

Global  BACK CARE

Clinical Diagnostic Assessment

of the underlying cause(s)
of personally-generated
joint and muscle pain

SAMPLE TEMPLATE

John Miller

Global  BACK CARE

CLINICAL DIAGNOSTIC ASSESSMENT OF THE UNDERLYING CAUSE(S) OF PERSONALLY-GENERATED JOINT AND MUSCLE PAIN

The **Clinical Diagnostic Assessment** will provide you with clues as to the underlying causes of personally-generated joint and muscle pain. This includes back and other joint and muscle pain.

Once you've completed the Clinical Diagnostic Assessment I'll provide you with a report that will tell you what I think are the likely underlying causes of your problem and prescribe an appropriate treatment program to restore poor function to good.

Without the best possible diagnosis of causality, any rehab prescription is likely to be 'pot luck', with the treatment frequently being directed at the site of the pain and not the site of the underlying cause of the pain.

There are six phases in this clinical diagnostic assessment:

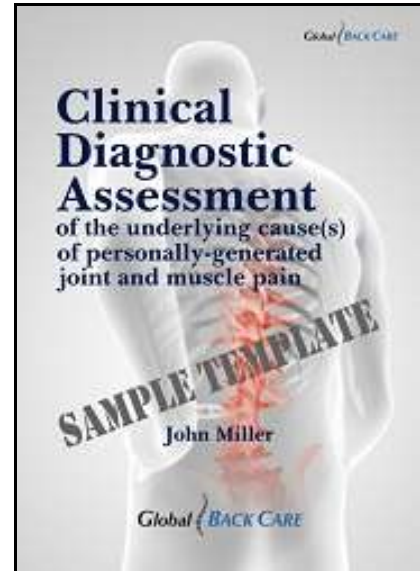
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Musculo-skeletal Health Clinical Diagnostic Assessment Template

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1. INTRODUCTION

For a high proportion of people in poor musculo-skeletal health, the underlying problem is a fitness problem, (not a medical problem) one generated by a lack of strength and flexibility.

In this assessment you'll be given a clear idea of which muscles are weak, which muscles are tight and which muscles are likely to be the underlying cause of your back pain.

The premise is that weak and tight muscles move bones out of alignment. Joint and muscle pain is a symptom of this mis-alignment. Ligaments, tendons and muscles are stretched beyond their pain threshold. Unless you have been involved in a traumatic accident, it is highly unlikely that a single incident will have brought about this misalignment.

At the end of the assessment you'll be given a download link to the Global Back Care suite of ebooks containing the exercises we recommend you do to get yourself back into a pain free state.

TO COMPLETE THE ASSESSMENT

With the help of this clinical diagnostic assessment template, you'll be able to gain a clearer appreciation of the underlying cause of your pain and using this information you'll be able to start doing the flexibility and strength exercises that get your skeleton back into better alignment. Do that and you dramatically increase the chances that your pain will disappear.

As an individual you can work your way through the clinical diagnostic assessment yourself – with the help of someone to take photos of you in various diagnostic postures.

We recommend you take the photos on a digital camera, smart phone or tablet. Transfer the photos to your computer. Crop the photos and then insert them (as illustrated in this sample template) in to the Microsoft Word version of the Clinical Diagnostic Assessment template that will be sent to you after you have signed up to take the assessment.

This document illustrates in detail the nature and scope of the assessment.

Once you've signed up to complete the assessment we'll send you the Microsoft Word version of the template that you can complete on your own computer and email to us for evaluation and recommendations

The clinical diagnostic assessment comes as package that includes the Global Back Care suite of exercises, which contains an **exercise prescription** that treats the cause of the problem by loosening tight muscles, strengthening weak muscles and getting the skeleton back into better alignment.

The exercise prescription is the most effective prescription there is for the treatment of most personally-generated musculo-skeletal dysfunctions. It's a prescription that you can administer yourself. In fact it's only you, *yourself* who can administer it. That's why it's the cheapest rehab program there is.

Most joint and muscle pain is personally generated. In the case of lower back pain, tight muscles attached to the pelvis have taken the pelvis and the bones above it out of alignment. Only on the rarest of occasions is lower back pain caused by a lack of rubbing, crunching, heating, vibrating, strapping, doping, surgery, stretching gadgets ...!

(If you're a medical practitioner or rehab therapist you'll be able to use the template to quickly gain an appreciation of the strength, flexibility and skeletal alignment of your clients and provide them with an exercise prescription that they, themselves can use to become pain free.)

Having received the Microsoft Word template and completed the assessment:

1. Crop the photos and resize them to fit in the space available on the template.
2. Insert them into the Microsoft Word version of the Clinical Diagnostic Assessment template
3. If possible save the document as a pdf.
4. Email the template to Global Back Care
5. We'll provide you with a download access link to the Global Back Care suite of ebooks containing the exercises and videos designed to get you back into good musculo-skeletal health and pain free.

It's frequently the case that people with low back pain also have other muscle and joint pain.

Accordingly, we have included in this assessment, tests to determine the cause of pain in several other areas of the body, particularly neck, shoulders, hips and knees.

How long will the assessment take?

By the time the assessments have been completed and the completed template sent to us, the process will have taken at most a couple of hours – about the same time it takes to drive to a therapeutic appointment, spend half an hour flipping through a 1997 Readers Digest in the waiting room, receive your treatment and then drive back home!

Allow a couple of days for your provider to complete your report.

John Miller
Director

Global Back Care

**You, the individual,
can do more for
your own health
and wellbeing than
any doctor, any
drug, any exotic
medical advice.**

US Surgeon General 1979

2. PERSONAL INFORMATION

Please complete the following details

Name:

Email address:

Phone number:

Skype address:

Age

Gender Male Female

Weight Kg Height cm

Percent body fat If you have a set of bathroom scales that also measures percent body fat, include that measure.

I can give you the exercises
but I can't do them for you.

3. INDEMNITY

Before you start – a warning

The two profiles - Specific Joint Condition Assessment and the Musculo-skeletal Risk Factor Profile, together with the analytic postures in this Clinical Diagnostic Assessment Template have been developed to provide you with a set of performance-based measures from which you can gauge the status of your musculo-skeletal health.

SAFETY INFORMATION – the fine print

The Clinical Diagnostic Assessment protocol has been developed by people qualified to provide you with fitness advice and exercises that are safe for normal, healthy human beings and if done regularly are likely to lead to an improvement in your musculo-skeletal health.

However, because we have no idea of your current physical condition we need to provide you with some safety advice and request that you look after yourself during the assessments. The exercises and analytical postures included in the assessment are well within the capability of normal fit and healthy people, especially those in good musculo-skeletal health. If you're not in good musculo-skeletal health proceed with caution.

To signify that you have read the safety information below, remove the **x** from the boxes.

- | | |
|--|--|
| 1. There is a slight risk that you could injure yourself during this session. Whilst it is unlikely, you may strain a muscle, tendon or ligament, particularly if you haven't done any strength or flexibility exercises for a long time. This is a risk you need to be aware of and one which we cannot shoulder. | <input type="checkbox"/> ✓ <input checked="" type="checkbox"/> x |
| 2. You may feel stiff tomorrow, particularly if you haven't done squats, situps or pressups for years. This feeling of stiffness is normal for people who don't have a regular exercise program. On the other hand, you may feel looser at the end of the session and in following days. | <input type="checkbox"/> ✓ <input checked="" type="checkbox"/> x |
| 4. You may be a bit tender for a day or two if you stretch – even gently – muscles that have been tight for years. This is normal. However, by the end of the assessment you'll have a fair idea of what you need to do to keep yourself in good musculo-skeletal health. | <input type="checkbox"/> ✓ <input checked="" type="checkbox"/> x |
| 5. If there is conjecture about the safety of some of the exercises we recommend, we will point out those safety concerns. | <input type="checkbox"/> ✓ <input checked="" type="checkbox"/> x |
| 6. If you don't want to do an exercise, don't do it. | <input type="checkbox"/> ✓ <input checked="" type="checkbox"/> x |
| 7. If it hurts while doing an exercise, stop doing it immediately. | <input type="checkbox"/> ✓ <input checked="" type="checkbox"/> x |
| 8. If you don't think you should do an exercise, don't do it. | <input type="checkbox"/> ✓ <input checked="" type="checkbox"/> x |
| 9. If a doctor or manipulative therapist has said 'Don't do that exercise', don't do it. We're not going to argue with doctors and therapists in their absence. | <input type="checkbox"/> ✓ <input checked="" type="checkbox"/> x |
| 10. Look after yourself. | <input type="checkbox"/> ✓ <input checked="" type="checkbox"/> x |

Please sign on the dotted line to confirm that you've read this advice and are happy to participate in the exercise part of this assessment.

..... Name Date/....../.....

4. OUTLINE OF YOUR PROBLEM(S)

First, tell us why you're seeking a musculo-skeletal health clinical diagnostic assessment.

Tell us which parts of your body are causing you concern – ie which joints and muscles are painful. Some areas maybe extremely painful, some just niggles. Give us a good description.

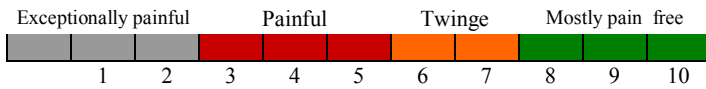
Let us know what *you* think is the cause of the problem(s).

Be as expansive as you wish.

Keep in mind that despite the fact that this assessment is directed principally at people with lower back pain, the assessment is such that you'll also come away with clues as to why you have joint and muscle pain in other areas of your body.

Your comments:

5. SPECIFIC JOINT CONDITION ASSESSMENT



Score

1. **Lower back.** Rate the current condition of your lower back.

0	1	2	3	4	5	6	7	8	9	10
2. **Upper back.** Rate the current condition of your upper back.

0	1	2	3	4	5	6	7	8	9	10
3. **Neck.** Rate the current condition of your neck.

0	1	2	3	4	5	6	7	8	9	10
4. **Right shoulder.** Rate the current condition of your right shoulder.

0	1	2	3	4	5	6	7	8	9	10
5. **Left shoulder.** Rate the current condition of your left shoulder.

0	1	2	3	4	5	6	7	8	9	10
6. **Right wrist.** Rate the current condition of your right wrist and hand.

0	1	2	3	4	5	6	7	8	9	10
7. **Left wrist.** Rate the current condition of your left wrist and hand.

0	1	2	3	4	5	6	7	8	9	10
8. **Right hip.** Rate the current condition of your right hip.

0	1	2	3	4	5	6	7	8	9	10
9. **Left hip.** Rate the current condition of your left hip.

0	1	2	3	4	5	6	7	8	9	10
10. **Right knee.** Rate the current condition of your right knee.

0	1	2	3	4	5	6	7	8	9	10
11. **Left knee.** Rate the current condition of your left knee.

0	1	2	3	4	5	6	7	8	9	10
12. **Right lower leg.** Rate the current condition of your lower leg, and foot. Do you suffer from shin splints, Achilles tendonitis ...

0	1	2	3	4	5	6	7	8	9	10
13. **Left lower leg.** Rate the current condition of your lower leg, and foot. Do you suffer from shin splints, Achilles tendonitis ...

0	1	2	3	4	5	6	7	8	9	10
14. **Right foot.** Rate the current condition of your right foot. Do you suffer from heel pain, plantar fasciitis, malformed toes

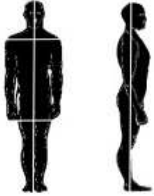




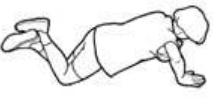



0	1	2	3	4	5	6	7	8	9	10
15. **Left foot.** Rate the current condition of your left foot. Do you suffer from heel pain, plantar fasciitis, malformed toes

0	1	2	3	4	5	6	7	8	9	10

/150

6. TEN POINT MUSCULO-SKELETAL RISK SCREEN

Below is an outline of the tests in the Risk Screen. Complete the risk screen on the next page.

<p>1. Current condition This is a subjective assessment of how <i>you</i> perceive your current, overall level of musculo-skeletal health. Take into account aches and pains and limited mobility and function compared with when you were 'at your peak'.</p>		
<p>2. Body composition. How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight. In a clinical situation we'd use percent body fat.</p>		
<p>3. Lower body strength - squat How many squats can you do in 60 seconds? Your bottom must go lower than your knees. If you've got sore knees either don't proceed or proceed with caution.</p>		
<p>4. Abdominal strength - sit-ups with feet held in 60 seconds. There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe. Many people cannot do 1 situp without their feet held. Proceed with caution. If it hurts, stop doing it.</p>		
<p>5. Upper body strength - press-ups in 60 seconds. If you've got painfully sore shoulders either don't do this exercise or proceed with caution - and don't do too many.</p>		
<p>6. Flexibility - sit and reach Sitting on the floor, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.</p>		
<p>7. Ability to sit up straight with legs crossed With legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.</p>		
<p>8. Shoulder function Can you get your forearms, wrists and fingers flat against the wall while in the 'surrender position'? Heels, bottom and shoulders should be against the wall.</p>		
<p>9. Strength training behaviour. Do you have a regular and systematic strength training program?</p>		
<p>10. Flexibility training behaviour So you have a regular and systematic flexibility training program?</p>		

TEN POINT MUSCULO-SKELETAL RISK SCREEN

Warning: If you don't think you should do any of these exercises, don't do them. If it hurts while you are doing any of the exercises stop doing them immediately. **Record your scores** in the boxes on the right hand side of the page.

1. Current condition.

How would you rate the current condition of your musculo-skeletal system?

>20	20	18	16	14	12	10	8	6	4	2
0	1	2	3	4	5	6	7	8	9	10

Your score

2. Body composition. Are you close to your **ideal weight**? Scores based % body fat body

M	>40	<40	<36	<33	<30	<28	<26	<24	<22	<20	<18
W	>50	<50	<46	<43	<40	<38	<36	<34	<32	<30	<28
Kilos	>20	20	18	16	14	12	10	8	6	4	<4
	0	1	2	3	4	5	6	7	8	9	10

Current weight Ideal weight

3. Lower body strength – squats - in 60 seconds? #

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

4. Abdominal strength - sit-ups in 60 seconds. #

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

5. Upper body strength - press-ups in 60 seconds #

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

6. Flexibility - sit and reach

How far can you go down to touch your toes?

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

7. Ability to sit up straight with legs crossed

Can you sit up straight with legs crossed?

Fall over when hands clasped behind back	Just			Easy
0	7	8	9	10

8. Shoulder function - wall test

Can you place the back of your forearms, wrists and hands flat back on the wall?

0		1			2					3
0	1	2	3	4	5	6	7	8	9	10

9. Strength training behaviour

Strength training sessions a week.

0		1			2					3
0	1	2	3	4	5	6	7	8	9	10

10. Flexibility training behaviour

Flexibility training sessions a week.

0		1			2					3
0	1	2	3	4	5	6	7	8	9	10

The 'pass mark' is 70/100. Anyone scoring less than 50 either has, or is at grave risk of succumbing to some sort of musculo-skeletal pain.

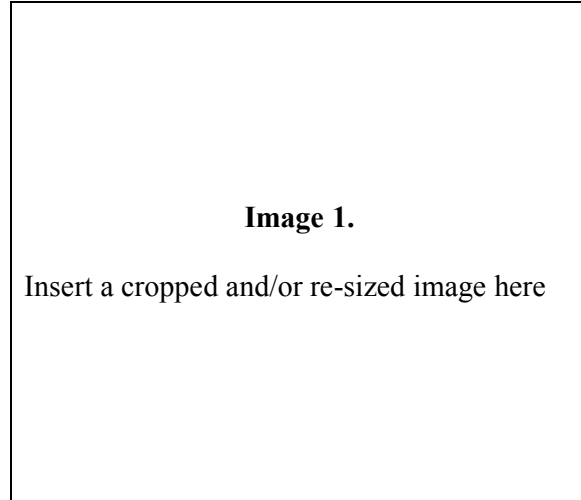
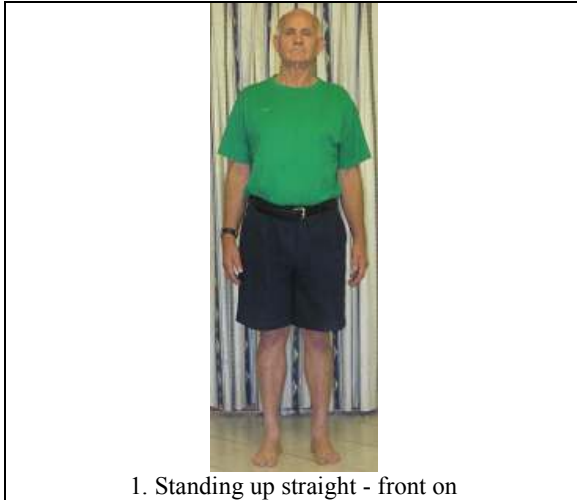
TOTAL/100

7. CLINICAL DIAGNOSTIC ASSESSMENT

Get someone to take still photos (on a digital camera, smart phone or tablet) of you in various diagnostic postures outlined in this section, crop the photos and then insert them into the Clinical Diagnostic Assessment template.

1. Standing up straight - front on

Wearing shorts, T-shirt and bare feet, take a picture of yourself, standing up straight, front on and with feet comfortably apart.



Based on your own personal assessment, is your body in good alignment?

Poor

Excellent

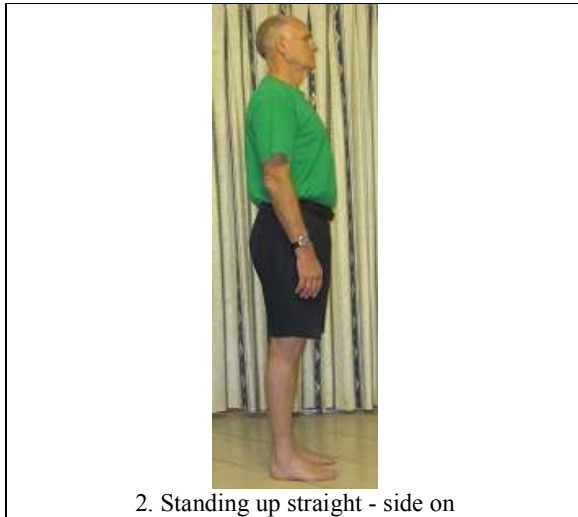
0	1	2	3	4	5	6	7	8	9	10
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Your comments:

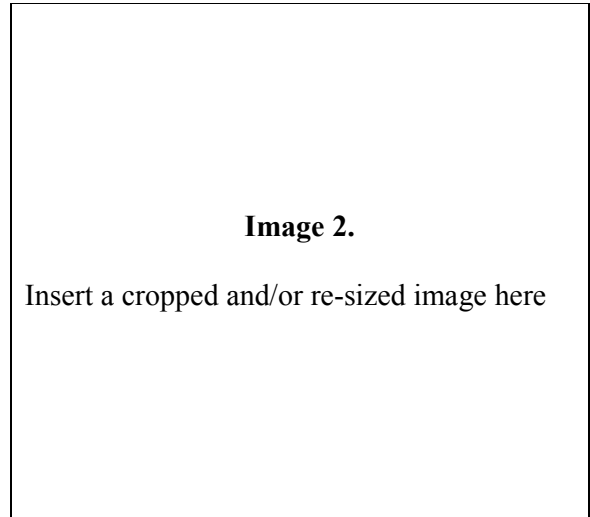
Our comments:

2. Standing up straight side on

Wearing shorts, T-shirt and bare feet, take a picture of yourself side on - standing up straight with feet comfortable apart. Don't even think of holding your abdomen in!



