

## **BASIC FUNCTIONAL EXAMINATION: LUMBAR SPINE**

Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP's website at [www.optp.com](http://www.optp.com) and search for the product number.

### **TESTS IN STANDING:**

Extension

Left sidebend

Right sidebend

Forward flexion ...with cervical flexion (Neri)

Unilateral toe raises

Heel walk

### **TESTS IN SUPINE:**

SIJ dorsolateral provocation test

SLR, Distal initiation

Passive hip flexion

Passive hip internal rotation

Passive hip external rotation

Resisted hip flexion, L2,3

Resisted tibialis anterior, L4

Resisted great toe extension, L4,5

Resisted peronei, L4,5,S1

Patellar tendon reflex, L3,4

Foot sole reflex (Babinski)

Sensory testing Light touch Pinprick

### **TESTS IN SIDELYING**

SIJ ventromedial provocation test

Femoral nerve stretch, L3

### **TESTS IN PRONE**

Achilles tendon reflex, L5, S1,2

Resisted knee flexion, S1,2

Resisted knee extension, L3,4

Resisted gluteus maximus, S1,2  
Springing test in neutral

### **EXTRA TESTS**

Slump

- distal initiation
- proximal initiation

Femoral nerve stretch in sitting, L3

Resisted Sidebending; Left and Right

Foraminal compression (Kemp) test