

Physical Performance Test

Tuesday, July 22, 2014

This report is a great tool to show your patients any limitation they might have in their cervical neck strength.

Physical Performance Test (Strength) is routinely used for musculoskeletal-related complaints. A clinician measures isolated joint strength. Each measured strength is compared to a minimal 'pain free' normal.

Pain free cervical spine strength should demonstrate the minimal normal strength levels shown below. In addition, the strength hierarchy should demonstrate levels as follows:

Extension > Flexion > Lateral Flexion > Rotation. Finally, right vs left lateral flexion/rotation levels should be within 10%.

Cervical Neck Strength Test Results For Sarah Dunn, DOB: 6/10/1979

Automatically tracks progress over time and documents any improvement.

	12/6/2012			3/15/2013			
	FORCE (lbs)	LIMITATION (%)	RESULT	FORCE (lbs)	LIMITATION (%)	RESULT	IMPROVEMENT (%)
Cervical Extension Minimum Normal: 13 lbs	6.2	52.3	ABNORMAL	12.1	6.9	ABNORMAL	95.2
Cervical Flexion Minimum Normal: 12 lbs	4.6	61.7	ABNORMAL	12	0	NORMAL	160.9
Right Lateral Flexion Minimum Normal: 11 lbs	6.1	44.5	ABNORMAL	12.1	0	NORMAL	98.4
Left Lateral Flexion Minimum Normal: 11 lbs	5.9	46.4	ABNORMAL	11.9	0	NORMAL	101.7
Cervical Right Rotation Minimum Normal: 10 lbs	5.9	41	ABNORMAL	11.7	0	NORMAL	98.3
Cervical Left Rotation Minimum Normal: 10 lbs	5.2	48	ABNORMAL	11.4	0	NORMAL	119.2

Normal cervical spine strength levels are as follows:

* Extension minimum = 13 lbs; Flexion minimum = 12 lbs

Lateral Flexion minimum = 11 lbs; Rotation minimum = 10lbs Normal

cervical spine strength level hierarchy is as follows:

* Extension > Flexion > Lateral Flexion > Rotation

- Lateral Flexion: Right vs Left within 10%

- Rotation: Right vs Left within 10%

These are the gender-specific minimum normal strength values.

TESTING RESULTS FROM Friday, March 15, 2013

MINIMAL Cervical Spine Strength:

Extension = ABNORMAL Flexion = NORMAL

Right Lateral Flexion = NORMAL Left

Lateral Flexion = NORMAL Right Rotation = NORMAL

Left Rotation = NORMAL

Extension > Flexion > Lateral Flexion > Rotation = ABNORMAL Lateral

Flexion: Right vs Left within 10% = NORMAL

Rotation: Right vs Left within 10% = NORMAL

Your patient data cervical spine strength and hierarchy compared to the minimum 'normal' values. An excellent tool to prove medical necessity and for discussion with your patient!

Reference: Christensen, K.D., D.C. Chiropractic Rehabilitation Protocols. 1st ed. C.R.A., 1990

Please contact my office with any questions.