

# **Main Street Orthopedic Group**

## **Exam Findings**

**Patient: John Smith**

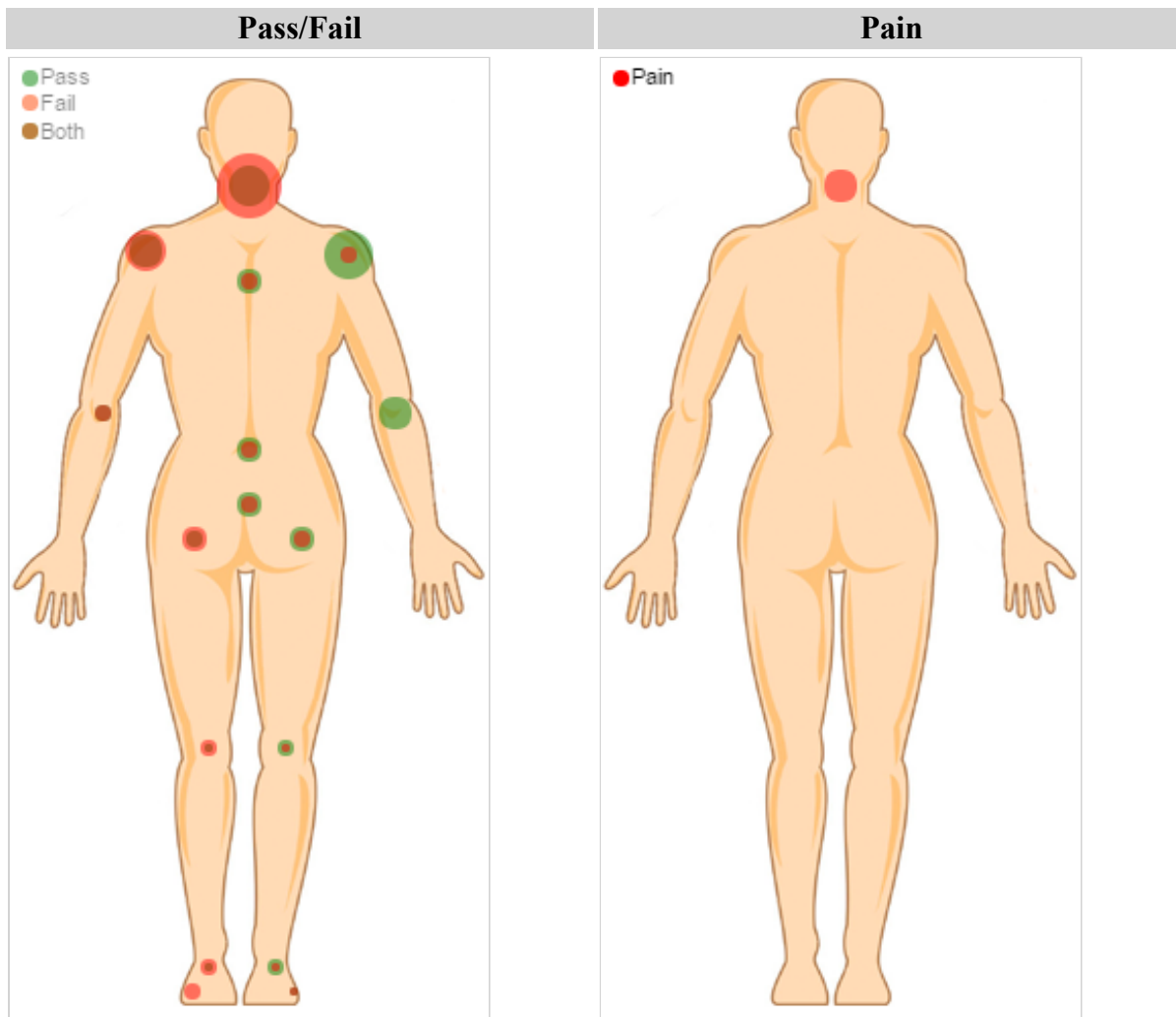
**Date of Exam: July, 4 2015**

## Test Results

Grade color: Red indicates pain. Background color: Green indicates Pass, yellow indicates Fail.

Test Name	Today
Overhead Squat	Fail - Heels off ground, forward lean
Cervical Flexion Standing	Fail - 50
Cervical Extension Standing	Fail - 15 - Pain into left shoulder blade
Cervical Rotation Standing-Left	Fail
Cervical Rotation Standing-Right	Fail
Cervical Flexion - Active Supine	Fail
Cervical Flexion - Passive Supine	Pass
Multi-Segmental Flexion	Fail - Reduced hip motion
Multi-Segmental Extension	Pass
MultiSegmental Rotation-Left	Pass
MultiSegmental Rotation-Right	Pass
Supine Occipito-Atlantal Flexion Test-Left	Pass
Supine Occipito-Atlantal Flexion Test-Right	Pass
Active Supine Cervical Rotation-Left	Fail
Active Supine Cervical Rotation-Right	Pass
Passive Supine Cervical Rotation Test-Left	Fail
Passive Supine Cervical Rotation Test-Right	Pass
Supine Cervical Extension Test	Fail
Upper Extremity Pattern 1-Left	Fail - T9
Upper Extremity Pattern 1-Right	Pass - T5
Upper Extremity Pattern 2-Left	Pass
Upper Extremity Pattern 2-Right	Pass
Single Leg Stance-Left	Fail - 7 - Eyes open
Single Leg Stance-Right	Pass - 10 - Eyes Closed
Active Prone Shoulder Adduction - Internal Rotation-Left	Fail
Active Prone Shoulder Adduction - Internal Rotation-Right	Pass
Passive Prone Shoulder Adduction-Internal Rotation-Left	Pass
Passive Prone Shoulder Adduction-Internal Rotation-Right	Pass
Active Prone Shoulder Internal Rotation-Left	Fail
Active Prone Shoulder Internal Rotation-Right	Pass
Passive Prone Shoulder Internal Rotation-Left	Pass
Passive Prone Shoulder Internal Rotation-Right	

