**Movement Diagrams**

Movement diagrams are a method of documenting assessment of passive range of movement and accessory movement. They are useful for students as a form of documentation to ensure they have gathered all the information from the assessment.

The diagram is based within this box drawing.

C D

|  |  |
| --- | --- |
|  |  |

A B

The baseline AB is the full range of joint movement.

The vertical axis AC depicts the intensity of pain, resistance or muscle spasm.

Resistence

R1 = Represents where resistance is first felt. Is drawn on the line AB.

R2 = Represents where resistance limits the movement. Is drawn on the line CD

R1 = Represents the point that there is no more information about resistance.

Pain

P1 = Represents where pain is first felt. Is drawn on the line AB.

P2 = Represents where pain limits the movement. Is drawn on the line CD

P1 = Represents the point that there is no more information about pain.

Spasm

S1 = Represents where spasm is first felt. Is drawn on the line AB.

S2 = Represents where spasm limits the movement. Is drawn on the line CD

S1 = Represents the point that there is no more information about the spasm.

Example

Central T2 P-A



P1

R1

R2 P2

This movement diagram represents and posterior to anterior central glide on the T2 spinous process. Resistance is first felt at one fifth of the way into the normal full range. The resistance quickly builds and limits that movement at approximately halve the full normal movement. Pain begins shortly after resistance is felt. Pain builds quickly to limit the accessory glide at the same point as resistance limits the movement.

References

Movement diagrams are described in detail by Maitland (Hengeveld and Banks, 2013 ) and Petty (2013) who both provide may worked examples.

Hengeveld., E. and Banks., K. 2013. *Maitland’s Vertebral Manipulations.* 8th ed. London: Churchill Livingstone

Petty., N.J. 2013. *Neuromusculoskeletal Examination and Assessment: A handbook for therapists.* 4th ed. London: Churchill Livingstone