

LOCAL SEGMENTAL 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.

ACTIVE AND PASSIVE PROVOCATION TESTS IN SITTING:

Forward flexion (*not done passively*)

Extension

Right sidebend

Left sidebend

Extension, R SB, L Rot

Extension, L SB, L Rot

Extension, L SB, R Rot

Extension, R SB, R Rot Flexion, R SB, R Rot

Flexion, L SB, R Rot

Flexion, L SB, L Rot

Flexion, R SB, L Rot

MOBILITY TESTS IN PRONE:

Axial Rotation Test

Dorsoventral Translation (Springing Test) in Prepositioned Extension

MOBILITY TESTS IN SIDELYING:

Ventrodorsal Translation

Extension, R Rot, coupled SB

Extension, L Rot, coupled SB

MOBILITY TESTS IN SITTING: (as needed)

Flexion, R SB, R Rot

Flexion, L SB, L Rot

EXTRA PROVOCATION TESTS

Passive Axial Rotation in Sitting, with Over-pressure

3-D Extension Tests in Standing

(Extension, then Rotation, then Sidebend)

(Extension, then Sidebend, then Rotation)

Passive Axial Rotation in Prone, with Over-pressure

(No Prepositioning)

(Prepositioned Sidebend)

Shear Test in Flexion