4	
1	

Lumbonelvic Regional Evam

	☑ Check normal, circle & describe abnormal	Patient:	date: _	
CC 9 cignificant history	E Check Hormal, chicle & describe abhormal	Insurance:		(dd/n
CC & significant history: _		Date of birth:		M/I

Fracture screen (tuning fork, percussion, torsion test, 5-step test):

WNL

Refer for X-ray: ____

Observation: □ WN

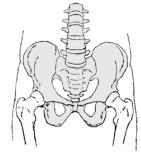
Development: \square good, \square fair, \square poor

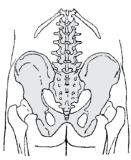
- □ Posture:
- □ Skin (bruising, scars): _____
- □ Swelling: _____
- □ Asymmetry: _____

Observation □ WNL	L	R
Antalgia		
Lordosis: hyper, normal, hypo		
Scoliosis		
Postural asymmetry		
Heel walk (L4)		
Toe raises, multiple (S1)		
Squat & rise		
Gait		

Palpation: \square WNL, \square pain (circle), \square spasm (s), \square edema (e), \square fibrotic (f), \square MFTP (x), \square ache (a), \square tingling (t)

Palpation	L	R	Palpation	L	R
Abdomen			Piriformis		
Inguinal lymph nodes			Sacrotuberous lig.		
Skin temperature			Sacroiliac joint		
Pubic symphysis			Sacrospinous lig.		
ASIS			Gluteus maximus		
Iliac crest					
Paraspinal muscles			Gluteus medius		
Quadratus lumborum			Quadriceps		
Sciatic notch			Gastro-soleus		
PSIS					
Ischial tuberosities			Pulses (0-4)	L	R
Hamstrings			Femoral pulse		
TFL			Tibial pulse		
Greater trochanter			Dorsal pedial		





ROM & Joint Play: | WNL

- □ Pain at end ROM:
- □ Abnormal motion: _____

Lumber DOM	Active		Passive	
Lumbar ROM	L	R	L	R
Flexion (60°)				
Extension (25°)				
Lateral flexion (25°)				
Rotation (10°)				

Sacroiliac joint	L	R	L	R
Flex-ext (0-10°)				
Extern/intern (5-10°)				
Lumbopelvic rhythm				

Left	Joint Play	Right
	T12	
	L1	
	L2	
	L3	
	L4	
	L5	
	S1	
	SI	

Neurologic: WNL

Sensation, □ WNL	L	R
Light touch		
Sharp/dull		
Vibration		

Reflexes (0-5), □ WNL	L	R
Patellar (L4)		
Hamstring (L5)		
Patellar (S1)		
Babinski		

Motor (0-5), □ WNL	L	R
Abdomen (Beevor's sign)		
Resisted trunk rotation		
Resisted trunk lateral flexion		
Quadriceps (L2-L4)(femoral)		
Iliopsoas (L1-L3)(femoral)		
Tib. anterior (L4-L5)(deep f.)		
Ext. hal. long. (L4-S1)		
Flex. hallicus (L5-S2)		
Fibularis long. (L5-S1)		
Glut. max. (L5-S2)(inf. glut.)		
Hamstring (L4-S1)(sciatic)		
Glut. medius (L4-S1)		

Orthopedic: - WNL

	L	R	
Adam's sign			
Minor's sign			
Belt test			
Neri bowing			
Trendelenburg			
Lat. pelvic shift			
Valsalva			
Bechterew			
Slump test			
Deyerle			
Kemp's test			
Ober's			
Anvil test			
Allis' sign			

	L	R
SLR active/passive		
SLR maximal		
Bragard's		
Goldwait's		
Patrick FABERE		
LaGuerre		
Hip circumduction		
SI compression		
SI distraction		
Thomas/Gaenslen		
Homan's		
Nachlas/Ely/Hibb		
Brudzinski's		
Leg length		

Additional procedures: WNL

- □ Hip exam: ___
- □ Knee exam: _____
- □ Abdominal:

DDx:

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Signature:

Date: