**Range-of-Motion Testing Positions**

Pictures indicate basic Range-of-Motion tests with inclinometer placement, proper positioning and stabilization of specific areas.

**RANGE-OF-MOTION POSITIONS**

- **Cervical Flexion**
  - Place primary unit on the top of the patient's head. Place the secondary unit on T1.

- **Full Cervical Flexion**
  - Help patient to lift their head and neck forward as far as possible without experiencing pain.

- **Full Cervical Extension**
  - Ask the patient to lift their head and neck backward as far as possible without experiencing pain.

- **Thoracic Rotation (Right)**
  - Ask the patient to rotate their head to the right as far as possible without experiencing pain.

- **Thoracic Rotation (Left)**
  - Ask the patient to rotate their head to the left as far as possible without experiencing pain.

- **Cervical Lateral Flexion (Right)**
  - Ask the patient to lift their head and neck to the right as far as possible without experiencing pain.

- **Cervical Lateral Flexion (Left)**
  - Ask the patient to lift their head and neck to the left as far as possible without experiencing pain.

- **Lumbar Flexion**
  - Ask patient to lift the patient to sit in the chair as far as possible without experiencing pain.

- **Lumbar Extension**
  - Ask patient to sit in the chair and extend their back as far as possible without experiencing pain.

- **Lumbar Lateral Flexion (Right)**
  - Ask patient to sit on the side of the chair and extend as far as possible without experiencing pain.

- **Lumbar Lateral Flexion (Left)**
  - Ask patient to sit on the side of the chair and extend as far as possible without experiencing pain.

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