



Objective

Shoulder

	ROM	STRENGTH	LENGTH
CONTRALAT	F, ABD, ER, IR	F, ABD, ER, IR	
PROX (neck)	F, EXT, L/R LF	F, EXT, L/R LF	Upper Trapezius
DIST (elbow)	F, EXT	F, EXT	Biceps
GONIO	F, ABD, ER, IR	F, ABD, ER, IR	
SPECIAL	Jobe, empty can		

Elbow

	ROM	STRENGTH	LENGTH
CONTRALAT	F, EXT, PRON, SUP	F, EXT, PRON, SUP	Biceps
PROX (shoulder)	F, ABD, ER, IR	F	
DIST (wrist/hand)	F, EXT	F, EXT, grip	Flexors, extensors
GONIO	F, EXT, PRON, SUP	F, EXT, PRON, SUP	Biceps
SPECIAL	Mill, Cozen, Maudsley, ULNTT1		

Wrist/hand

	ROM	STRENGTH	LENGTH
CONTRALAT	F, EXT	F, EXT, grip	Flexors, extensors
PROX (elbow)	F, EXT, PRON, SUP	F, EXT, PRON, SUP	Biceps
GONIO	F, EXT	F, EXT, grip	Flexors, extensors
SPECIAL	Filkenstein, ULNTT1		



Hip

	ROM	STRENGTH	LENGTH
CONTRALAT	F, EXT, ABD, IR, ER	F, EXT, ABD	Hamstrings, quadriceps
PROX (lumbar spine)	F, EXT, L/R LF		
DIST (knee)	F, EXT	F, EXT	Hamstrings, triceps
GONIO	F, EXT, ABD, IR, ER	F, EXT, ABD	Hamstrings, quadriceps
SPECIAL	FABER, FADIR, SIJ distraction and compression, sacral thrust		

Knee

	ROM	STRENGTH	LENGTH
CONTRALAT	F, EXT	F, EXT	Hamstrings, triceps
PROX (hip)	F, EXT, ABD, IR, ER	F, EXT, ABD	Hamstrings, quadriceps
DIST (ankle/foot)	DF, PF, EV, IV	DF, PF, EV, IV, toe curl	Triceps
GONIO	F, EXT	F, EXT	Hamstrings, triceps
SPECIAL	Anterior and posterior drawer, patellar mobilisations and compression, McMurray		

Ankle/foot

	ROM	STRENGTH	LENGTH
CONTRALAT	DF, PF, EV, IV	DF, PF, EV, IV, toe curl	Triceps
PROX (knee)	F, EXT	F, EXT	Hamstrings
GONIO	DF, PF, EV, IV	DF, PF, EV, IV, toe curl	Triceps
SPECIAL	Anterior drawer, talar tilt		



Lumbar spine

GONIO

F, EXT, L/R LF, Quadrant.

SPECIAL

FABER, SIJ distraction and compression, sacral thrust, PAIVMs grade 2.

Lower limb neurological assessment

DERMATOMES

1. Explain the patient the following procedure first, then perform it asking to keep their eyes closed.
2. Swipe a tissue (folded in a small square) across (medial to lateral, or lateral to medial) the dorsal side of one foot, then swipe it exactly in the same area on the contralateral foot.
3. Ask if the sensation feels the same or there is a numb patch or pins and needles.
4. Repeat this process to cover the whole area of the foot, leg, calf, anterior and posterior thigh.

MYOTOMES

Ask your patient to resist your manual resistance and keep their position in:

1. Hip F.
2. Knee EXT.
3. Ankle DF.
4. 1st toe EXT.
5. Ankle PF.
6. Knee F.

(For practical reasons, you can ask for knee F straight after knee EXT.)

REFLEXES

Achilles, patellar.



Cervical spine

GONIO

F, EXT, L/R LF.

SPECIAL

Spurling, ULNTT1.

Upper limb neurological assessment

DERMATOMES

1. Explain the patient the following procedure first, then perform it asking to keep their eyes closed.
2. Swipe a tissue (folded in a small square) across (medial to lateral, or lateral to medial) the dorsal side of one hand, then swipe it exactly in the same area on the contralateral hand.
3. Ask if the sensation feels the same or there is a numb patch or pins and needles.
4. Repeat this process to cover the whole area of the hand, anterior and posterior arm forearm, anterior and posterior arm.

MYOTOMES

Ask your patient to resist your manual resistance and keep their position in:

1. Shoulder ABD.
2. Elbow F.
3. Elbow EXT.
4. Thumb EXT (IP joint).
5. ADD of all fingers.

REFLEXES

Biceps, triceps.