

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	60	↓	
Extension	50-70	50		
Right TL Rotation	80-90	70		
Left TL Rotation	80-90	70		
Right Lateral Flex	45-55	40		
Left Lateral Flex	45-55	40		
Symptomatic Muscles:	Sternocleidomastoid, Levator Scapulae, Rhomboids		Tenderness Grade:	3/5
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	10	↓	
Extension	25-35	15		
Symptomatic Muscles:	Deltoids, Pectorals, Latissimus Dorsi, Rhomboids		Tenderness Grade:	3/5
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	50	↓	
Extension	20-35	10		
Right TL Rotation	35	30		
Left TL Rotation	35	30		
Right Lateral Flex	30	25		
Left Lateral Flex	30	25		
Symptomatic Muscles:	Gluteals, Piriformis, Quadratus Lumborum, Erector Spinae		Tenderness Grade:	3/5
Muscular Spasm/Hyper tonus:	None/Moderate/Severe			