

# microFET 3

## Range-of-Motion Testing Positions

*Pictures indicate basic Range-of-Motion tests with inclinometer placement, proper positioning and stabilization of specific areas.*

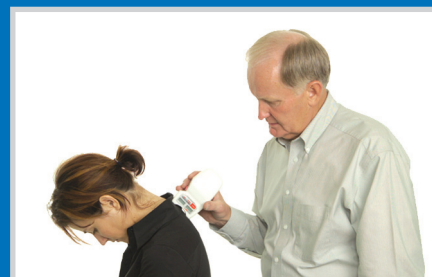
### Cervical Testing Positions



**Cervical Flexion (Occipital Starting Position)** Place unit on top of head. [\(Click\)](#)



**Cervical Flexion (Occipital Ending Position)** Ask patient to tip their head and neck forward as far as possible without experiencing pain. [\(Click\)](#) Click a third time to get reading.



**Cervical Flexion (T-1 Starting Position)** With the patient still in the same position, place unit on T-1. [\(Click\)](#)



**Cervical Flexion (T-1 Ending Position)** Ask the patient to return to the neutral position. [\(Click\)](#) Click a third time to get reading.



**Cervical Extension (Occipital Starting Position)** Place unit on top of head. [\(Click\)](#)



**Cervical Extension (Occipital Ending Position)** Ask patient to tip their head and neck backwards as far as possible without experiencing pain. [\(Click\)](#) Click a third time to get reading.



**Cervical Extension (T-1 Starting Position)** With the patient still in the same position, place unit on T-1. [\(Click\)](#)



**Cervical Extension (T-1 Ending Position)** Ask the patient to return to the neutral position. [\(Click\)](#) Click a third time to get reading.



**Cervical Lateral Flexion-Left (Occipital Starting Position)** Place the unit on top of head. [\(Click\)](#)



**Cervical Lateral Flexion-Left (Occipital Ending Position)** Ask the patient to fully laterally flex their head to the left as far as possible without experiencing pain. [\(Click\)](#) Click a third time to get reading.



**Cervical Lateral Flexion-Left (T-1 Starting Position)** With the patient in the same position place the unit on T-1 with horseshoe facing up against T-1. [\(Click\)](#)



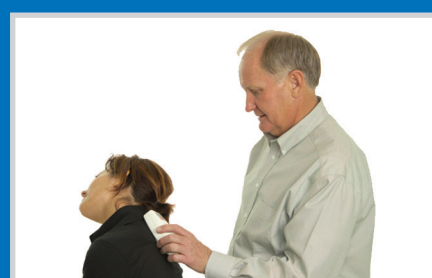
**Cervical Lateral Flexion-Left (T-1 Ending Position)** Ask the patient to return to the neutral position. [\(Click\)](#) Click a third time to get reading.



**Cervical Lateral Flexion-Right (Occipital Starting Position)** Place the unit on top of head. [\(Click\)](#)



**Cervical Lateral Flexion-Right (Occipital Ending Position)** Ask the patient to fully laterally flex their head to the right as far as possible without experiencing pain. [\(Click\)](#) Click a third time to get reading.



**Cervical Lateral Flexion-Right (T-1 Starting Position)** With the patient in the same position place the unit on T-1 with horseshoe facing up against T-1. [\(Click\)](#)



**Cervical Lateral Flexion-Right (T-1 Ending Position)** Ask the patient to return to the neutral position. [\(Click\)](#) Click a third time to get reading.



**Cervical Rotation-Left (Starting Position)** With the patient lying face up, place unit on forehead. [\(Click\)](#)



**Cervical Rotation-Left (Ending Position)** Ask the patient to fully rotate their head to the left as far as possible without experiencing pain. [\(Click\)](#) Click a third time to get reading.



**Cervical Rotation-Right (Starting Position)** With the patient lying face up, place unit on forehead. [\(Click\)](#)



**Cervical Rotation-Right (Ending Position)** Ask the patient to fully rotate their head to the right as far as possible without experiencing pain. [\(Click\)](#) Click a third time to get reading.

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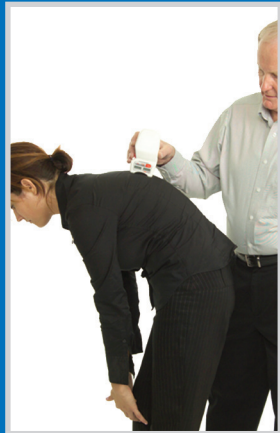
## Range-of-Motion Testing Positions

*Pictures indicate basic Range-of-Motion tests with inclinometer placement, proper positioning and stabilization of specific areas.*

### Lumbar Testing Positions



**Lumbar Flexion**  
(T-12 Starting Position)  
Place the unit on T-12. (Click)



**Lumbar Flexion (T-12 Ending Position)** Ask the patient to fully flex (bend forward at the waist) as far as possible without experiencing pain. (Click)  
Click a third time to get reading.



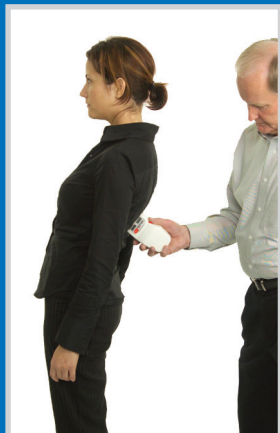
**Lumbar Flexion**  
(S-1 Starting Position) With the patient still in the same position, place unit on S-1. (Click)



**Lumbar Flexion (S-1 Ending Position)** Ask the patient to return to the neutral position. (Click) Click a third time to get reading.



