

POSTURAL ASSESSMENT

Functional Tests

Upper Trapezius : Scapula Humeral Rhythm Test:

Patients position - Sitting position.

Place your right hand on the patient's shoulder, ask them to abduct the arm.

Desired Result - Trap's should not fire before arm is raised to 30 degrees.

Symptom - If the Trap's fire before the arm is raised more than 30 degrees.

Problem - Trapezius tight

Levator Scapulae :

Patients position - Standing.

Place your right hand on the patient's shoulder, ask them to extend the arm.

Desired Result - Trap's should not fire

Symptom - If the Trap's fire as the arm is extended backwards.

Problem - Levator tight

Sterno Cleido Mastoid :

Patients position - Sitting position.

Support the head then try to rotate.

Desired Result - The head should rotate to between 80 and 90 degrees.

Symptom - The head is restricted in rotation.

Problem - **S.C.M.** could be tight.

Pectoralis Major:

Patients position - Prone position.

Holding the patients wrists, lift their arms above their head, as the arms relax, let them drop.

Desired Result - The arms should drop to the bench.

Symptom - The arms will stay in the air.

Problem - Pec's are tight

Latissimus Dorsi:

Patients position - Prone position.

Holding the patients wrists, lift their arms above their head, as the arms relax, let them drop.

Desired Result - The arms should drop to the bench.

Symptom - The arms drop but swing out

. Problem - Lats are tight

Subscapularis :

Patients position - Prone position.

Have the patient place their arm out at 90 degrees, and with the elbow also at 90 degrees. Try to laterally rotate the arm (move towards your head).

Desired Result - The arm should rotate to the bench.

Symptom - If arm does not rotate as far as the bench, Medial rotation tight.

Problem - Subscapularis is tight.

Infraspinatus:

Patients position - Prone position.

Have the patient place their arm out at 90 degrees, and with the elbow also at 90 degrees. Try to medially rotate the arm (move towards your feet).

Desired Result - The arm should rotate to the bench.

Symptom - If arm does not rotate as far as the bench, Lateral rotation tight.

Problem - Infraspinatus is tight.

Quadratus Lumborum :

Patients position - Lying on their side, facing away from you.

1) For visual testing, ask the patient to abduct the hip.

Desired Result - There should be no visual effect.

2) Place your fingers on the Gluteus Medius, T.F.L. & the Quad Lum., ask the patient to abduct the hip.

Desired Result - The Gluteus Medius should fire first.

Symptom - If the Quad Lum or TFL fire first.

Problem - Quadratus Lumborum is tight.

Iliopsoas : Thomas Test :

Patients position - Perched on the end of the couch.

Sitting on the edge of the couch, get your patient to grab their knee and bring it towards their chest. With control, rock them backwards so they are lying on the couch with their knee towards their chest. Bring the knee to Flexion (towards their chest).

Desired Result - The opposite leg should be flat on the couch.

Symptom - The opposite leg will rise off the couch.

Problem - Iliopsoas is tight.

Rectus Femoris : Thomas Test :

Patients position - Perched on the end of the couch.

Sitting on the edge of the couch, get your patient to grab their knee and bring it towards their chest. With control, rock them backwards so they are lying on the couch with their knee towards their chest. Bring the knee to Flexion (towards their chest).

Desired Result - The opposite leg should have an 80 degree angle at the knee.

Symptom - The opposite leg will have less than an 80 degree angle at the knee.

Problem - Rectus Femoris is tight.

Piriformis :

Patients position - Supine position.

i) Visual test is if the patients leg is turned out

Desired Result - The leg should rest straight.

ii) Bend the knee to 90 degrees then rotate the hip out

Desired Result - The pelvis should rotate in.

Symptom - Be aware of any back pain experienced during this test.

Problem - Piriformis is tight.

Adductory/Medial Hamstrings:

Patients position - Prone position.

i) To test Adductors, place your hand on the patients adductors and gently pull the leg outwards.

Desired Result - The leg should reach 45 degrees.

ii) To test the Hamstrings, place your hand on the patients adductors and gently pull the leg outwards. When there is resistance bend the knee and try to pull further.

Desired result - The leg should reach 45 degrees.

Symptom - The leg does not abduct to 45 degrees.

Problem - Tight adductors or the Hamstring are tight if the knee abducts further when the knee is bent.

Hamstrings (Upper & Lower): Hip Flexion Test for Hamstrings:

Patients position - Prone position.

With the patient flat on their back, gently lift one of their legs. Feel for tightness in the hamstrings.

Desired Result - The leg should reach 80 degrees elevation before there is any tightness.

Symptom - Tightness is felt in Hamstrings before 80 degrees is reached.

Problem - Hamstrings are tight

Tensor Fascia Lata/Ilio Tibial Band : Obers Test :

Patients position - Laying on their side, facing away from you.

Place the lower leg at 90 degrees to the body and at the knee. The other leg should run in a straight line with the head and back but have a 90 degree angle at the knee. Secure their foot under your arm-pit, then place one hand on the patients hip and the other under their knee, supporting it. When you feel the leg relax, let go of the knee.

Desired Result - The knee should drop to the couch.

Symptom - The knee does not drop to the couch.

Problem - Tight T.F.L. or I.T.B.