

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 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