

Lumbopelvic Regional Exam

☒ Check normal, circle & describe abnormal

CC & significant history: _____

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

Fracture screen (tuning fork, percussion, torsion test, 5-step test): ☐ WNL ☐ Refer for X-ray: _____

Observation: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Posture: _____

☐ Skin (bruising, scars): _____

☐ Swelling: _____

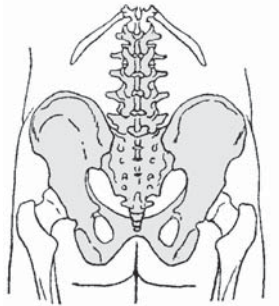
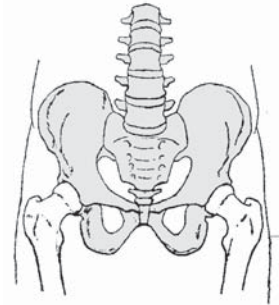
☐ Asymmetry: _____

Observation ☐ WNL	L	R
Antalgia		
Lordosis: hyper, normal, hypo		
Scoliosis		
Postural asymmetry		
Heel walk (L4)		
Toe raises, multiple (S1)		
Squat & rise		
Gait		

Palpation: ☐ WNL, ☐ pain (circle), ☐ spasm (s), ☐ edema (e), ☐ fibrctic (f), ☐ MFTP (x), ☐ ache (a), ☐ tingling (t)

Palpation	L	R	Palpation	L	R
Abdomen			Piriformis		
Inguinal lymph nodes			Sacrobuterous lig.		
Skin temperature			Sacroiliac joint		
Pubic symphysis			Sacrospinous lig.		
ASIS			Gluteus maximus		
Iliac crest			Gluteus medius		
Paraspinal muscles			Quadriceps		
Quadratus lumborum			Gastro-soleus		
Sciatic notch					
PSIS					
Ischial tuberosities					
Hamstrings					
TFL					
Greater trochanter					

Pulses (0-4)	L	R
Femoral pulse		
Tibial pulse		
Dorsal pedal		



ROM & Joint Play: ☐ WNL

☐ Pain at end ROM: _____

☐ Abnormal motion: _____

Lumbar ROM	Active		Passive	
	L	R	L	R
Flexion (60°)				
Extension (25°)				
Lateral flexion (25°)				
Rotation (10°)				

Sacroiliac joint	L	R	L	R
Flex-ext (0-10°)				
Extern/intern (5-10°)				
Lumbopelvic rhythm				

Left	Joint Play	Right
	T12	
	L1	
	L2	
	L3	
	L4	
	L5	
	S1	
	SI	

Neurologic: ☐ WNL

Sensation, ☐ WNL	L	R
Light touch		
Sharp/dull		
Vibration		

Reflexes (0-5), ☐ WNL	L	R
Patellar (L4)		
Hamstring (L5)		
Patellar (S1)		
Babinski		

Motor (0-5), ☐ WNL	L	R
Abdomen (Beevor's sign)		
Resisted trunk rotation		
Resisted trunk lateral flexion		
Quadriceps (L2-L4)(femoral)		
Iliopsoas (L1-L3)(femoral)		
Tib. anterior (L4-L5)(deep f.)		
Ext. hal. long. (L4-S1)		
Flex. hallucis (L5-S2)		
Fibularis long. (L5-S1)		
Glut. max. (L5-S2)(inf. glut.)		
Hamstring (L4-S1)(sciatic)		
Glut. medius (L4-S1)		

Orthopedic: ☐ WNL

	L	R		L	R
Adam's sign			SLR active/passive		
Minor's sign			SLR maximal		
Belt test			Bragard's		
Neri bowing			Goldwait's		
Trendelenburg			Patrick FABERE		
Lat. pelvic shift			LaGuerre		
Valsalva			Hip circumduction		
Bechterew			SI compression		
Slump test			SI distraction		
Deyerle			Thomas/Gaenslen		
Kemp's test			Homan's		
Ober's			Nachlas/Ely/Hibb		
Anvil test			Brudzinski's		
Allis' sign			Leg length		

Additional procedures: ☐ WNL

- ☐ Hip exam: _____
- ☐ Knee exam: _____
- ☐ Abdominal: _____

DDx: _____

Signature: _____

Date: _____