

Subjective	Objective	Assessment
Turning head, limited range of motion	Cervical ROM: 50% of normal Lumbar ROM: 60% of normal Positive cervical compression test Muscle spasms in cervical and lumbar regions	Cervical strain Lumbar strain Whiplash associated disorder
Experiencing pain with movement	Cervical ROM: 60% of normal Lumbar ROM: 70% of normal Decreased muscle spasms	Cervical strain Lumbar strain Improving
Pain decreased by 30%	Cervical ROM: 70% of normal Lumbar ROM: 80% of normal Minimal muscle spasms	Cervical strain Lumbar strain Significant improvement
Showing mild disc bulges	Cervical ROM: 75% of normal Lumbar ROM: 85% of normal No muscle spasms	Cervical strain with disc involvement Lumbar strain Continued improvement
Occasional stiffness	Cervical ROM: 85% of normal Lumbar ROM: 90% of normal No muscle spasms	Cervical strain Lumbar strain Good progress
Improved function	Cervical ROM: 90% of normal Lumbar ROM: 95% of normal No muscle spasms	Cervical strain Lumbar strain Excellent progress
Stable, good function	Cervical ROM: 95% of normal Lumbar ROM: 100% of normal No muscle spasms	Cervical strain Lumbar strain Near complete resolution
Stable, full function	Cervical ROM: 100% of normal Lumbar ROM: 100% of normal No muscle spasms	Cervical strain Lumbar strain Resolved