

ANTE			RETRO			LATERO		
<u>Seq</u>	<u>Test</u>	<u>Point</u>	<u>Seq</u>	<u>Test</u>	<u>Point</u>	<u>Seq</u>	<u>Test</u>	<u>Point</u>
CP1	Look Down	Inferior Orbital Border	CP1	Look Up	Medial Border of Eyebrow	CP1	Look to side, head still	Lateral Canthus of Eye
CP2	Joker Smile (Corners Back)	Zygomaticus below CP1	CP2	Wrinkle Forehead	Top of Forehead on Frontalis	CP2	Shift Jaw Side to Side	Centre of Temporalis Muscle
CP3	Open Mouth, Look for Deviations	Digastric @ Inferior border of mandible	CP3	Complete Ext. of Head	Below Occiput at Erectors	CP3	3 Knuckles between teeth (open Mouth)	Muscle belly of Masseter (above < of mandible)
CL	Lift Head, look at feet	Sternal Head of SCM @ Thyroid Cartilage	CL	Draw Chin back to Spine	Erector Spinae lateral to C5/C6	CL	Active Neck Lat. Flexion, then Passive	Where 2 bellies of SCM become 1
TH	Hooklying, lift upper body	Insertion of Rectus Abdominus	TH	Push Shoulders back, Extend T-Spine	Erector Spinae lateral to T4/T6	TH	Seated side bend with arm overhead	Iliocostalis Thoracis below Inf. Border of Trap., Med. To Scapula
SC	Resist above elbow, roll shoulder Ant./Inf.	Pec Minor beneath Corocoid Process	SC	Pull Scapula up and back	Between Rhomboid Major & Minor	SC	Abduct Shoulder above 90°	Scalenus Posterior between Trap and SCM
HU	Flexion of shoulder to 90°, Resist	Ant. Deltoid at sulcus of Pec Major & Biceps	HU	Resisted Extension of Shoulder	Posterior Axilla at Teres Major/Triceps	HU	Arm @ 90°, resist Adduction (above elbow)	Lateral Fibers of Deltoid
CU	Bicep Muscle Test	Lateral side of Biceps right under Deltoid Insertion	CU	Triceps Muscle Test	Triceps towards septa that Separates Lat. Head & LHT	CU	Isometric contraction to test Lat. Stability	Over Brach. Rad. At level of Radial Head
CA	Resist against Flex./Rad. Dev.	Between Brach. Rad. & FCR over FPL.	CA	Extend wrist with Ulnar Deviation	Mid 1/3 of forearm on Extensor Carpi Ulnaris	CA	Resist wrist Ext. & Rad. Deviation	Over Extensor Carpi Radialis Longus & Brevis
DI	Bring Thumb Forward in Sagittal Plane	Lateral Thenar Eminence	DI	Resisted Abduction of 5th Digit	Abductor Digiti Minimi @ 5th Metacarpal Base	DI	Abduct Fingers against resistance	Over 1st Dorsal Interossei
LU	Supine Crunch (Simultaneously)	Rectus Abdominus @ Umbilicus	LU	Bend and then come up to standing	Erector Spinae lateral to T12/L2	LU	Lateral Bend body between panes of glass	Over Quadratus Lumborum Prox. & Dist.
PV	Supine Hip Raise or Standing Pelvic Rock	Iliacus Medial to and Below ASIS	PV	Stand and Rock Pelvis Backwards	Iliolumbar Lig. Medial to PSIS, Lat. to L5	PV	Side raise opposite leg, shift weight to test side	Lat. To Glute. Max., Med. To Glute. Med. 1/2 way between PSIS & Troch.
