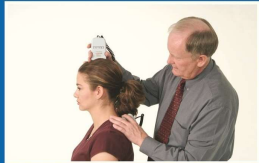


microFET 6

Range-of-Motion Testing Positions

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

RANGE-OF-MOTION POSITIONS



CERVICAL ROM (Starting Position) Place primary inclinometer unit on the top of patients head. Place the secondary unit to the side of T1.



FULL CERVICAL FLEXION Ask patient to tip their head and neck forward as far as possible without experiencing pain.



FULL CERVICAL EXTENSION Ask patient to tip their head and neck backward as far as possible without experiencing pain.



THORACIC ROTATION (Starting Position) Ask patient to bend forward. Place primary inclinometer unit on T12 (ear to ear). Place secondary unit on T1 (ear to ear).



THORACIC ROTATION (Left) Ask patient to rotate the trunk as far as possible to the left without experiencing pain.



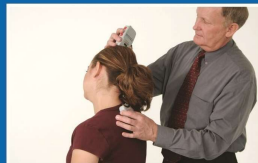
THORACIC ROTATION (Right) Ask patient to rotate the trunk as far as possible to the right without experiencing pain.



CERVICAL LATERAL FLEXION (Starting Position) Place primary unit on top of the patients head horizontal (ear to ear). Place secondary unit on T1 with horseshoe end facing down against T1.



CERVICAL LATERAL FLEXION (Left) Ask the patient to fully laterally flex their head and neck to the left as far as possible without experiencing pain.



CERVICAL LATERAL FLEXION (Right) Ask the patient to fully laterally flex their head and neck to the right as far as possible without experiencing pain.



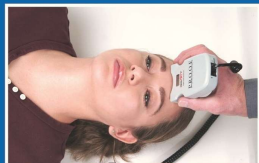
LUMBAR ROM (Starting Position) Place the primary inclinometer unit on S1. Place secondary unit on T12.



LUMBAR FLEXION Ask patient to fully flex (bend forward at the waist) as far as possible without experiencing pain.



LUMBAR EXTENSION Ask patient to fully extend (bend backward at the waist) as far as possible without experiencing pain.



CERVICAL ROTATION (Starting Position) With the patient lying down face up, place the primary inclinometer unit on forehead. Place secondary unit flat on the table. (label facing up)



CERVICAL ROTATION (Left) Ask the patient to fully rotate their head and neck to the left as far as possible without experiencing pain.



CERVICAL ROTATION (Right) Ask the patient to fully rotate their head and neck to the right as far as possible without experiencing pain.



LUMBAR LATERAL FLEXION (Starting Position) Place primary inclinometer unit on S1 flat against patient with the horseshoe facing downward. Place secondary unit on T12 with horseshoe facing upward.



LUMBAR LATERAL FLEXION (Left) Ask patient to bend at the waist to the left as far as possible without experiencing pain.



LUMBAR LATERAL FLEXION (Right) Ask patient to bend at the waist to the right as far as possible without experiencing pain.



THORACIC ROM (Starting Position) Place primary inclinometer unit on T12. Place secondary unit on T1.



THORACIC FLEXION Ask patient to bend forward at the waist as far as possible without experiencing pain.

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