





































Physical Examination

KEY: NR – NORMAL ROM R – RESTRICTED

ROM Test		Left	Right	Notes	
LOCATION: NECK					
Flexion				Resisted: L	R:
Extension				Resisted: L	R:
Side Rotation				Resisted: L	R:
Side Flexion				Resisted: L	R:
LOCATION: SHOULDER JOINT					
Flexion				Resisted: L	R:
Extension				Resisted: L	R:
Abduction				Resisted: L	R:
Adduction				Resisted: L	R:
LOCATION: SHOULDER GIRDLE					
Protraction				Resisted: L	R:
Retraction				Resisted: L	R:
Elevation				Resisted: L	R:
Depression				Resisted: L	R:
Medial Rotation (supine)				Resisted: L	R:
Lateral Rotation (supine)				Resisted: L	R:
Pectoral & latissimus dorsi ROM (supine)				Resisted: L	R:
LOCATION: BACK					
Flexion				Resisted: L	R:
Extension				Resisted: L	R:
Lateral Flexion					
Side Rotation – (keep pelvis straight and still)					
Elevation of ribs (inhalation)				Resisted: L	R:
Depression of ribs (exhalation)				Resisted: L	R:

LOCATION: PELVIS (HIP JOINT)					
Flexion – standing knee raise (hold client's hands)				Resisted: L	R:
Extension (hold client's hands)				Resisted: L	R:
Horizontal Abduction (standing, knee at 90 degrees, abduct from hip)				Resisted: L	R:
Horizontal Adduction (standing, knee at 90 degrees, abduct from hip)				Resisted: L	R:
Lateral Rotation (ankle outwards)				Resisted: L	R:
Medial Rotation (ankle inward)				Resisted: L	R:
LOCATION: UPPER LEGS					
Supine – straight leg raise to point of bind (HAMS)				Resisted: L	R:
Supine – knee to chest to point of bind (GLUTES)				Resisted: L	R:
Prone – heel to glutes to point of bind (QUADS, specifically rectos femoris)				Resisted: L	R:
Supine - ROM test hip flexors (Thomas Test)				Resisted: L	R:
Prone – ROM test Piriformas				Resisted: L	R:
LOCATION: LOWER LEG & FEET					
Knee Flexion				Resisted: L	R:
Knee Extension				Resisted: L	R:
Ankle Inversion				Resisted: L	R:
Ankle Eversion				Resisted: L	R:
Foot Dorsiflexion (active/passive)				Resisted: L	R:
Foot Plantar Flexion (active/passive)				Resisted: L	R: