

## **BASIC FUNCTIONAL EXAMINATION: LUMBAR SPINE**

Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP's website at [www.optp.com](http://www.optp.com) and search for the product number.

### **TESTS IN STANDING:**

Extension  
Left sidebend  
Right sidebend  
Forward flexion ...with cervical flexion (Neri)  
Unilateral toe raises  
Heel walk

### **TESTS IN SUPINE:**

SIJ dorsolateral provocation test  
SLR, Distal initiation  
Passive hip flexion  
Passive hip internal rotation  
Passive hip external rotation  
Resisted hip flexion, L2,3  
Resisted tibialis anterior, L4  
Resisted great toe extension, L4,5  
Resisted peronei, L4,5,S1  
Patellar tendon reflex, L3,4  
Foot sole reflex (Babinski)  
Sensory testing Light touch Pinprick

### **TESTS IN SIDELYING**

SIJ ventromedial provocation test  
Femoral nerve stretch, L3

### **TESTS IN PRONE**

Achilles tendon reflex, L5, S1,2  
Resisted knee flexion, S1,2  
Resisted knee extension, L3,4

Resisted gluteus maximus, S1,2  
Springing test in neutral

### **EXTRA TESTS**

Slump

- distal initiation
- proximal initiation

Femoral nerve stretch in sitting, L3  
Resisted Sidebending; Left and Right  
Foraminal compression (Kemp) test