

# Practice Makes Perfect—Summary & Evaluation Forms

## Introduction



### Practice Makes Perfect

To aid you in practicing the skills covered in this textbook, or for a handy review, use the Summary & Evaluation Forms found at

<http://thepoint.lww.com/Clarkson4e>.

To become proficient in the clinical skills of assessment and measurement of joint ROM, muscle length, and the manual assessment of muscle strength requires knowledge, attention to detail, and practice.

The criteria used to perform the assessment and measurement techniques presented in this textbook are listed in chart/checklist format in the **Practice Makes Perfect—Summary & Evaluation Forms (PMP Forms)**.

Forms in Appendices A and B, used to record ROM and Manual Muscle Strength assessment findings may be used in conjunction with the PMP Forms.

The above PMP Forms and Assessment Recording Forms can be printed for use, or used interactively on a computer or iPad. To use the PMP Forms, clicking on a box inserts an “X” to indicate the criterion is met.

See Forms at: <http://thepoint.lww.com/Clarkson4e>

#### This online version of Appendix E provides:

- an *Index* of available PMP Forms
- the *PMP Forms* for assessment of Joint AROM and PROM, Muscle Length, and Manual Muscle Testing

#### PMP Forms serve as:

- excellent summaries and a quick clinical reference tool of the clinical skills presented in this textbook
- a means to test your proficiency in the application of the clinical skills, and prepare for Practical Examinations and clinical practice

- Practical Examination Forms for Faculty use in evaluating and grading student performance.

## Practice Makes Perfect: Summary & Evaluation Forms Index

### PROM Assessment and Measurement: Shoulder Complex

- Scapular Elevation (Form 3-1)
- Scapular Depression (Form 3-2)
- Scapular Abduction (Form 3-3)
- Scapular Adduction (Form 3-4)
- Shoulder Elevation Through Flexion (Form 3-5)
- Glenohumeral Joint Flexion (Form 3-6)
- Shoulder Extension (Form 3-7)
- Shoulder Elevation Through Abduction (Form 3-8)
- Glenohumeral Joint Abduction (Form 3-9)
- Shoulder Horizontal Abduction (Form 3-10)
- Shoulder Horizontal Adduction (Form 3-11)
- Shoulder Internal Rotation (Form 3-12)
- Shoulder External Rotation (Form 3-13)

### Muscle Length Assessment and Measurement: Shoulder Complex

- Pectoralis Major (Form 3-14)
- Pectoralis Minor (Form 3-15)

### Muscle Testing: Shoulder Complex

- Serratus Anterior (Form 3-16)
- Upper Fibers Trapezius, Levator Scapulae (Form 3-17)
- Middle Fibers Trapezius (Form 3-18)
- Rhomboid Major, Rhomboid Minor (Form 3-19)
- Lower Fibers Trapezius (Form 3-20)

- Anterior Fibers Deltoid (Form 3-21)
- Coracobrachialis (Form 3-22)
- Latissimus Dorsi, Teres Major (Form 3-23)
- Middle Fibers Deltoid, Supraspinatus (Form 3-24)
- Pectoralis Major, (Sternal and Clavicular Heads) (Form 3-25)
- Posterior Fibers Deltoid (Form 3-26)
- Subscapularis (Form 3-27)
- Infraspinatus, Teres Minor (Form 3-28)

### PROM Assessment and Measurement: Elbow and Forearm

- Elbow Flexion (Form 4-1)
- Elbow Extension/Hyperextension (Form 4-2)
- Forearm Supination (Form 4-3)
- Forearm Pronation (Form 4-4)

### Muscle Length Assessment and Measurement: Elbow and Forearm

- Biceps Brachii (Form 4-5)
- Triceps Brachii (Form 4-6)

### Muscle Testing: Elbow and Forearm

- Biceps Brachii (Form 4-7)
- Brachialis, Brachioradialis (Form 4-8)
- Triceps Brachii (Form 4-9)
- Supinator, Biceps Brachii (Form 4-10)
- Pronator Teres, Pronator Quadratus (Form 4-11)