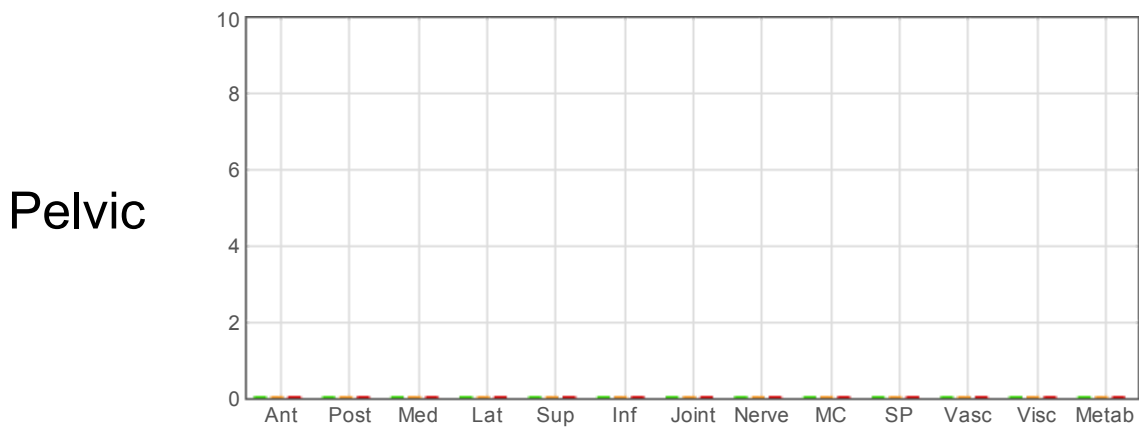
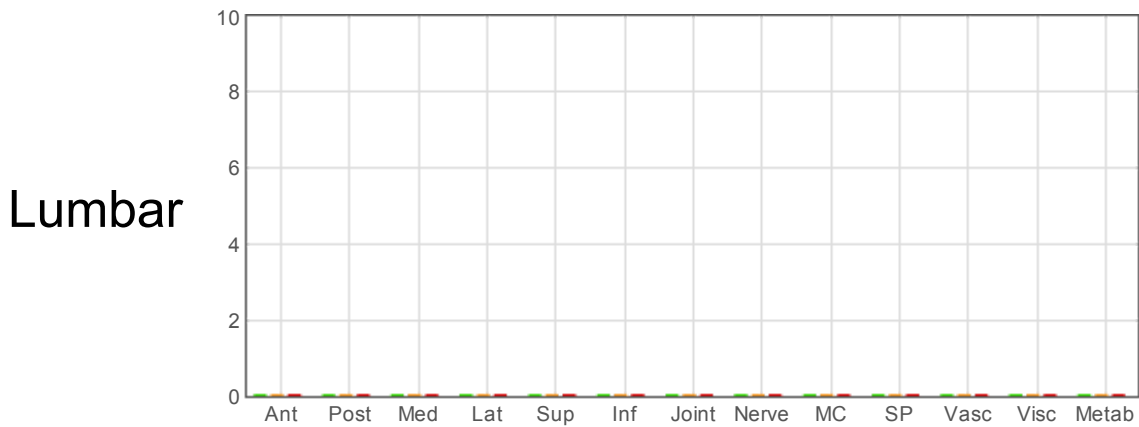
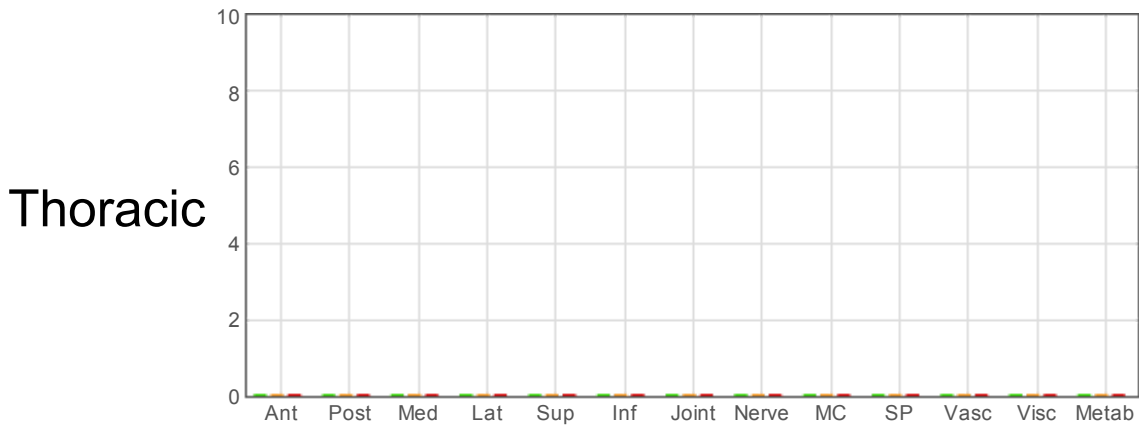
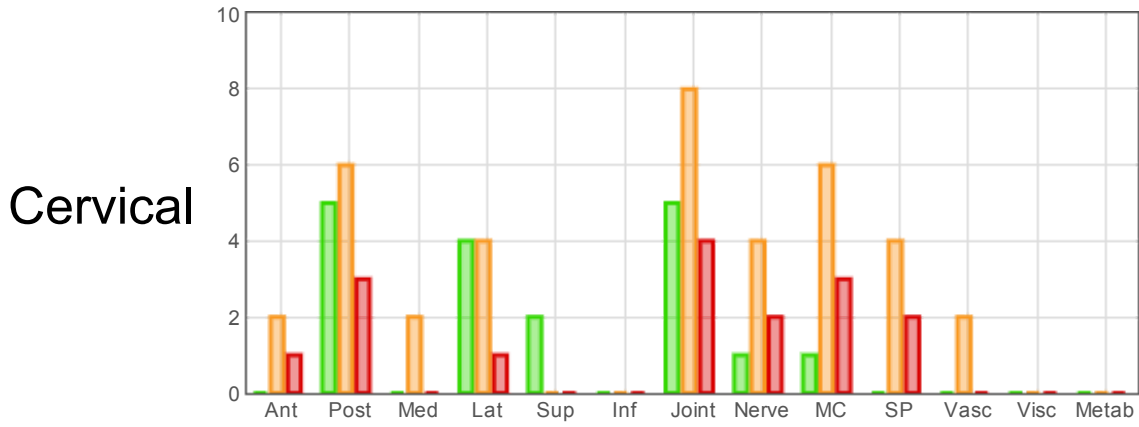
## Body Map