2. Standing up straight - side on



Based on your own personal assessment, is your body in good alignment?

Poor

Excellent

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Your comments:

Our comments:

3. Can you put a sock on your RIGHT foot while standing on your left leg?

Standing on your left leg, can you bend down and put a sock on your right foot without falling over? Your right knee must stay close to the mid line of your body so your foot, knee and hip are all in a straight line.



3. Putting a sock on your right foot with right knee close to your mid line.

Image 3.

Insert a cropped and/or re-sized image here

Give yourself a personal rating on how well you performed the task.

Poor					Excellent					
Couldn't do it					With difficulty				Easy	
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

4. Can you put a sock on your LEFT foot while standing on your right leg?

Standing on your right leg, can you bend down and put a sock on your left foot without falling over? Your left knee must stay close to the mid line of your body so your foot, knee and hip are all in a straight line.



4. Putting a sock on your left foot with left knee close to your mid line.

Image 4.

Insert a cropped and/or re-sized image here

Give yourself a personal rating on how well you performed the task.

Poor

Excellent

Couldn't do it					With difficulty				Easy	
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

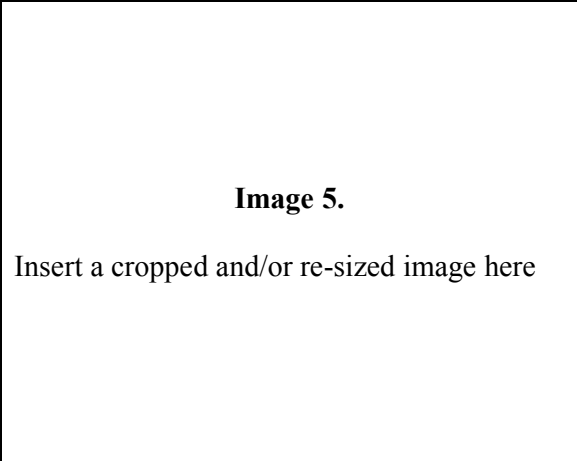
5. Calf and hamstring flexibility test. Can you sit up straight against a wall

Sit up against a wall, legs straight and backs of knees on the floor. Push your bottom back as close to the wall as you can.

Let us know which muscles feel tight when you push your bottom closer to the wall.



5. Sitting up straight against a wall



Give yourself a personal rating on how well you performed the task.

Bottom, cms from the wall.

Poor					Excellent					
20	18	16	14	12	10	8	6	4	2	0
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

6. Right hamstring flexibility test against a wall: right leg against the wall

Get in close to the corner of a wall, or a doorway. Lie on your back with your left leg flat on the floor. Keeping your right leg straight, put the heel on the wall and then gradually edge your bottom in towards the wall as far as you can.

Take a photo at the point where you can't move your bottom any closer into the wall. We're interested to see if there is a gap between your bottom and the wall and if there is, how large it is. Make sure you keep your legs straight.



6. Right hamstring function test

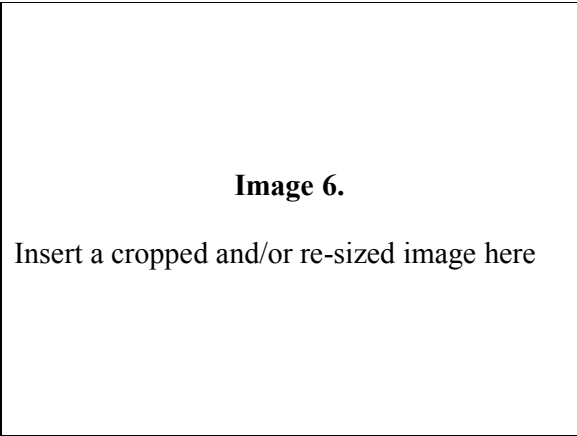


Image 6.

Insert a cropped and/or re-sized image here

Give yourself a personal rating on how well you performed the task.

Bottom, cms from the wall

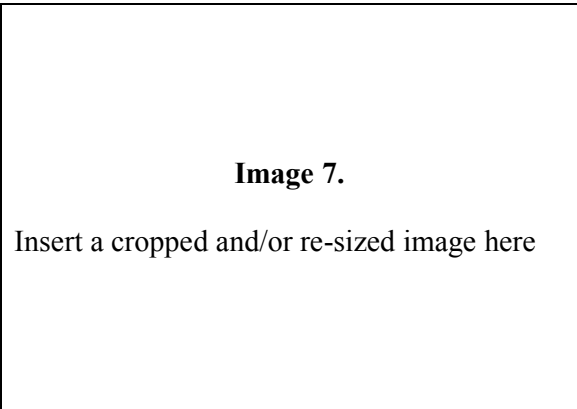
Poor					Excellent					
20	18	16	14	12	10	8	6	4	2	0
0	1	2	3	4	5	6	7	8	9	10

Your comments:
Our comments:

7. Left hamstring flexibility test against a wall: left leg against the wall

Get in close to the corner of a wall, or a doorway. Lie down on you back with your right leg flat on the floor. Keeping your left leg straight, put the heel on the wall and then gradually edge your bottom in towards the wall.

Take a photo at the point where you can't move your bottom any closer into the wall. We're interested to see if there is a gap between your bottom and the wall and if there is, how large it is. Make sure you keep your right leg straight and flat on the floor.



Give yourself a personal rating on how well you performed the task.

Bottom, cms from the wall

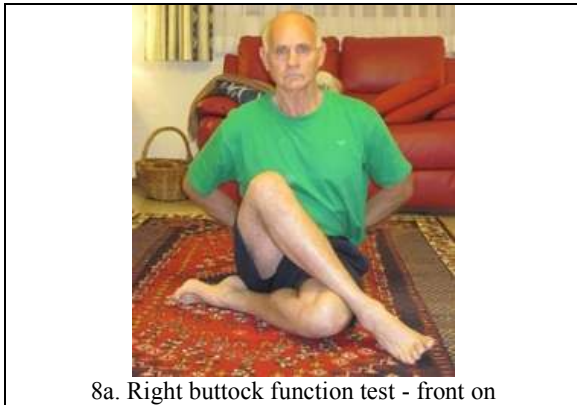
Poor					Excellent					
20	18	16	14	12	10	8	6	4	2	0
0	1	2	3	4	5	6	7	8	9	10

Your comments:

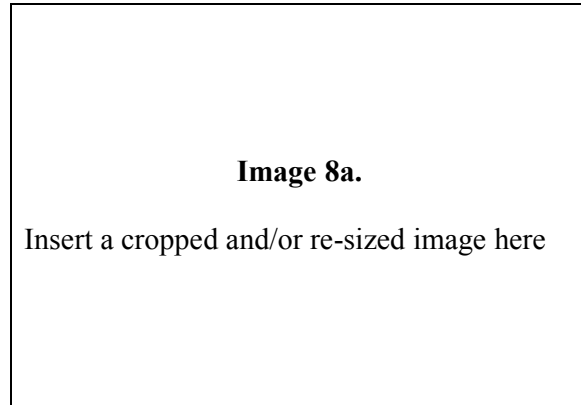
Our comments:

8a. Right buttock function test – front on

Can you sit up exceptionally straight with your legs crossed; left leg under the right, right leg over the left and hands clasped behind your back?