### PROM Assessment and Measurement: Wrist and Hand

- Wrist Flexion (Form 5-1)
- Wrist Extension (Form 5-2)
- Wrist Ulnar Deviation (Form 5-3)
- Wrist Radial Deviation (Form 5-4)
- Finger MCP Flexion (Form 5-5)
- Finger MCP Extension (Form 5-6)
- Finger MCP Abduction (Form 5-7)
- Finger MCP Adduction (Form 5-8)
- Finger IP Flexion (Form 5-9)
- Finger IP Extension (Form 5-10)
- Thumb CM Flexion (Form 5-11)
- Thumb CM Extension (Form 5-12)
- Thumb MCP Flexion (Form 5-13)
- Thumb MCP Extension (Form 5-14)
- Thumb IP Flexion (Form 5-15)
- Thumb IP Extension (Form 5-16)
- Thumb CM Abduction (Form 5-17)
- Thumb and Fifth Finger Opposition (Form 5-18)

### Muscle Length Assessment and Measurement: Wrist and Hand

- Finger Flexors (Form 5-19)  
(i.e., Flexor Digitorum Superficialis, Flexor Digitorum Profundus, Flexor Digiti Minimi, and Palmaris Longus)
- Finger Extensors (Form 5-20)  
(i.e., Extensor Digitorum Communis, Extensor Indicis Proprius, and Extensor Digiti Minimi)
- Lumbricales (Form 5-21)

### Muscle Testing: Wrist and Hand

- Flexor Carpi Radialis (Form 5-22)
- Flexor Carpi Ulnaris (Form 5-23)
- Flexor Carpi Radialis, Flexor Carpi Ulnaris (Form 5-24)
- Extensor Carpi Radialis Longus, Extensor Carpi Radialis Brevis (Form 5-25)
- Extensor Carpi Ulnaris (Form 5-26)
- Extensor Carpi Radialis Longus, Extensor Carpi Radialis Brevis, Extensor Carpi Ulnaris (Form 5-27)
- Extensor Digitorum Communis, Extensor Indicis Proprius, Extensor Digiti Minimi (Form 5-28)
- Dorsal Interossei (Form 5-29)
- Abductor Digiti Minimi (Form 5-30)
- Palmar Interossei (Form 5-31)
- Lumbricales (Form 5-32)
- Flexor Digiti Minimi (Form 5-33)
- Flexor Digitorum Superficialis (Form 5-34)
- Flexor Digitorum Profundus (Form 5-35)
- Flexor Pollicis Longus (Form 5-36)
- Flexor Pollicis Brevis (Form 5-37)
- Extensor Pollicis Longus (Form 5-38)
- Extensor Pollicis Brevis (Form 5-39)
- Abductor Pollicis Longus (Form 5-40)
- Abductor Pollicis Brevis (Form 5-41)
- Adductor Pollicis (Form 5-42)
- Opponens Pollicis, Opponens Digiti Minimi (Form 5-43)

### PROM Assessment and Measurement: Hip

- Hip Flexion (Form 6-1)
- Hip Extension (Form 6-2)
- Hip Abduction (Form 6-3)
- Hip Adduction (Form 6-4)
- Hip Internal Rotation (Form 6-5)
- Hip External Rotation (Form 6-6)

## Muscle Length Assessment and Measurement: Hip

- Hamstrings Passive Straight Leg Raise (PSLR) (Form 6-7)
- Hip Flexors (Thomas Test) (Form 6-8)
- Hip Adductors (Form 6-9)
- Tensor Fascia Latae (Iliotibial Band) (Ober's Test) (Form 6-10)
- Tensor Fascia Latae (Iliotibial Band) (Ober's Test: Trunk Prone) (Form 6-11)

## Muscle Testing: Hip

- Iliopsoas (Form 6-12)
- Sartorius (Form 6-13)
- Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus (Form 6-14)
- Gluteus Medius, Gluteus Minimus (Form 6-15)
- Tensor Fascia Latae (Form 6-16)
- Adductor Longus, Adductor Brevis, Adductor Magnus, Pectineus, