

## ATM BIOMECHANIC ASSESSMENT SHEET-Page 1

Test	ROM		Strength		Comments-Pain/No pain
	Right	Left	Right	Left	
<b>Seated Test</b>					
<b>CERVICAL</b>					
1.Cervical spine rotation 0-60/70					
2. Lateral flexion 0-45					
3.Flexion 0-45					
4.Extension 0-45					
5.Sweetheart-Levator	x	x	x	x	Quality of movement
<b>SHOULDER</b>					
6.Shoulder Flexion 180					
7.Shoulder Abduction 0-160					
8.Shoulder Extension 0-60					
9.Shoulder Clock Rotation	x	x	x	x	Quality of movement
10.Shoulder Protraction/ Retraction	x	x	x	x	Quality of movement
11.External Rotation0-90					
12.Internal Rotation 0-70					
13.Scratch Test	x	x	x	x	Quality of movement
14.Supraspinatus 30					
15.Impingement Test	x	x	x	x	Quality of movement
16.AC Test-Horizontal Adduction	x	x	x	x	Quality of movement
17.Sternoclavicular Joint	x	x	x	x	Quality of movement
<b>FOREARM</b>					
18. Elbow Flexion 0-150					
19. Elbow Extension 0					
20. Pronation 0-80					
21. Supination 0-80					
22. Wrist Flexion 0-80					
23. Wrist Extension 0-70					
24. Radial Deviation 0-20					
25. Ulnar Deviation 0-30					
26. Finkelstein's Test DeQuervain's Tenosynovitis	x	x	x	x	Quality of movement
27. Pec Major (QOM for range)					
28. Pec Minor					

## ATM BIOMECHANIC ASSESSMENT SHEET-Page 2

Name			Date		
Test	ROM		Strength		Comments-Pain/No pain
	Right	Left	Right	Left	
29. Latissimus Dorsi	x	x	x	x	Quality of Movement
30. Ankle Eversion 0-15					
31. Ankle Inversion 0-35					
32. Plantarflexion 0-50					
33. Dorsiflexion 0-20					
34. Thomas Test					
35. Supine Knee Extension 160-180					
36. Straight Leg Raise 0-70/90					
37. Long Sitting	x	x	x	x	Quality of movement
38. Hip Flexion 0-120					
39. Hip Abduction 0-45					
40. FaberTest	x	x	x	x	Quality of movement
41. Tensor Fasciae Latae/IT Band 0-10					
42. Hip Internal Rotation 0-30					
43. Hip External Rotation 0-40					
44. Leg Length	x	x	x	x	Quality of movement
45. Anatomical Leg Length	x	x	x	x	Quality of movement
46. ASIS alignment Test	x	x	x	x	Quality of movement
47. Hip Extension 0-30					
48. External Rotation Test 0-40					
49. Internal Rotation Test 0-30					
50. Knee Flexion Test 0-135					