

PATIENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

FUNCTIONAL EVALUATION			STRETCH	STRENGTHEN	OTHER
<b>FH/FS Posture</b>	Upper Crossed	Scap Dyskinesis	Pectorals, Upper Traps, Levator, Cervical Retractions (1--4)	Deep Nek Flexors (5)	
Neck Flexion Test					
<b>DNF Endurance Test</b>					
SICK Scapula					
Quadruped Rock Test					
<b>Scapulohumeral Rhythm</b>	Spinal Instability	Dysfn Breath	Scalene, Levator, SCM, Pecs (1,3)	Transverse Abdominus, Lumbar Paraspinal: Bird Dog, Side Bridge, Dead Bug (9-11)	
<b>Aberrant Forward Flex</b>					
Passive L/S Extension					
<b>Prone Instability Test</b>					
<b>ASLR</b>					
<b>Upper Chest Breathing</b>	Lower Crossed	HAB Weakness	Psoas, Lumbar Paraspinal, Hamstring, ITB, Rectus Femoris (13-15)	Sidebridge (11)	
Dininished Ab/Rib Expansion					
<b>Lower Cross Posture A B</b>					
Thomas Test					
Trendelenberg Test					
Overhead Squat Test					
<b>Single Leg Squat</b>	Hyperpronation		Ankle Plantar Flexors (20)	Posterior Tibialis, Vele's, Single leg stance (21-23)	Orthotic, Arch wrap
6" Step Down					
<b>Fallen Arch</b>					
Too Many Toes Sign					
Navicular Drop Test					
Posterior Tibialis Weakness					
Plantarflexor Hypertonicity					