

Efficient Examination Printable Templates

Efficient Lumbar Spine Clinical Examination

Seated Tests and Measures

- Seated posture
- Neurological examination (SLUMP test, dermatomes, myotomes, reflex testing)

Standing Tests and Measures

- Gait
- Heel walk and toe walk
- Squat
- Single leg squat
- Single leg balance
- Cardinal plane testing
- Functional stability tests

Supine Tests and Measures

- Gross lower extremity AROM and PROM screening
- Active straight leg assessment (neural tension, disc involvement, hamstring length, lumbar stability)
- Supine stability tests (bent knee fall out, bent knee marches, heel slides)
- Palpation
- Sacroiliac joint tests (distraction, thigh thrust)

Sidelying Tests and Measures

- Strength testing (gluteus medius)
- Sacroiliac joint tests (compression)

Prone Tests and Measures

- Thoracic and lumbar PA mobility assessment
- Strength testing (gluteus maximus)
- Prone stability tests (prone instability test, prone knee bend, sacral rocking)
- Palpation (iliac crests, PSIS, sacral ILA, ischial tuberosities)

Efficient Shoulder Clinical Examination

Sitting Tests and Measures

- Static postural assessment of the GHJ and scapula
- Gross cervical, elbow, and wrist AROM screening
- Shoulder AROM assessment
- Gross shoulder strength testing
- Serratus anterior strength testing
- Special tests (Hawkins-Kennedy, Neers, Drop Arm, IRR/ERR, IR lag)
- 1st and 2nd rib assessment
- Movement analysis (stand behind the patient and assess scapular movement)

Supine Tests and Measures

- Shoulder IR/ER AROM
- Upper limb tension testing per location of pain (median, ulnar, radial)
- Special testing (apprehension test, relocation test)
- Muscle length test (pec minor and latissimus dorsi)
- Cervical segmental joint mobility

Prone Tests and Measures

- Middle and lower trapezius strength testing
- Joint mobility of CT junction and thoracic spine

Efficient Cervical Clinical Examination

Safety Tests and Measures

- Craniovertebral scan (VBI, ligament stress testing, Jefferson fracture test)

Sitting Tests and Measures

- Neurological tests (dermatomes, myotomes, reflexes)
- Shoulder static and dynamic postural assessment
- Cervical cardinal plane testing
- Cervical special tests (compression, distraction, Spurling's test)
- First and second rib assessment

Supine Tests and Measures

- Cervical PROM testing
- Supine special testing (deep neck flexor endurance test)
- Segmental mobility testing
- Muscle length testing (pectoralis major and minor)
- Upper limb tension testing (median, radial, ulnar)

Prone Tests and Measures

- Middle and lower trapezius strength testing
- Joint mobility of CT junction and thoracic spine

Efficient Knee Clinical Examination

Standing Tests and Measures

- Standing posture
- Gait
- Squat/overhead squat/single leg step down
- Single leg balance
- Lumbar spine cardinal plane testing

Supine Tests and Measures

- Lower extremity resting posture
- Observation/palpation
- Hip and ankle A/PROM
- Knee A/PROM with overpressure
- Special tests
- Joint mobility
- Neural tension testing (if warranted)

Treatment Paradigm

- 1) Exam, Eval, Dx, POC, Intervention
 - o Re-assessment of asterisks sign &/or function movements
 - o Done within and between treatments
- 2) Manual therapy
 - o Immediately re-assess asterisks sign &/or functional movements
- 3) Motor control exercises
 - o Correcting movements patterns
- 4) Outcome Assessment
 - o Re-assess asterisks sign &/or functional movements
- 5) Functional warm-up
 - o Jog, burpees, bear crawls, walking lunges, etc.
 - “Activation” exercises that prime the nervous system & increase core temperature
- 6) Speed, agility, power
- 7) Strength
- 8) Metabolic conditioning
 - o High intensity training relative to patient tolerance
- 9) Motor control
 - o Challenging the kinetic chain in fatigued state
 - o Must be intentional/purposeful
 - o May include speed, agility, power for the athlete returning to sport
- 10) Cool down
 - o Easy aerobic movements followed by static stretching
 - o Often skipped, but useful in reducing soreness & maintaining mobility
- 11) Outcome Assessment
 - o Re-assess asterisks sign &/or functional movements