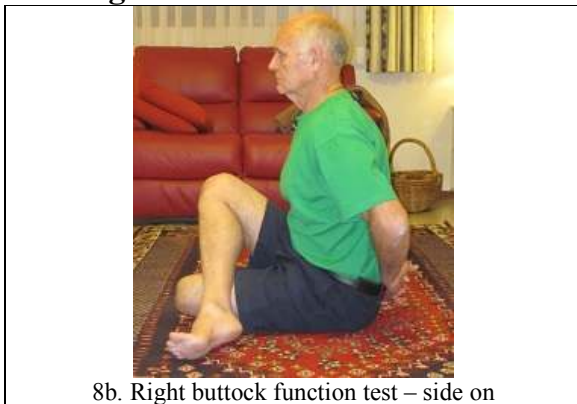


8a. Right buttock function test - front on

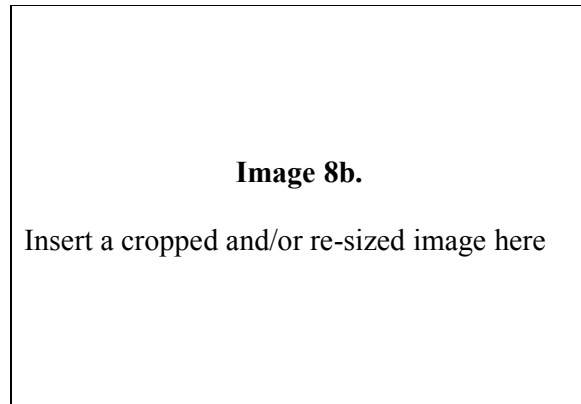


Poor						Excellent					
Couldn't do it – fell over backwards.						Leaning to one side.			Sitting up straight		
0	1	2	3	4	5	6	7	8	9	10	

8b. Right buttock test - side on



8b. Right buttock function test – side on



Give yourself a personal rating on how well you performed the task.

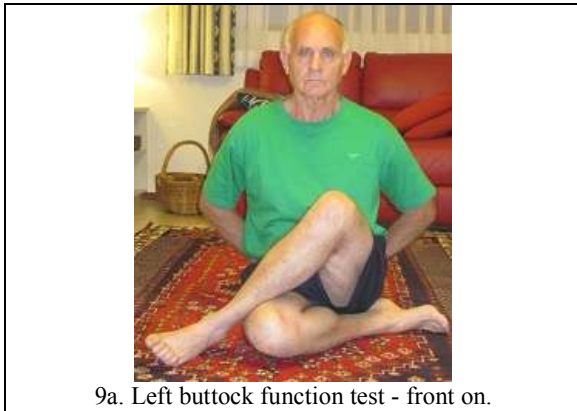
Poor						Excellent				
Couldn't do it – fell over backwards.						Only just. Back in a 'C' shape.		Easy and up straight with hollow in lumbar spin		
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

9a. Right buttock function test - side on:

Can you sit up exceptionally straight with your legs crossed; left leg under the right and right leg over the left - and hands clasped behind your back?



9a. Left buttock function test - front on.

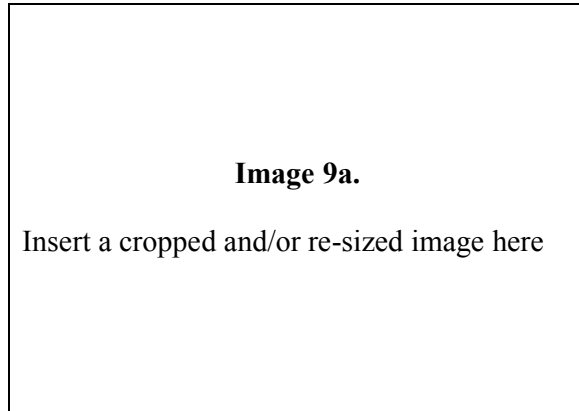
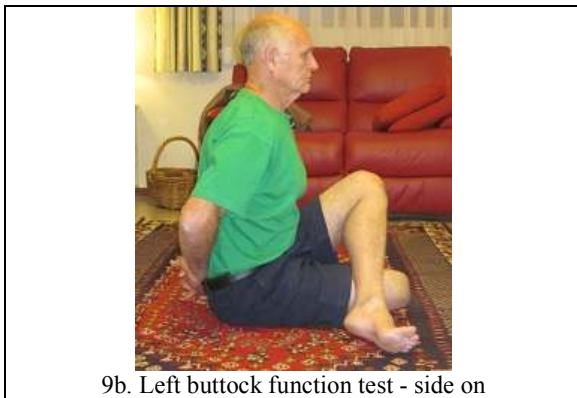


Image 9a.

Insert a cropped and/or re-sized image here

Poor					Excellent					
Couldn't do it – fell over backwards.					Leaning to one side.				Sitting up straight	
0	1	2	3	4	5	6	7	8	9	10

b. side on



9b. Left buttock function test - side on

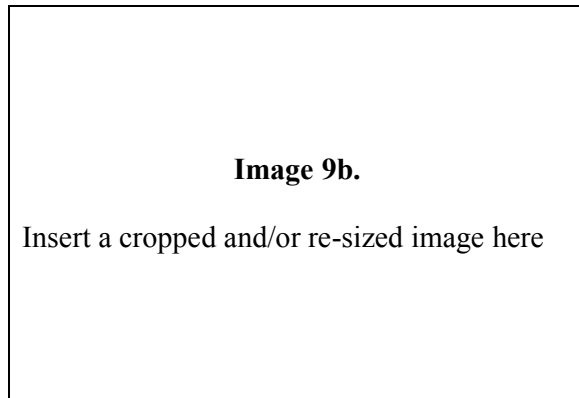


Image 9b.

Insert a cropped and/or re-sized image here

Give yourself a personal rating on how well you performed the task.

Poor					Excellent					
Couldn't do it – fell over backwards.					Only just. Back in a 'C' shape.		Easy and up straight with hollow in lumbar spin			
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

10. Hip crossover: twisting to the left

Start lying on your back with feet flat and knees up. Put the side of the heel of your right foot up near the top of your left thigh (but not on the knee). Then drop the left knee and right foot onto the floor on the left side of your body.



