

## THE McKENZIE INSTITUTE THORACIC SPINE ASSESSMENT

Address Telephone Date of Birth Age Referal: GP/Orth/Self/Other Work: Mechanical stresses Leisure: Mechanical stresses Functional disability from present episode VAS Score (0-10) HISTORY  Present symptoms Present since Commenced as a result of Symptoms at onset Constant symptoms Worse bending sitting / rising turning neck / trunk standing lying am / as the day progresses / pm when still / on the move other  Better bending sitting / rising turning neck / trunk standing lying am / as the day progresses / pm when still / on the move other  Disturbed sleep yes / no Sleeping postures prone / sup / side R / L Surface: firm / soft / sag Previous episodes  VAS Score (0-10)  HISTORY  Intermittent symptoms  Intermittent symptoms  when still / on the move other  Pillows Sleeping postures Previous episodes  0 1-5 6-10 11+ Year of first episode	Date					(~,-)		$(\cdot)$	
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	Other								

## **EXAMINATION**

## **POSTURAL OBSERVATION** Sitting: good / fair / poor Standing: good / fair / poor Protruded head: yes / no Kyphosis: red / acc / normal Correction of posture: better / worse / no effect Other observations: **NEUROLOGICAL** (upper and lower limb) Motor deficit Reflexes Sensory deficit Dural signs **CERVICAL SPINE REPEATED MOVEMENT MOVEMENT LOSS TESTING** Mod Min Nil Pain Rep Pro Maj Flexion Rep Ret Extension Rep Ret Ext Rotation R Rep LF - R Rotation L Rep LF - L Other Rep ROT - R Rep ROT - L Rep Flex **TEST MOVEMENTS** Describe effect on present pain - During: produces, abolishes, increases, decreases, no effect, centralising, peripheralising. After: better, worse, no better, no worse, no effect, centralised, peripheralised. Mechanical response Symptoms during testing Symptoms after testing No **V**Rom **↑**Rom effect Pretest symptoms sitting \_\_\_\_\_ FLEX \_\_\_\_\_ Rep FLEX EXT Rep EXT Pretest symptoms lying EIL (prone) Rep EIL (prone) EIL (supine) \_\_ Rep EIL (supine) Pretest symptoms sitting \_\_\_\_\_ ROT - R Rep ROT - R ROT - L Rep ROT - L STATIC TESTS Flexion Rotation R Extension / prone / supine \_\_\_\_\_ Rotation L \_\_\_\_\_ **OTHER TESTS** PROVISIONAL CLASSIFICATION Derangement \_\_\_\_\_ Dysfunction \_\_ Postural OTHER \_\_\_\_ Central or Symmetrical Unilateral or Asymmetrical PRINCIPLE OF MANAGEMENT Equipment provided \_\_\_\_\_ Education Extension principle Lateral principle \_\_\_\_\_ Other Flexion principle Barriers to recovery Treatment goals