## Action Items

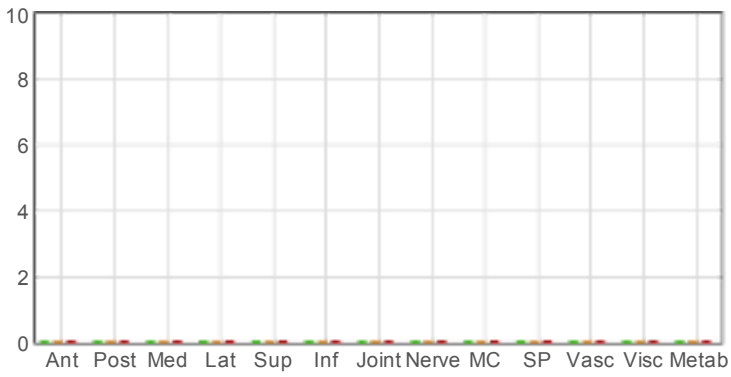
- Perform Cervical Breakout
  - Improve Active Cervical Spine Flexion Motor Control
  - Evaluate CS Joint and Tissue Tension or possible Motor Control dysfunction
  - Treat CS extension joint and/or tissue restriction.
- Perform Upper Extrem 1 Breakout
  - Treat Shoulder Internal Rotation stability/motor control dysfunction-Left.
- Perform MultiSegmental Flexion Breakout
- Perform Single Leg Stance Breakout
- Perform Over Head Deep Squat Breakout

