

## Spinal Alignment and Range of Motion Measure Test Items

1. Cervical spine		0	1	2	3	4	___
2. Thoracic spine		0	1	2	3	4	___
6. Hip extension	<i>Assumes posture of hip flexion</i>						
Right		0	1	2	3	4	___
8. Hip flexion	<i>Assumes posture of hip flexion</i>						
Right		0	1	2	3	4	___
9/10. Hip abduction	<i>Assumes posture of hip adduction bilaterally</i>						
Left		0	1	2	3	4	___
Right		0	1	2	3	4	___
11/12. Hip adduction	<i>Assumes posture of hip adduction bilaterally</i>						
Left		0	1	2	3	4	___
Right		0	1	2	3	4	___
14/16. Hip rotations	<i>Assumes posture of right hip external rotation</i>						
Right hip external rotation		0	1	2	3	4	___
Right hip internal rotation		0	1	2	3	4	___
18. Knee extension (R)	<i>Assumes posture of knee flexion</i>						
		0	1	2	3	4	___
20. Hamstring Extensibility (R)	<i>Assumes posture of knee flexion</i>						
		0	1	2	3	4	___
24. Plantarflexion (R)	<i>Assumes posture of ankle plantarflexion</i>						
		0	1	2	3	4	___
26. Upper extremity (R)							
		0	1	2	3	4	___

Number correct \_\_\_