10.a Hip crossover starting position. Ideally right lower leg should be at 90 degrees to left upper leg.



10b. Hip crossover – twisting to the left. Aim to get left knee and right foot comfortably on floor

Image 10.a

Insert a cropped and/or re-sized image here.

Image 10.b

Insert a cropped and/or re-sized image here.

Give yourself a personal rating on how well you performed the task.

10.a

Poor

Excellent

Right lower leg a long way from being 90 degrees to left upper leg.					Right hip tight.				Right lower leg at 90 degrees to left upper leg.	
0	1	2	3	4	5	6	7	8	9	10

10.b

Poor

Excellent

Couldn't get knee and foot to rest on the floor – too painful.					Only just - right side of body tight.				Left knee and right foot easily on the floor.	
0	1	2	3	4	5	6	7	8	9	10

Pain experienced when right buttock massaged vigorously.

Poor

Excellent

Excruciatingly painful					Painful				No pain at all.	
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

11. Hip crossover: twisting to the right

Start lying on back with feet flat and knees up. Put the side of the heel of your left foot up near the top of your right thigh (but not on the knee). Then drop the right knee and left foot onto the floor on the right side of your body.

Comment on whether you are having difficulty getting the knee and foot onto the floor. Many people can't do this, their back and hips are too painful.

Get the person who's taking the pictures to vigorously massage your right buttock. Record below whether or not it was painful.



11.a Hip crossover starting position. Ideally left lower leg should be at 90 degrees to right upper leg.



11.b. Hip crossover – twisting to the right. Aim to get right knee and left foot comfortably on floor

Image 11.a

Insert a cropped and/or re-sized image

Image 11.b

Insert a cropped and/or re-sized image

Give yourself a personal rating on how well you performed the task.

Poor

Excellent

Left lower leg a long way from being 90 degrees to right upper leg.					Left hip tight.				Left lower leg at 90 degrees to right upper leg.		
0	1	2	3	4	5	6	7	8	9	10	

Poor

Excellent

Couldn't get knee and foot to rest on the floor – too painful.					Only just - left side of body tight				Right knee and left foot easily on the floor.		
0	1	2	3	4	5	6	7	8	9	10	

Pain experienced when left buttock massaged vigorously.

Poor

Excellent

Excruciatingly painful					Painful				No pain at all.		
0	1	2	3	4	5	6	7	8	9	10	

Your comments:

Our comments:

12. Right hip function

To check your right hip function, lie on your back with your left leg on an ottoman (or a chair) and the right foot on the floor, leg bent at the knee, with your foot resting against the ottoman.

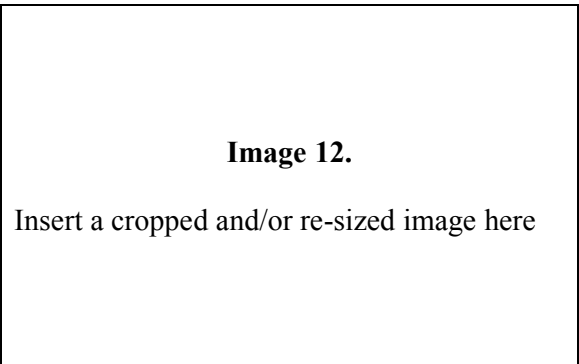
Move the right knee down toward the floor. If it's functioning well, you'll be able to rest the knee on the floor with ease. If it is dysfunctional it won't go anywhere near the floor.

Take a photo to see how close to the floor your knee can go.

Report on how well you can do it, whether it's painful or not and if you notice any differences between the sides.



12. Right hip function test.



Give yourself a personal rating on how well you performed the task.

Knee cms from the floor

Poor											Excellent
20	18	16	14	12	10	8	6	4	2	0	
0	1	2	3	4	5	6	7	8	9	10	

Your comments:

Our comments:

13. Left hip function

To check your left hip function, lie on your back with your right leg on an ottoman (or a chair) and the left foot on the floor, leg bent at the knee, with your foot resting against the ottoman.

Move the left knee down toward the floor. If it's functioning well, you'll be able to rest the knee on the floor with ease. If it is dysfunctional it won't go anywhere near the floor.

Take a photo to see how close to the floor your knee can go.

Report on how well you can do it, whether it's painful or not and if you notice any differences between the sides.



Image 13.
Insert a cropped and/or re-sized image here

Give yourself a personal rating on how well you performed the task.

Knee cms from the floor

Poor										Excellent
20	18	16	14	12	10	8	6	4	2	0
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

14. Super buttock and thigh stretch: twisting to the left

Wear long trousers, shoes and socks for this test.

Lie on your back with your legs straight. Swing your straight right leg over your body so your right foot touches the floor. Even though your left leg will bend slightly when you do this, aim to keep the left foot in roughly the starting position.

Once the right shoe is on the floor on the left side of your body, see if you can grab hold of the toe of the shoe on the straight right leg with your left hand.

If you can't grab the toe of your shoe, either grab the laces of your shoe, your sock or the leg of your trousers. Just make sure the right leg stays straight and your right shoulder and arm are flat on the floor.

Take the photo at your 'most stretched' position.



14. Test of right side of body flexibility

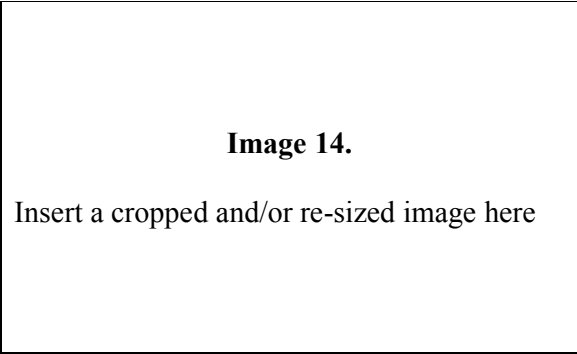


Image 14.

Insert a cropped and/or re-sized image here

Give yourself a personal rating on how well you performed the task.

Poor form

Good form

Trousers held near knee				Cuff of trousers	Sock			Laces	Toe - easy	
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

15. Super buttock and thigh stretch: twisting to the right

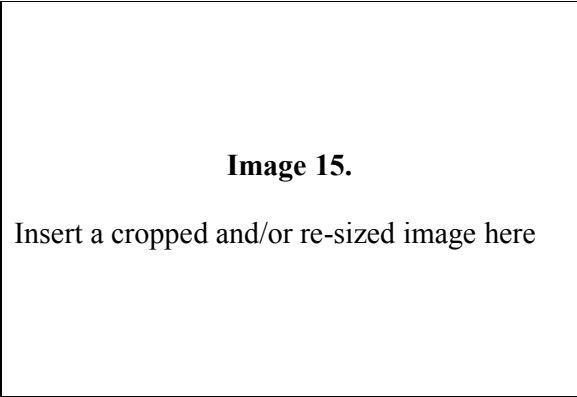
Wear long trousers, shoes and socks for this test.

