

Assessment Form

Leg Length - Measure in Supine:

TRUE LEG LENGTH:
(Greater Trochanter to Medial Malleolus)

Right: Left:

APPARENT LEG LENGTH:
(Umbilicus to Medial Malleolus)

Right: Left:

Muscle Chart - Upper Limb

UPPER LIMB		RIGHT		LEFT		Fatigability - Joint Laxity repeated tests
		POWER /5 and ROM Comments		POWER /5 and ROM Comments		
Shoulder	Flexion	/5		/5		
	Extension	/5		/5		
	Abduction	/5		/5		
	Adduction	/5		/5		
	Int. Rotation add	/5		/5		
	Ext. Rotation add	/5		/5		
	Int. Rotation 90° abd	/5		/5		
	Ext. Rotation 90° abd	/5		/5		
Scapula	Elevation	/5		/5		
	Depression	/5		/5		
	Protraction	/5		/5		
	Retraction	/5		/5		
Elbow	Flexion	/5		/5		
	Extension	/5		/5		
Wrist	Supination	/5		/5		
	Pronation	/5		/5		
	Flexion	/5		/5		
	Extension	/5		/5		
	Ulnar Deviation	/5		/5		
	Radial Deviation	/5		/5		
Fingers	Flexion	/5		/5		
	Extension	/5		/5		
	Lumbricals	/5		/5		
Thumb	Flexion	/5		/5		
	Extension	/5		/5		
	Abduction	/5		/5		
	Adduction	/5		/5		
	Opposition	/5		/5		

Assessment Form

Muscle Chart - Lower Limb

LOWER LIMB		RIGHT		LEFT		Fatigability - Joint Laxity repeated tests
		POWER /5 and ROM Comments		POWER /5 and ROM Comments		
Hip	Flexion	/5		/5		
	Extension	/5		/5		
	Abduction	/5		/5		
	Adduction	/5		/5		
	Int. Rotation 0°	/5		/5		
	Ext. Rotation 0°	/5		/5		
	Int. Rotation 90° Flex.	/5		/5		
	Ext. Rotation 90° Flex.	/5		/5		
Knee	Flexion	/5		/5		
	Extension	/5		/5		
Ankle	Dorsiflexion	/5		/5		
	Plantarflexion	/5		/5		
	Inversion	/5		/5		
	Eversion	/5		/5		
Toes	Flexion	/5		/5		
	Extension	/5		/5		
	Lumbricals	/5		/5		
Trunk	Flexion	/5		/5		
	Extension	/5		/5		
	Lateral Flexion R	/5		/5		
	Lateral Flexion L	/5		/5		
Neck	Flexion	/5		/5		
	Extension	/5		/5		
	Side Flexion R/L	/5		/5		
	Rotation R/L	/5		/5		