

## Verbal consent gained for assessment and treatment

### Have you fallen in the last 12 months?

VAS /10

Red Flags

Cauda equine

Smoking

Alcohol

### Lumbar Spine

Observation

Range of movement

Flexion

Extension

Side flexion L            R

### Range of movement: hips

Palpation:

Flexion:                    L                    R

Extension:                L                    R

Abduction:                L                    R

Lateral rotation:        L                    R

Medial rotation:        L                    R

### Range of movement: sacroiliac joint

Palpation:

Tilt:

Provocation tests:

### Neurological Screen

Reflexes

Biceps:                    L                    R

Triceps:                    L                    R

Brachioradialis:        L                    R

Knee:	L	R
Ankle:	L	R
Babinski:	L	R
Clonus:	L	R
Hoffmans:	L	R
Myotomes:	L	R
Dermatomes:	L	R
Upper limb tension tests:	L	R
SLR:	L	R
Slump:	L	R
Other tests:	L	R

## Functional

Gait:

Sit to stand:

Full squat:

Single leg squat: L R

## Balance

Single leg stand: L R

Rhombergs: L R

## Neck and Thorax

Observation:

Palpation:

### Range of Movement: Neck

Flexion:

Extension:

Side flexion: L R

Rotation: L R

### Range of Movement: Thorax

Rotation: L R

## Knee Assessment

Clicking:

Locking:

Giving way:

Swelling:

Examination

Observation:

Palpation:

### Range of movement: knee

Flexion:                   L                   R

Extension:               L                   R

Special tests:

### Muscle Strength: knee

Flexion                   L                   R

Extension:               L                   R

## Ankle Assessment

Observation:

Palpation:

Gait:

Balance:

### Range of movement: ankle

Dorsiflexion:           L                   R

Plantaflexion:         L                   R

Inversion:              L                   R

Eversion:               L                   R

#### Special tests

Anterior draw:

Talus shift:

c

Abduction:              L                   R

Medial Rotation:       L                   R

Lateral Rotation:      L                   R

Special tests:

## Elbow Assessment

Observation:

Palpation:

### Range of Movement: elbow

Flexion:                   L                   R

Extension:               L                   R

Supination:              L                   R

Pronation:                L                   R

## Wrist Assessment

Observation:

Palpation:

### Range of Movement: Wrist

Flexion: L R

Extension: L R

Ulna deviation: L R

Radial deviation: L R

Estimated grip strength:

## Thumb Assessment

Observation:

Palpation:

### Range of Movement: Thumb

Carpometacarpophalangeal:

Metacarpalphalangeal:

Interphalangeal:

## Finger Assessment

Observation:

Palpation:

### Range of Movement: Fingers

Metacarpalphalangeal:

Proximal Interphalangeal:

Distal Interphalangeal:

## Shoulder Assessment

Observation

Palpation

Special tests

Flexion L R

Extension L R

Lateral rotation L R

Medial rotation L R

Abduction L R

Resisted tests

Flexion L R

Extension L R

Abduction LR

Medial rotation L R

Lateral rotation L R