23</u>	Rt.: <u>26</u>	92%	104%
9a & b. One leg standing	EO <u>30</u> sec. EC <u>30</u>	L <u>30/17</u> R <u>28/13</u>		L 100% / 57% R 93% / 43%	
10. Waddell #5: Exaggeration	Negative	Positive / Negative		NA	
11. Repetitive Squat *	<u>45</u> / (max 50)	<u>42</u> / (<u>45</u>)		93%	
12. Waddell #3 Sit SLR v. #18 **	Negative	Positive / Negative		NA	
13. Waddell #4: Regional Neuro	Negative	Positive / Negative		NA	
14. ROM / Cervical					
Flexion	50°	<u>56</u> °		112%	
Extension	63°	<u>58</u> °		92%	
Rt. Lateral Flexion	45°	<u>44</u> °		98%	
Lt. Lateral Flexion	45°	<u>42</u> °		93%	
Rt Rotation	85°	<u>78</u> °		92%	
Lt Rotation	85°	<u>82</u> °		96%	
15. Cervical spine strength 2 methods: 1) Sphyg (mm/Hg) *** 2) Static Neck Endurance	1) see norm tables 2) ♂ 85 ♀ 39 sec	Fl <u>8</u> RLF <u>6</u> Ext <u>16</u> LLF <u>6</u> <u>35</u> Sec.	< 85% ; >85% Static Neck Endur: <u>41</u> %		
16. Repetitive Sit-Up *	<u>34</u> (max.50)	<u>24</u> / (<u>34</u>)		71 %	
17. Hip flexion/Modified Thomas					
Iliopsoas	84°	Lt.: <u>76</u>	Rt.: <u>64</u>	90 %	76 %
18. Straight Leg Raise *	80°	Lt.: <u>76</u>	Rt.: <u>70</u>	100 %	100 %
19. Double leg lowering	<65 degrees w/ pelvic tilt	<u>76</u> degrees		86%	
20. Static Back Endurance *	<u>129</u> (max. 240 sec.)	<u>96</u> seconds		74%	
21. Knee Flexion	147 +/- 1.6	Lt.: <u>126</u>	Rt.: <u>135</u>	86 %	92 %
22. Hip Rotation ROM					
Internal Rotation ROM	41-45 (43)	Lt.: <u>40</u>	Rt.: <u>43</u>	93 %	100 %
External Rotation ROM	41-43 (42)	Lt.: <u>41</u>	Rt.: <u>43</u>	98 %	102 %
23. Grip Strength *	Lt.: <u>47</u> Kg Rt.: <u>49</u> Kg	Lt.: <u>52</u> Kg	Rt.: <u>58</u> Kg	111 %	118 %
24. Repetitive Arch-Up *	<u>36</u> (max. 50)	<u>45</u> / (<u>36</u>)		125 %	
25. Post-test VAS	0/10	<u>1</u> /10		NA	

* Normative data is determined by age, sex and occupation (Blue vs. white collar: BC / WC)

** A positive Screen #18a (Supine SLR) & negative sitting / distracted SLR (#12)= +Waddell sign for Distraction

*** See Text, page334, Table 16-18 using the mmHg 3rd column from the left for the normative data

SIGNED _____ DATE _____ TIME OUT _____

EXERCISE SCREEN RESULTS

NAME: _____ Occupation: WC / BC* DATE: _____ BD: _____ AGE: _____
 Dx: _____ Test #: 1, 2, 3, 4 Symptom Duration: _____ Prior Episodes: YES / NO

SCREEN NAME	NORMAL	PATIENT RESULT	% OF NORMAL
1. Pre-test VAS	0/10	_____/10	
2. 3-minute Step Screen (pulse) *	See chart for ____yo F M	Pre- Post-	%
3. ROM / Lumbar Spine			
Flexion	65°	____°	%
Extension	30°	____°	%
Rt. Lateral Flexion	25°	____°	%
Lt. Lateral Flexion	25°	____°	%
4. Waddell #1: Pain	Negative	Positive / Negative	NA
5. Waddell #2: Simulation	Negative	Positive / Negative	NA
6. Horizontal Side Bridge	96M, 75F (max. 240 sec.)	Lt ____/Rt ____ sec.	% %
7. Gastrocnemius /Ankle Dorsiflexion	23°	Lt.: Rt.:	% %
8. Soleus / Ankle Dorsiflexion	25°	Lt.: Rt.:	% %
9a & b. One leg standing (EO = Eye's open; EC = Eye's Closed)	EO ____ EC ____ (Seconds)	L ____/____ R ____/____ EO / EC EO / EC	L ____/____ R ____/____ EO / EC EO / EC
10. Waddell #5: Exaggeration	Negative	Positive / Negative	NA
11. Repetitive Squat *	____ / (max 50)	____ / ()	%
12. Waddell #3 Sit SLR v. #18 **	Negative	Positive / Negative	NA
13. Waddell #4: Regional Neuro	Negative	Positive / Negative	NA
14. ROM / Cervical			
Flexion	50°	____°	%
Extension	63°	____°	%
Rt. Lateral Flexion	45°	____°	%
Lt. Lateral Flexion	45°	____°	%
Rt Rotation	85°	____°	%
Lt Rotation	85°	____°	%
15. Cervical spine strength 2 methods: 1) Sphyg (mm/Hg) * 2) Static Neck Endurance	1) see norm tables 2) ♂ 85 ♀ 60 sec	Fl ____ RLF ____ Ext ____ LLF ____ 2) ____ Sec.	1) < 85% ; >85% 2) ____ %
16. Repetitive Sit-Up *	____ (max. 50)	____ / ()	%
17. Hip flexion/ Modified Thomas			
Iliopsoas	84°	Lt.: Rt.:	% %
18a. Waddell #3: Distraction/SLR	Negative	Positive / Negative	NA
18b. Straight Leg Raise *	80°	Lt.: Rt.:	% %
19. Double leg lowering	<65 degrees w/ pelvic tilt	____ degrees	%
20. Static Back Endurance *	____ (max. 240 sec.)	____ seconds	%
21. Knee Flexion	147 +/- 1.6	Lt.: Rt.:	% %
22. Hip Rotation ROM			
Internal Rotation ROM	41-45 (43)	Lt.: Rt.:	% %
External Rotation ROM	41-43 (42)	Lt.: Rt.:	% %
23. Grip Strength *	Lt.: Kg Rt.: Kg	Lt.: Kg Rt.: Kg	% %
24. Repetitive Arch-Up *	____ (max. 50)	____ / ()	%
25. Post-test VAS	0/10	____/10	

* Normative data is determined by age, sex and occupation (Blue vs. white collar: BC / WC)

** A positive screen #18a (Supine SLR) and a negative sitting / distracted SLR (test #12)= +Waddell sign

SIGNED _____ DATE _____ TIME OUT _____