

Patient Range of Motion Report
for

CERVICAL

27/10/2011 17:21



flexion

test 1	test 2	test 3	avg	norm	% from norm
36	36		36	50	28%



extension

45	51		48	60	20%
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left lateral

29	32		31	45	32%
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right lateral

22	21		22	45	52%
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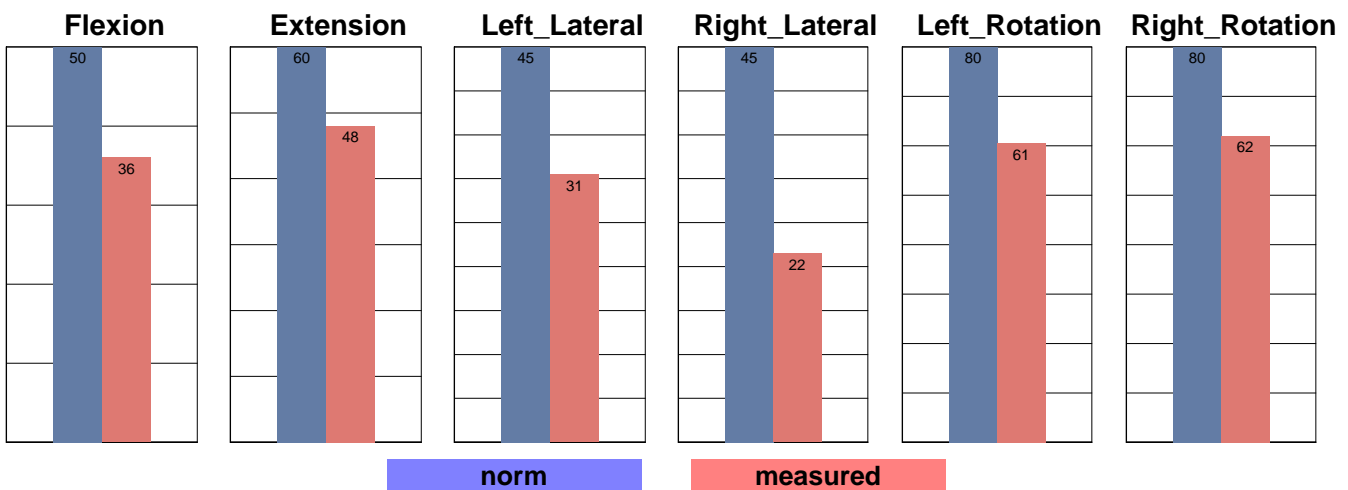
left rotation

62	59		61	80	24%
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right rotation





62	62		62	80	22%
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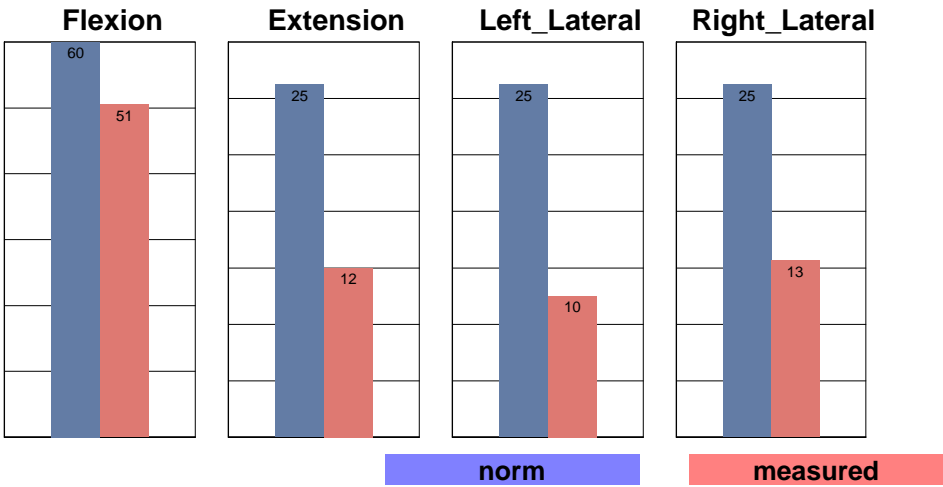


