

Hudson Valley Chiropractic Health Services P.C.
108 Kenilworth Pl.
Brooklyn, NY 11210

SPINAL RANGE OF MOTION TESTING

CERVICAL SPINE

	NORMAL RANGE OF MOTION (ACTIVELY PERFORMED)	MEASURED RANGE OF MOTION (VISUALLY ASSESSED)	PAIN NOTED UPON MINIMAL MOVEMENT	PAIN NOTED UPON EXREME MOVEMENT
Flexion	60-90	↓ 10-	-	-
Extension	50-70	- 15°	++	+
Right TL Rotation	80-90	↓	-	-
Left TL Rotation	80-90	↓	++	-
Right Lateral Flex	45-55	↓ 10-15°	-	-
Left Lateral Flex	45-55	↓	+	-

Symptomatic Muscles: Paraspinal Tenderness Grade: _____

Muscular Spasm/Hyper tonus: None/Moderate/Severe

THORACIC SPINE

	NORMAL RANGE OF MOTION (ACTIVELY PERFORMED)	MEASURED RANGE OF MOTION (VISUALLY ASSESSED)	PAIN NOTED UPON MINIMAL MOVEMENT	PAIN NOTED UPON EXREME MOVEMENT
Flexion	20-40			
Extension	25-35			

Symptomatic Muscles: _____ Tenderness Grade: _____

Muscular Spasm/Hyper tonus: None/Moderate/Severe

LUMBAR SPINE

	NORMAL RANGE OF MOTION (ACTIVELY PERFORMED)	MEASURED RANGE OF MOTION (VISUALLY ASSESSED)	PAIN NOTED UPON MINIMAL MOVEMENT	PAIN NOTED UPON EXREME MOVEMENT
Flexion	60-90		+	(2)
Extension	20-35		+	(4)
Right TL Rotation	35		+	on L.
Left TL Rotation	35	10-15°	⊖	⊖
Right Lateral Flex	30		+	on L.
Left Lateral Flex	30		⊖	⊖

Symptomatic Muscles: Paraspinal Tenderness Grade: _____

Muscular Spasm/Hyper tonus: None/Moderate/Severe