

Assessments for Consultation

(Link highlights a video)

Shoulder/neck pain:

- Cervical spine – Rotation, flexion/extension, lateral flexion
- Shoulder girdle – protraction/retraction, depression/elevation
- [Shoulder impingement – Empty can test front and lateral](#)
- [Hand behind back](#)
- Check if level – earline, shoulder blades, shoulders, clavicle
- Shoulders – lateral extension, forward flexion/extension

Ankle

- [Knee to wall \(tightness and mobility\)](#)
- Plantar flexion and dorsi flexion - active/passive/resisted
- Inversion and eversion - active/passive/resisted
- Check for flat feet (eversion), pronated or supinated
- Balance on one foot

Knee

- Knee flexion/extension - active/passive/resisted
- Check for line of creases behind the knee
- [Palpation of ligaments specifically MCL and LCL](#)

Hip

- [Obers \(TFL, hip flexors, ITB\)](#)
- [Glute firing](#)
- [Abductor lift - active/passive/resisted](#)
- [Thomas test \(hip flexors\)](#)
- Check if hips are level

Spine

- [Slump test](#)
- Lateral spinal flexion/extension
- Rotation
- Check for rib alignment
- PSIS and ASIS alignment