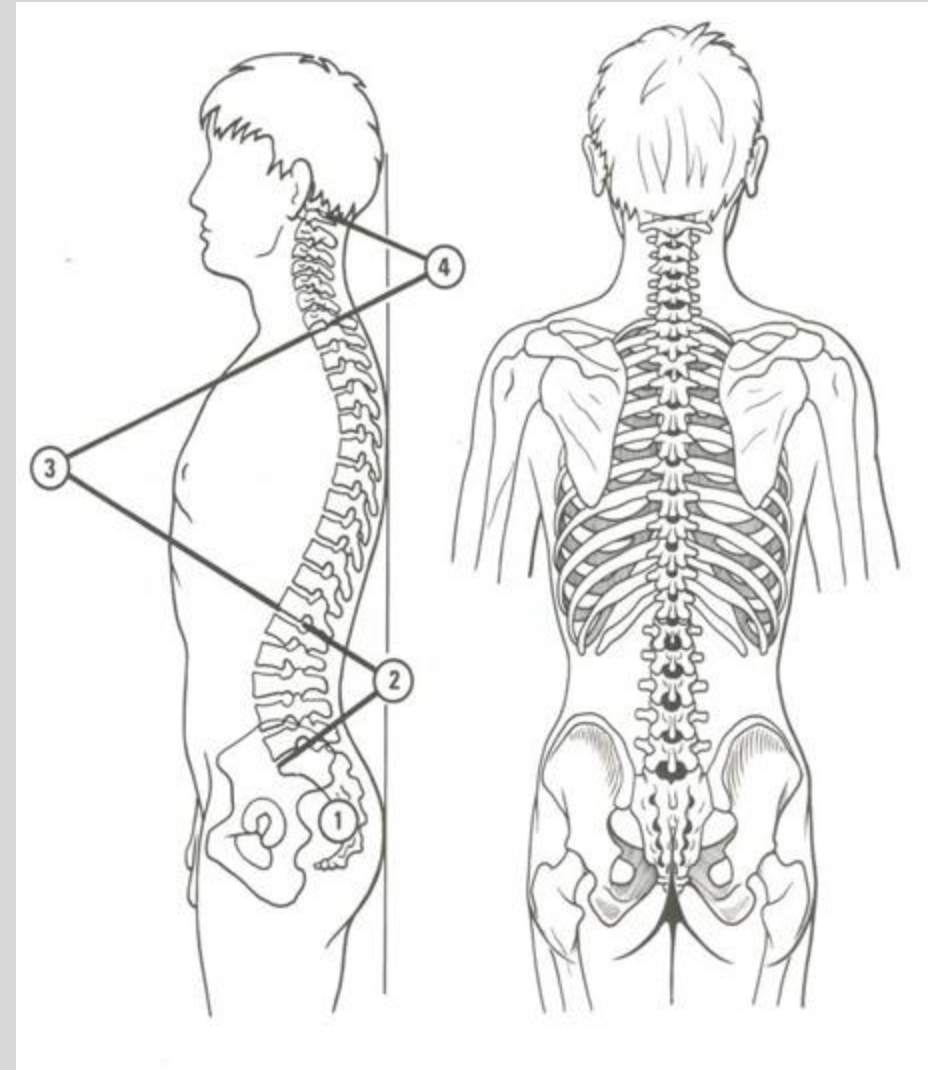


# Physical Examination (PE): Look at the Lumbar Spine Region

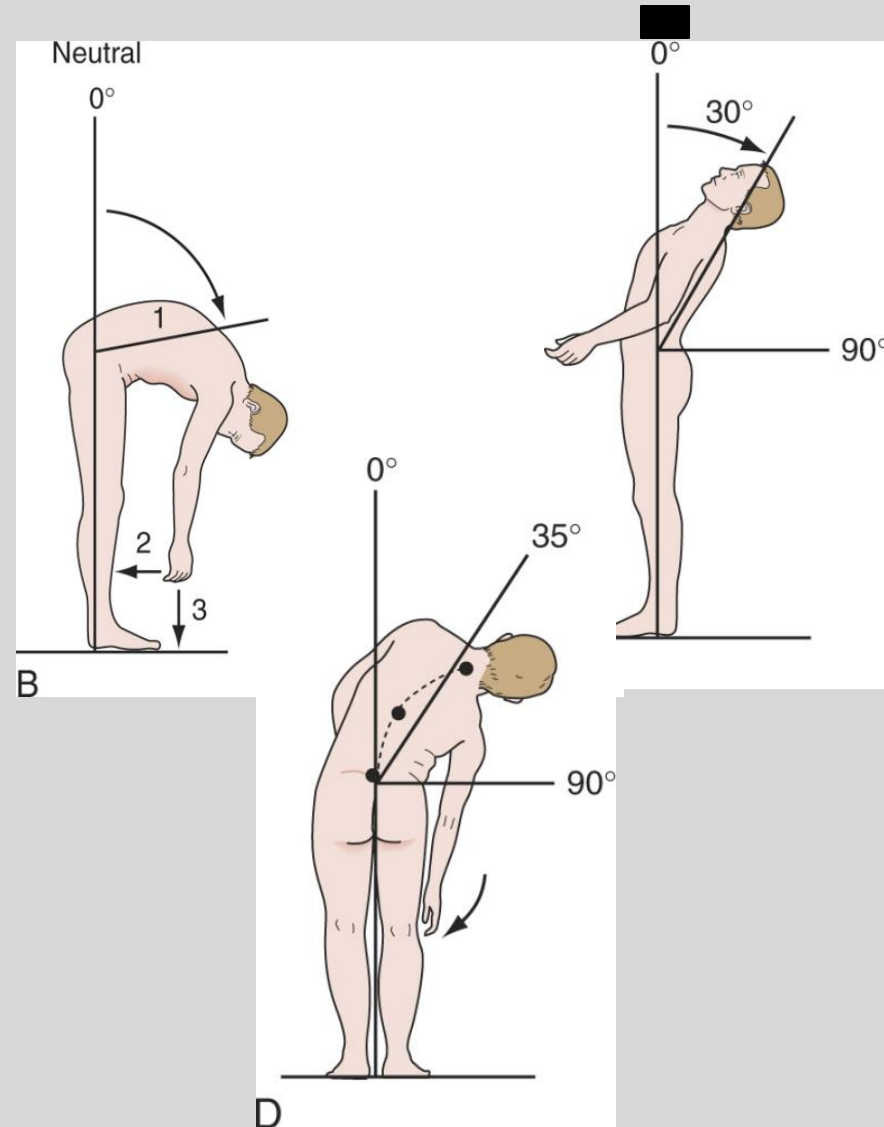
- Lumbar Spine Primary **lordotic** Curve  
Backward Bending
- Thoraco-Lumbar Junction: T10-T12 Lordotic



# PE: Move - Gross Thoraco-Lumbar Range of Motion (ROM) evaluation

- **Approximate healthy Range of Movement:**
- **Thoracolumbar Spine**  
(approximate degrees of motion)
- Flexion 0-80 degrees
- Extension 0-30 degrees
- Lateral bend 0-35 degrees
- Rotation 0-45 degrees

*From Carr AJ, Harnden A: Orthopedics in Primary Care. Oxford, Butterworth-Heinemann, 1997, p 72.*





ARROW: Inducing right sidebending



Left rotation by pushing **anteriorly** on right transverse process (TP)



ARROW: Inducing right sidebending



Left rotation by pushing **anteriorly** on right TP

# Testing segment for Extension

- Have pt prop themselves up on their elbows (“SPHINX” or “TV WATCHING”) to create extension to the segment being tested.
- Motion test segment ONE SIDE AT A TIME to see if *asymmetry improved*.





# Testing segment for Flexion

- Have patient bend forward on knees to flex lumbar vertebra (“CHILD’S POSE”).
- Again, motion test segment ONE SIDE AT A TIME as previously described to see if asymmetry improved.