**Patient Range of Motion Report
for**

LUMBAR

27/10/2011 17:23

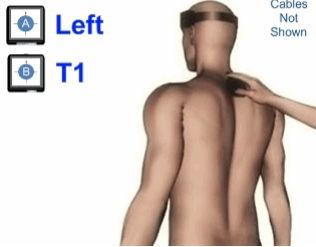
		test 1	test 2	test 3	avg	norm	% from norm
	flexion	47	54		51	60	15%
	extension	13	11		12	25	52%
	left lateral	11	9		10	25	60%
	right lateral	12	13		13	25	50%



doctor

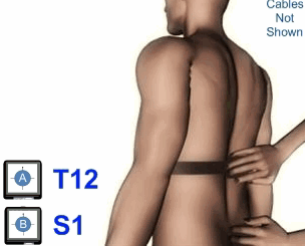
date

CERVICAL



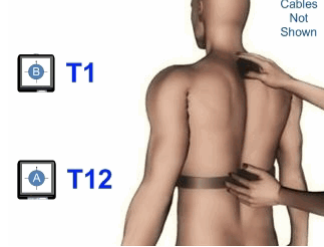
- Cervical Assessment**
- Sensor A is placed on the left side of the head
 - Sensor B is placed at the T1 vertebra

LUMBAR



- Lumbar Assessment**
- Sensor A is placed at the T12 vertebra
 - Sensor B is placed at the S1 vertebra

THORACIC



- Thoracic Assessment**
- Sensor A is placed at the T12 vertebra
 - Sensor B is placed at the T1 vertebra

Glossary of Terms

Sensor: Three dimensional inclinometer

SD: Standard Deviation - Statistical data showing variation in the patient's range of motion tests

CV: Coefficient of Variation - Statistical data showing the percentage of variation in the patient's range of motion tests. Multiply by 100 to determine the percentage value.

Norm: Norm range of motion value

% from Norm: Percentage difference in patient's range of motion from normal value

- **RED** value indicates greater than 15% degraded range of motion from normal value
- **ORANGE** value indicates less than 15% degraded range of motion from normal value
- **GREEN** value indicates enhanced range of motion above normal value
- * indicates value exceeds normal value

Your Range of Motion Evaluation

What was done?

Your spinal ranges of motion were measured today using the Q-ROM Range of Motion Station. This system uses advanced electronic sensors to objectively measure motion. The results of the testing are provided above and have been archived for future reference.

Why this study?

Range of motion is an important tool to assess a patient's musculoskeletal function. Numerous decisions regarding patient treatment and status are based in part on joint motion measurements, which objectively measures the achievable distance or angle between various positions of a particular joint or muscle group and is especially useful after injuries or to monitor progress with treatment.

Limited Range of Motion can result from: spinal subluxation, muscle spasticity, joint adhesions, acute or chronic pain, paraspinal swelling and inflammation as well as injury.

Understanding your results

Limited ROM can be indicative of a problem and will likely affect your functional capabilities. For example, limitations in your cervical (neck) rotation can reduce your ability to drive safely impairing your quality of life. The result of this study will help your doctor understand the underlying cause of your spinal problem and address the mechanical component of spinal function helping to reduce further deterioration and permanent loss of your range.

What's next?

Your doctor will work with you to develop a treatment and rehabilitation plan for recovering and improving your range of motion deficiencies. As you progress it may be necessary to reevaluate your progress against previous results.

What are the benefits of normal ROM?

You will notice the benefits of increased ROM within your everyday activities. Whether driving a car, swinging a golf club, pushing a child on a swing or any physical activity you enjoy, improving and prolonging your ROM will increase your enjoyment and capabilities.