Lie on your back with your legs straight. Swing your straight left leg over your body so your left foot touches the floor. Even though your right leg will bend slightly when you do this, aim to keep the right foot in roughly the starting position.

Once the left shoe is on the floor on the right side of your body, see if you can grab hold of the toe of the shoe on the straight left leg with your right hand.

If you can't grab the toe of your shoe, either grab the laces of your shoe, your sock or the leg of your trousers. Just make sure the right leg stays straight and your right shoulder and arm are flat on the floor.

Take the photo at your 'most stretched' position.



Give yourself a personal rating on how well you performed the task.

Poor form

Good form

Trousers held near knee.				Cuff of trousers		Sock		Laces		Toe - easy
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

16. Feet over head

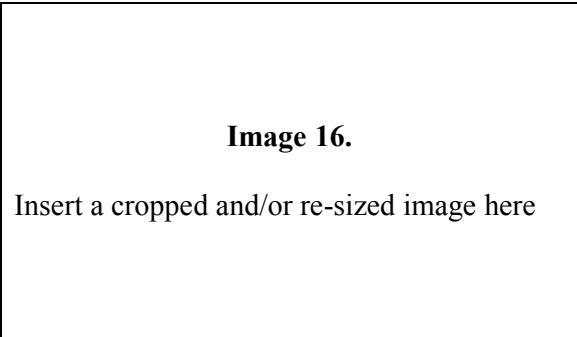
Lying on your back, can you take your feet over your head and grab hold of your toes – with back of hands on the floor.

This is an exercise you would have had no difficulty doing as a child.

Take a photo of the furthest point you can reach.



16. Heels over head



Give yourself a personal rating on how well you performed the task.

Poor

Excellent

Couldn't do it at all.					Feet 30cms from the floor.		Easy. Feet touch the floor			
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

17. Tight muscles at top of buttock - in prone frog position

This position takes a bit of getting in to.

Start on hands and knees with your knees as wide apart as you can get them.

With lower legs up off the floor, take your body forward so the front of your abdomen is pressing in to the floor and your chin is resting on your hands.

Place the soles of your feet together and let them hang toward the floor. Don't worry if they don't reach the floor. Most people find their feet won't touch the floor.

Get someone to stand over you and dig their thumbs into your buttock muscles in the places indicated by the red spots.

Observe how tender those spots are and whether one side is more painful than the other.

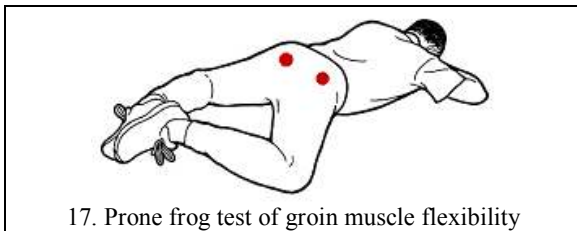


Image 17.
Insert a cropped and/or re-sized image here

Give yourself a personal rating on how well you performed the task.

Poor					Excellent						
Feet further than 10cms from the floor					Feet within 10cms of the floor				Feet touching floor.		
0	1	2	3	4	5	6	7	8	9		10

Pain experienced when right buttock massaged vigorously.

Poor					Excellent						
Excruciatingly painful					Painful				No pain at all.		
0	1	2	3	4	5	6	7	8	9		10

Pain experienced when left buttock massaged vigorously.

Poor					Excellent						
Excruciatingly painful					Painful				No pain at all.		
0	1	2	3	4	5	6	7	8	9		10

Your comments:

Our comments:

18. Right quadriceps function - front on and side on.

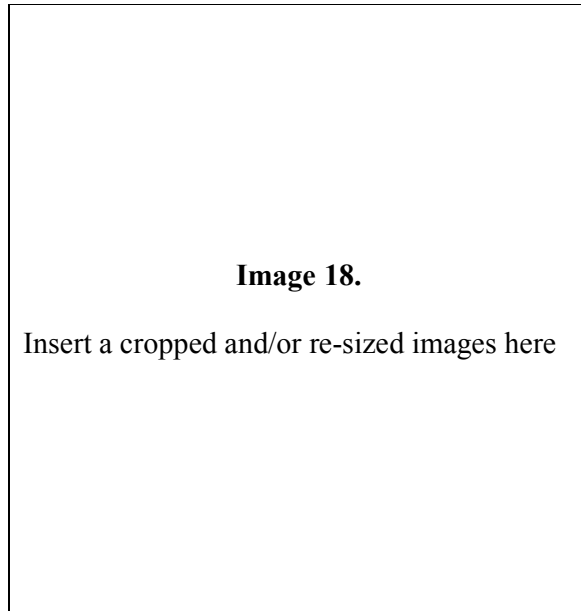
This test will also assist in determining the cause of knee pain. Do this test with shoes on.

Stand about 30cms away from a bench about the same height as a kitchen bench. You may need something to hold onto for balance.

Place the toe of your right shoe on the bench. Stand up straight with a hollow in your lumbar spine and lean back as far as you can toward the bench.



18. Right quadriceps function test:
front on and side on.



Give yourself a personal rating on how well you performed the task.

Poor						Excellent				
Knees 10cms or more apart.					Knees less then 5cms apart				Knees together	
0	1	2	3	4	5	6	7	8	9	10

Pain experienced when leaning back.

Poor						Excellent				
Excruciatingly painful					Painful				No pain at all.	
0	1	2	3	4	5	6	7	8	9	10

Your comments:

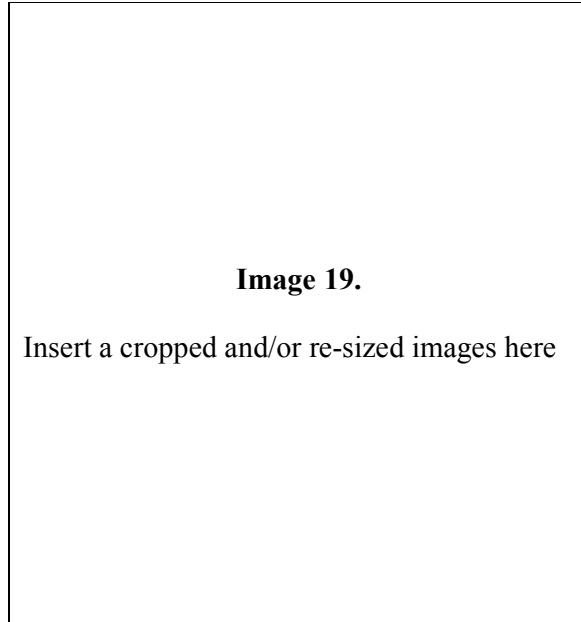
Our comments:

19. Left quadriceps function - front on and side on.

This test will also assist in determining the cause of knee pain. Do this test with shoes on.

