

**APPENDIX E**  
**REGIONAL EXAMINATION - LUMBAR SPINE AND PELVIS**

Patient: \_\_\_\_\_  
 Intern\Resident: \_\_\_\_\_

File#: \_\_\_\_\_ Date: \_\_\_\\_\_\_\\_\_\_  
 Clinician: \_\_\_\_\_

**STANDING:**

Posture– scoliosis, antalgia, kyphosis  
 Body Type  
 Skin  
 Scars  
 Discolouration

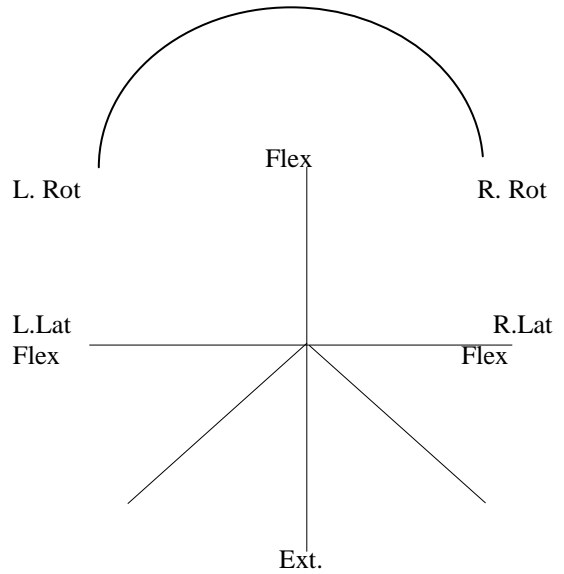
Minor’s Sign  
 Muscle tone  
 Spinous Percussion  
 Scober’s Test (6cm)  
 Bony and Soft Tissue Contours

**GAIT:**

Normal walk  
 Toe walk  
 Heel Walk  
 Half squat

**ROM:**

Forward Flexion = 40-60° (15 cm from floor)  
 Extension = 20-35°  
 L/R Rotation = 3-18°  
 L/R Lateral Flexion = 15-20°



Which movt. reproduces the pain or is the worst?

- Location of pain
- Supported Adams: Relief? (SI)  
 Aggravates? (disc, muscle strain)

**SUPINE:**

Observe abdomen (hair, skin, nails)  
 Palpate abdomen\groin  
 Pulses - abdominal  
 - lower extremity  
 Abdominal reflexes

<b>SLR</b>		Degree	LBP?	Location	Leg pain	Buttock	Thigh	Calf	Heel	Foot	Braggard
	<b>L</b>										
	<b>R</b>										

	<b>L</b>	<b>R</b>
Bowstring		
Sciatic notch		
Circumference (thigh and calf)		
Leg length: actual -		
apparent -		
Patrick FABERE: pos\neg – location of pain?		
Gaenslen’s Test		
Gluteus max stretch		
Piriformis test (hypertonicity?)		
Thomas test: hip \ psoas? \ rectus femoris?		
Psoas Test		

**SITTING:**

Spinous Percussion  
 Valsalva  
 Lhermitte

<b>TRIPOD</b> SI, +, ++	Degree	LBP?	Location	Leg pain	Buttock	Thigh	Calf	Heel	Foot	Braggard
	L									
	R									

Slump 7 test	L									
	R									

**LATERAL RECUMBENT:**

**L**

**R**

Ober's		
Femoral n. stretch		
SI Compression		

**PRONE:**

**L**

**R**

Gluteal skyline		
Skin rolling		
Iliac crest compression		
Facet joint challenge		
SI tenderness		
SI compression		
Erichson's		
Pheasant's		

**MF tp's**

**Latent**

**Active**

**Radiation**

QL			
Paraspinal			
Glut Max			
Glut Med			
Glut Min			
Piriformis			
Hamstring			
TFL			
Iliopsoas			
Rectus Abdominis			
Ext/Int Oblique muscles			

**NON ORGANIC SIGNS:**

Pin point pain  
Axial compression  
Trunk rotation  
Burn's Bench test

Flip Test  
Hoover's test  
Ankle dorsiflexion test  
Repeat Pin point test

**NEUROLOGICAL EXAMINATION**

Fasciculations

Plantar reflex

level	Tender?	Dermatomes		DTR	L	R
		L	R			
T12						
L1						
L2						
L3						



L4				Patellar		
L5				Med h\ls		
S1				Achilles		
S2				Incont?		
S3						

<b>MYOTOMES</b>						
<b>Action</b>	<b>Muscles</b>	<b>Levels</b>	<b>L</b>	<b>R</b>		
Lateral Flexion spine	Muscle QL	T12-L4				
Hip flexion	Psoas, Rectus femoris	L1,2,3,4				5+ Full strength
Hip extension	Hamstring, glutes	L4,5;S1.2				4+ Weakness
Hip internal rotat	Glutmed, min;TFL, adductors					3+ Weak against grav
Hip external rotat	Gluteus max, Piriformis					2+ Weak w\o gravity
Hip abduction	TFL, Glut med and minimus					1+ Fascic w\o gross movt
Hip adduction	Adductors					0 No movement
Knee flexion	Hamstring,	L4,5;S1				
Knee extension	Quad	L2,3,4				W - wasting
Ankle plantarflex	Gastroc, soleus	S1,2				
Ankle dorsiflexion	Tibialis anterior	L4,5				
Inversion	Tibialis anterior	S1				
Eversion	Peroneus longus	L4				
Great toe extens	EHL	L5				

## **BASIC THORACIC EXAM**

History  
 Passive ROM  
 Orthopedic

## **BASIC HIP EXAM**

History  
 ROM: Active  
 Passive : Medial rotation : A) Supine (neutral) If reduced - hard \ soft end feel  
 B) Supine (hip flexed): - Trochanteric bursa