# Regional Detail - Spine

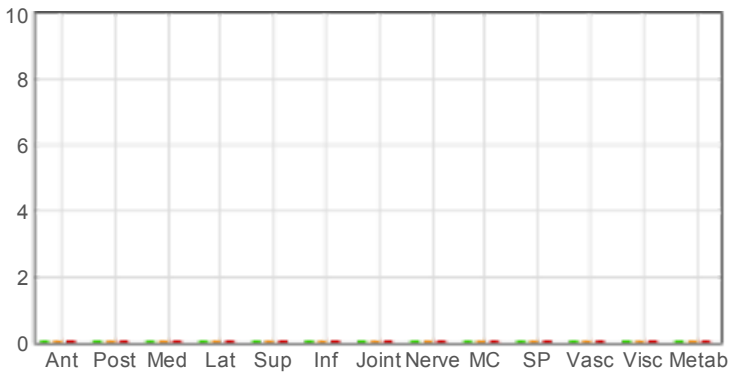


# Regional Detail - Lower Extremity

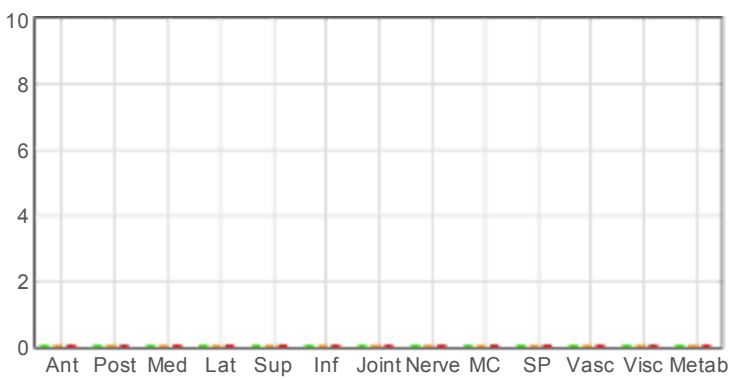
## Hip-Left



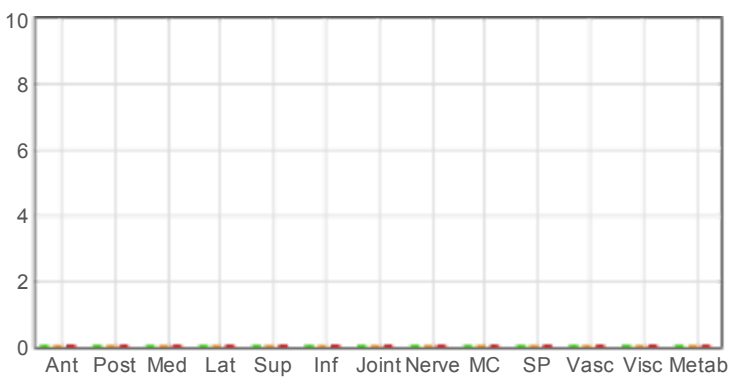
## Hip-Right



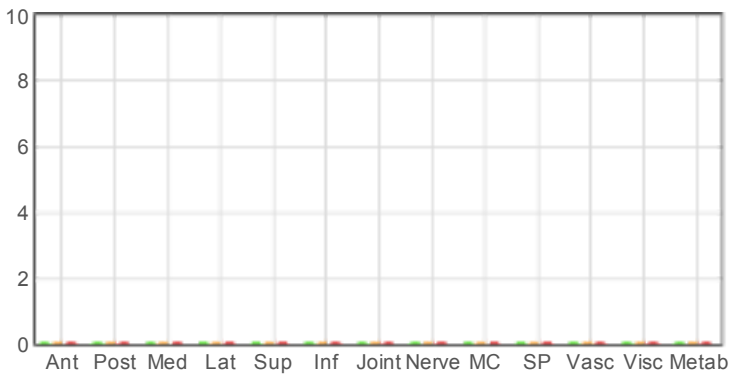
## Knee-Left



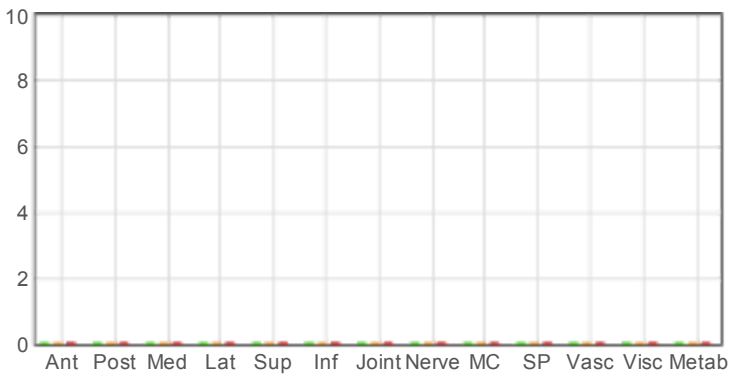