**Lumbar Extension**  
(T-12 Starting Position)  
Place the unit on T-12. (Click)



**Lumbar Extension (T-12 Ending Position)** Ask the patient to fully extend (bend backwards at the waist) as far as possible without experiencing pain. (Click)  
Click a third time to get reading.



**Lumbar Extension**  
(S-1 Starting Position) With the patient still in the same position, place unit on S-1. (Click)



**Lumbar Extension (S-1 Ending Position)** Ask the patient to return to the neutral position. (Click) Click a third time to get reading.



**Lumbar Lateral Flexion-Left**  
(T-12 Starting Position) Place the unit on T-12 flat against the patient with horseshoe facing upward. (Click)



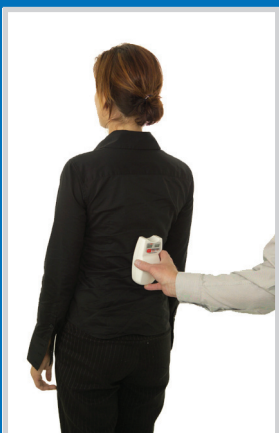
**Lumbar Lateral Flexion-Left (T-12 Ending Position)** Ask the patient to bend at the waist to the left as far as possible without experiencing pain. (Click)  
Click a third time to get reading.



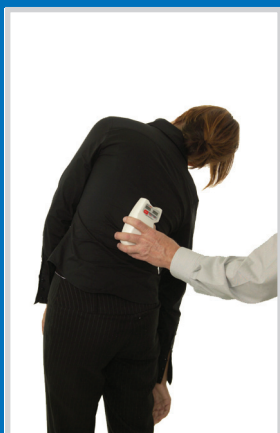
**Lumbar Lateral Flexion-Left**  
(S-1 Starting Position) With the patient still in the same position, place unit on S-1 flat against the patient. (Click)



**Lumbar Lateral Flexion-Left (S-1 Ending Position)** Ask the patient to return to the neutral position. (Click) Click a third time to get reading.



**Lumbar Lateral Flexion-Right**  
(T-12 Starting Position) Place the unit on T-12 flat against the patient with horseshoe facing upward. (Click)



**Lumbar Lateral Flexion-Right (T-12 Ending Position)** Ask the patient to bend at the waist to the right as far as possible without experiencing pain. (Click)  
Click a third time to get reading.



**Lumbar Lateral Flexion-Right**  
(S-1 Starting Position) With the patient still in the same position, place unit on S-1 flat against the patient. (Click)



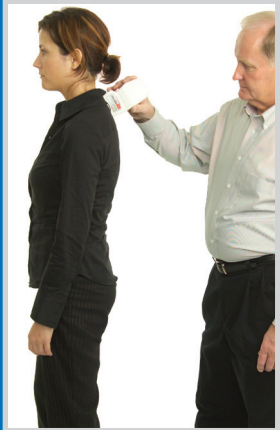
**Lumbar Lateral Flexion-Right (S-1 Ending Position)** Ask the patient to return to the neutral position. (Click) Click a third time to get reading.

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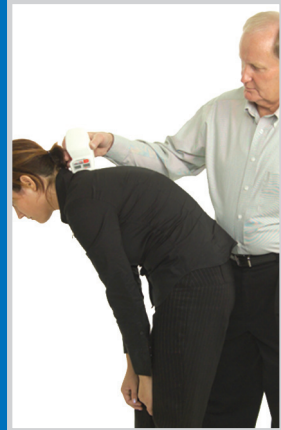
## Range-of-Motion Testing Positions

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### Thoracic Testing Positions



**Thoracic Flexion**  
(T-1 Starting Position)  
Place the unit on T-1. (Click)



**Thoracic Flexion (T-1 Ending Position)** Ask the patient to bend forward at the waist as far as possible without experiencing pain. (Click) Click a third time to get reading.



**Thoracic Flexion (T-12 Starting Position)** With the patient still in the same position, place unit on T-12. (Click)



**Thoracic Flexion (T-12 Ending Position)** Ask the patient to return to the neutral position. (Click) Click a third time to get reading.



**Thoracic Rotation-Left**  
(T-1 Starting Position) Ask patient to bend forward. Place the unit on T-1 (ear-to-ear). (Click)



**Thoracic Rotation-Left (T-1 Ending Position)** Ask the patient to rotate the trunk as far as possible to the left without experiencing pain. (Click) Click a third time to get reading.



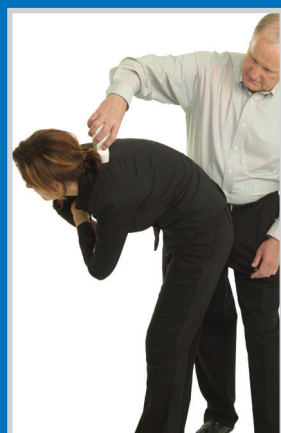
**Thoracic Rotation-Left (T-12 Starting Position)** With the patient still in the same position, place unit on T-12 (ear-to-ear). (Click)



**Thoracic Rotation-Left (T-12 Ending Position)** Ask the patient to return to the neutral position. (Click) Click a third time to get reading.



**Thoracic Rotation-Right**  
(T-1 Starting Position) Ask patient to bend forward. Place the unit on T-1 (ear-to-ear). (Click)



**Thoracic Rotation-Right (T-1 Ending Position)** Ask the patient to rotate the trunk as far as possible to the right without experiencing pain. (Click) Click a third time to get reading.



**Thoracic Rotation-Right (T-12 Starting Position)** With the patient still in the same position, place unit on T-12 (ear-to-ear). (Click)



**Thoracic Rotation-Right (T-12 Ending Position)** Ask the patient to return to the neutral position. (Click) Click a third time to get reading.