Stand about 30cms away from a bench about the same height as a kitchen bench. You may need something to hold onto for balance.

Place the toe of your left shoe on the bench. Stand up straight with a hollow in your lumbar spine and lean back as far as you can toward the bench.



Give yourself a personal rating on how well you performed the task.

Poor						Excellent				
Knees 10cms or more apart.					Knees less then 5cms apart				Knees together	
0	1	2	3	4	5	6	7	8	9	10

Pain experienced when leaning back.

Poor						Excellent				
Excruciatingly painful					Painful				No pain at all.	
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

20. Knee and ankle function

This exercise will really let you know what the condition of your ankles and knees is like.

Kneel down with your feet underneath your bottom and the laces of your shoes pressed against the floor.

Lean back as far as you can.



20. Knee and ankle function test.

Image 20.

Insert a cropped and/or re-sized image here

Give yourself a personal rating on how well you performed the task.

Pain experienced when leaning back.

Poor

Excellent

Excruciatingly painful or couldn't do it at all.					Painful				No pain at all.	
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

21. Shoulder function

Stand with your heels, backside and shoulders against the wall.

We're interested to see whether you can get the back of your forearms, wrists, hands and fingers comfortably flat against the wall when in the 'surrender' position.



21. Shoulder function test

Image 21.

Insert a cropped and/or re-sized image here

How do your shoulders feel?

Poor

Excellent

A lot of pain					Some pain				Loose – no pain	
0	1	2	3	4	5	6	7	8	9	10

How far are your forearms, wrists and fingers off the wall when they are vertical?

Cms from the wall

Poor

Excellent

20	17	15	13	11	9	7	5	3	1	Flat against wall
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

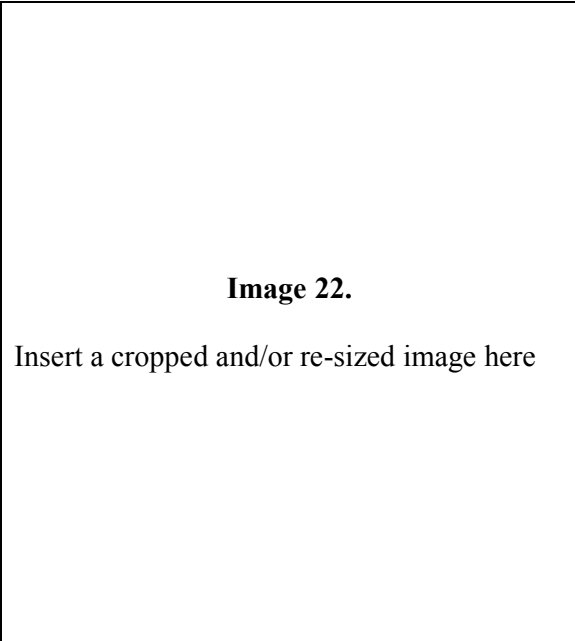
22. Neck function

Stand with your heels, backside and shoulders flat against the wall. Then put your head against the wall. Does it go flat back against the wall so you can see the skirting on the other side of the room, or do you look up toward the ceiling?

When your eyes are looking straight ahead, how far is your head away from the wall.



22. Neck function test



How does your neck feel?

Poor					Excellent					
A lot of pain					Some pain				Loose – no pain	
0	1	2	3	4	5	6	7	8	9	10

Head: cms from the wall when looking straight ahead

Poor					Excellent					
10	9	8	7	6	5	4	3	2	1	0
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

23. Sitting at your desk

We'd like to see a picture of you sitting at your desk working on your computer.

Get someone at work to take the picture of you when you are least expecting it.

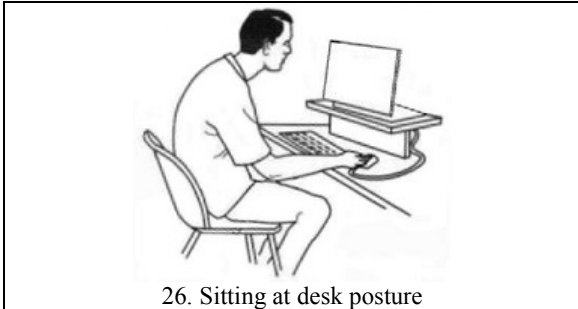


Image 23.
Insert a cropped and/or re-sized image here

Our assessment

Poor										Excellent
0	1	2	3	4	5	6	7	8	9	10

Your comments:

Our comments:

You're all done

Email the completed assessment to Global Back Care and wait a few days for your report.

john.miller@millerhealth.com.au

IMAGE OVER VIEW

At the completion of the assessment you should have uploaded the following 26 images.



1. Standing up straight - front on



2. Standing up straight - side on



3. Putting sock on right foot



4. Putting sock on left foot



5. Calf and hamstring flexibility



6. Right hamstring flexibility



7. Left hamstring flexibility



8a. Right buttock function - front on



8b. Right buttock function - side on



9a. Left buttock function - front on



9b. Left buttock function - side on



10a. Hip condition as indicated by position of right lower leg



10b. Hip crossover to the right



11a. Hip condition as indicated by position of left lower leg



11b. Hip crossover to the right



12. Right hip function



13. Left hip function



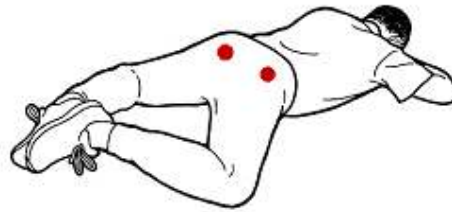
14. Right side super butt and thigh stretch



15. Left side super hip and thigh stretch



16. Back of body flexibility.



17. Groin muscle flexibility



18a. Right quadriceps flexibility - front on



18b. Right quadriceps flexibility - side on



19a. Left quadriceps flexibility - front on



19b. Left quadriceps flexibility - side on



20. Knee and ankle joint function



21. Shoulder function



22. Neck function



23. Work station assessment

Nothing in this world can take the place of persistence.

Talent will not: nothing is more common than unsuccessful men with talent.

Genius will not; unrewarded genius is almost a proverb.

Education will not: the world is full of educated derelicts.

Persistence and determination alone are omnipotent.

Calvin Coolidge