## Knee-Right



## Ankle-Left



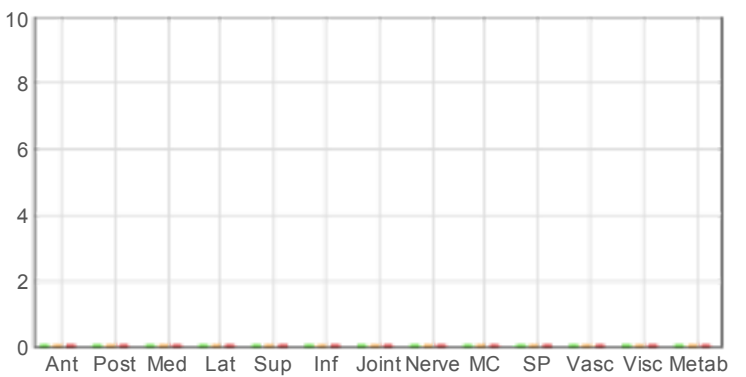
## Ankle-Right



## Foot-Left

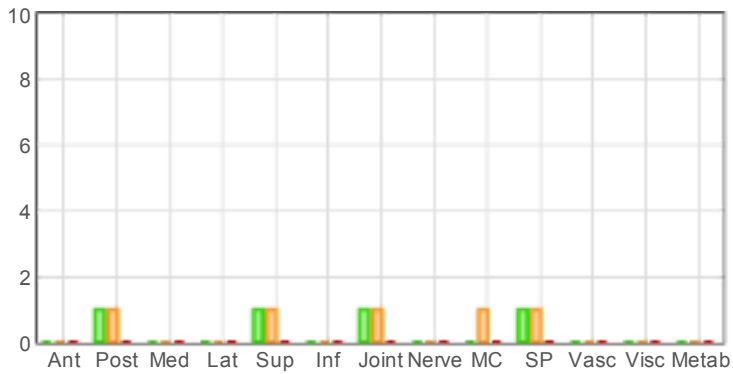


## Foot-Right

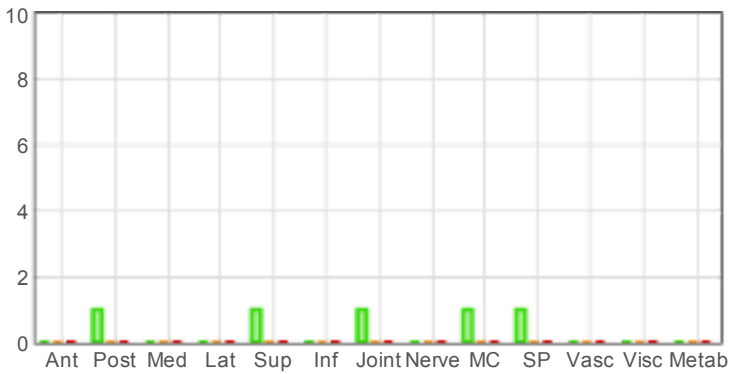


# Regional Detail - Upper Extremity

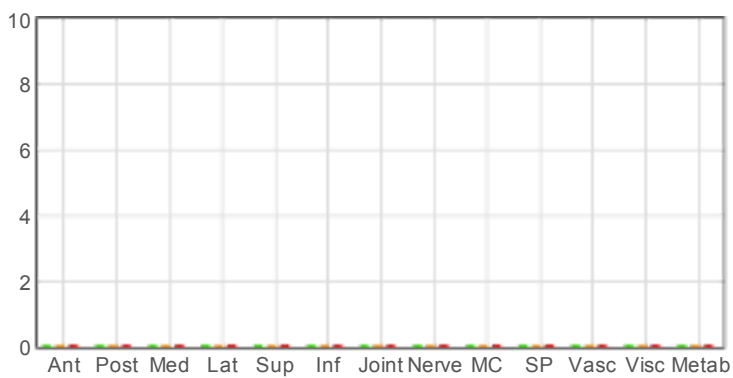
## Shoulder-Left



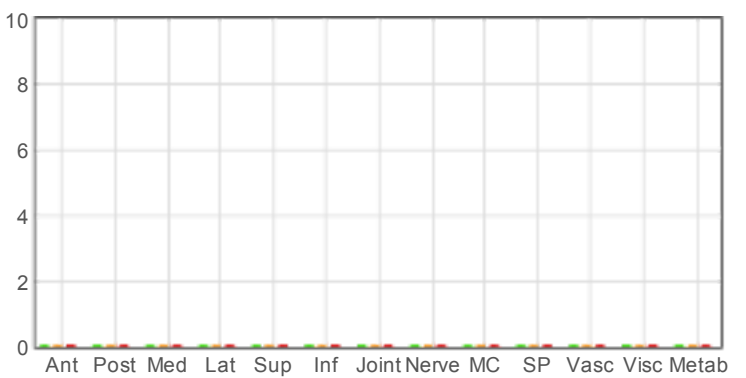