CX	Kick leg forward, Don't lean back	Med. To Sartorius, Lat. To Fem. Art., Inf. to Ing. Lig.	CX	Resisted Hip Extension	Gluteus Maximus at Sacrotuberous Ligament	CX	Side raise same leg, shift weight to other side	Over TFL beneath ASIS
GE	Forward Lunge, or 1 legged squat	Midway on thigh between Vint. & RF	GE	Hamstring Cramp with Full Knee Flex.	Mid Thigh Medial to LHBF	GE	Supine, knees Ext., push Lat. vs. resistance	Along IT Band at origin of SHBF
TA	Heel Walk	Tibialis Ant., 1/2 way down shin	TA	Toe Walking	Mid Calf, Gastroc Lat. To Midline	TA	Walk on lateral edge of Foot	Ext. Digitorum Longus Ant. To Fibula
PE	Big Toe Extension	Prox. 1st/2nd Metatarsal Space	PE	Walk on Lateral edge of Foot	Peroneus Brevis @ 5th Metatarsal Base	PE	Squeeze Forefoot	Over 2nd-4th Dorsal Interossei

Medio			Intra			Extra		
<u>Seq</u>	<u>Test</u>	<u>Point</u>	<u>Seq</u>	<u>Test</u>	<u>Point</u>	<u>Seq</u>	<u>Test</u>	<u>Point</u>
CP1	Shift eyes Left and Right without moving head	Medial Canthus of Eye	CP1	Cross Eyes, look at nose tip	Lateral aspect of Eyebrow	CP1	Look Up & Out	Medial to Temporalis above eyebrow
CP2	Poke tongue out and move it side to side	Raphe of Myohyoid	CP2	Push back and down on Tragus	Anterior to Tragus	CP2	Pull apex of ear Down & Forward	Above Helix of Ear
CP3	Tension at Lig. Nuchae with Flexion of head	Occipital insertion or Ligamentum Nuchae (Medial to RE-CP3)	CP3	Shift Jaw against Resistance	Sulcus behind Mandible	CP3	Stretch Ear Forward	Mastoid Notch
CL	l: Extend Head. R: Pain with palpation of C7/T1	l: Suprasternal notch. r: Distal Lig. Nuchae at C7	CL	Rotate Head Medially against resistance	Between heads of SCM towards Clavicular Head	CL	Rotate to each side with overpressure	Anterior to Splenius where Levator inserts on C2/3
TH	l: Sense of compression in sternum while flexed. R: Palpate Interspinous ligaments	l: Medial Raphe of Sternum to Xiphoid. r: Interspinous Ligaments T3-T9	TH	Hands behind head, rotate from side to side. Pain Anteriorly	Over Intercostal muscles in the space between 5th/6th ribs below the nipple	TH	Hands behind Head, rotate side to side	Over Serratus Posterior Superior at Spine of Scapula
SC	Push against wall. Look for winging Scapula	b/n/b/n Intercostal spaces (nipple level) @ Serratus Anterior	SC	Intrarotate arm against resistance (pain in Clavicle)	Middle 1/3 of clavicle over Subclavius	SC	Hand Behind Neck (Pain in Scapula)	Belly of Levator Scapula @ Superior Angle
HU	Adduct arm to 90°, resist Abduction from there	Medial Intermuscular Septum (axilla) behine Coracobrachialis	HU	Resisted Extrarotation of Arm (Pain in Scapula)	Beneath Pec. Major over Coracoclavicular Fascia/Subscap. Fascia	HU	Arm @ 90° at side, resist Ext. Rotation	Distal Infraspinatus @ Teres Minor / Deltoid
CU	Adduct arm against resistance. Look for medial stability of elbow	Medial Intermuscular Septum above Medial Epicondyle of Humerus	CU	Pronate against resistance	Over Pronator Teres below elbow crease	CU	Flexed Elbow, Supinate against Resistance	Origin of Supinator & Brach. Rad. @ IM Septum
CA	Adduct and Flex wrist, and Ulnar Deviate against Resistance	Over Flexor Carpi Ulnaris medial 1/3 of forearm	CA	Pronate at wrist against resistance	Middle forearm between Palmaris & Flexors	CA	Hand on Table, Volar Flex wrist	Extensor Digitorum & Extensor Poll. Longus
DI	Adduct fingers against resistance	Hypothenar Eminence	DI	Hold Claw position	Intercarpal Spaces 2-4th digits	DI	Extend Fingers, Resist	Dorsal Fascia of hand 3rd/4th fingers
LU	l: Push out and in stomach, look for Linea Alba deviation. r: Interspinous Ligs. T12-S1	l: Xyphoid to Umbilicus. r: Interspinous Ligaments T12-S1	LU	Seated, arms crossed, rotate trunk to left & right	Edge of 11th rib @ External Abd. Oblique	LU	Seated, arms crossed, rotate side to side	Serratus Posterior Inferior @ 12th rib
PV	l: Palpate Umbilicus to just above Pubic Bone. r: Sacrococcygeus Ligament	Sacrococcygeus Ligament	PV	Standing, rotate hips against resistance	Behind TFL, over fascia of Gluteus Medius	PV	Standing, rotate hips forward against resistance	Gluteus Medius just below high point of Iliac Crest
CX	Adduct lower limb while maintaining Knee Extension.	Between Gracilis & Adductor Longus between Upper and Middle 1/3 of thigh	CX	Cross Legs Knee over Knee	Over Apex of Femoral Triangle (go under Sartorius)	CX	Sit Cross-Legged	Distal 1/3 of Piriformis
GE	Adduct lower limb against resistance	Posterior to Sartorius, Anterior to Gracilis over VastoAdductor Membrane	GE	Squat / Duck Walk	Over VMO distal 1/3 of thigh	GE	Bend Knee Completely, Squat, Duck Walk	Posterior to ITB @ SHBF
TA	Walk on Inner Border of feet	Where Soleus & Gastrocnemius Merge	TA	Standing, intrarotate against resistance on foot	Tibialis Posterior (Just behind Tibia, Ant. To Gastrocnemius)	TA	extrarotation against resistance	Behind Fibula @ Peroneus Longus
PE	Contract the sole of the foot	Tibialis Posterior insertion at Navicular	PE	Press internal border of big toe into floor	Over Ant. Abductor Hallicus.	PE	externa toes against resistance	Extensor Digitorum Brevis