# Lumbosacral Spring Test



- Patient lies prone on examination table.
- Physician stands to the side with the
  - dominant eye over the midline.
- Physician places the palm of 1 hand over the
  - midline of the lumbar region, with the thenar eminence of the hand over the lumbosacral junction (L5 & base of sacrum). The fingers extend superiorly over the spinous processes & paravertebral tissue.
- Physician provides a short quick push in an anterior direction with the heel of the hand and evaluates for compliance (“springiness”) or resistance of the lumbar spine.
  1. Compliance of the lumbar spine with no resistance is described as a **negative test**.
  2. Resistance (stiffness) to this springing motion is described as a **positive test**.

# Soft Tissue Techniques of this lab

Techniques of this OMM lab:

07.23: Prone Traction; Two-Handed, Lumbosacral Method

<https://nyit.idm.oclc.org/login?url=https://osteopathicmedicine.lwwhealthlibrary.com/multimediaPlayer.aspx?multimediaid=13853197>

07.26: Prone Pressure with Counterleverage

<https://nyit.idm.oclc.org/login?url=https://osteopathicmedicine.lwwhealthlibrary.com/multimediaPlayer.aspx?multimediaid=13853203>

07.28: Supine Extension

<https://nyit.idm.oclc.org/login?url=https://osteopathicmedicine.lwwhealthlibrary.com/multimediaPlayer.aspx?multimediaid=13853207>