## Shoulder-Right



## Elbow-Left



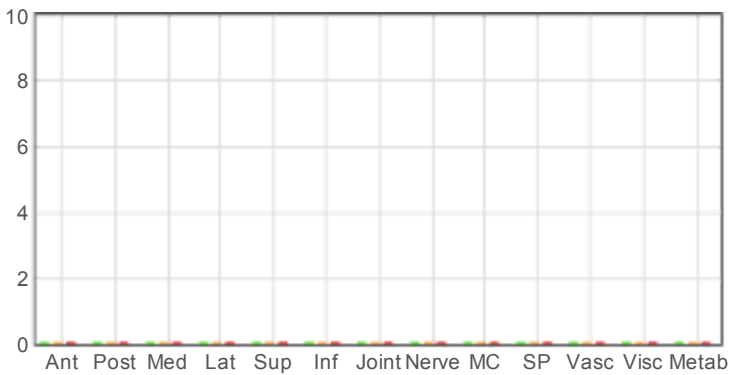
## Elbow-Right



## Wrist-Left



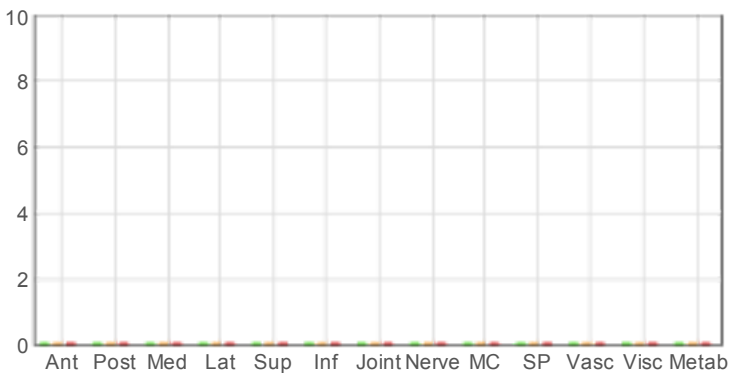
## Wrist-Right



## Hand-Left

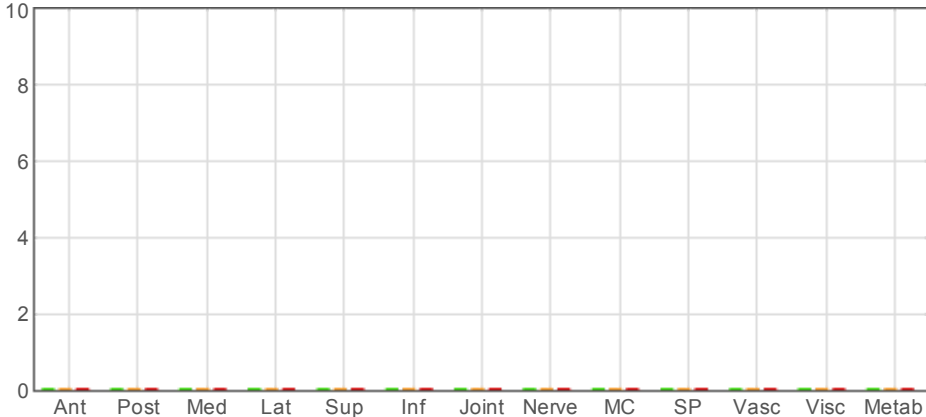


## Hand-Right



# Regional Detail - Other

Head



TMJ

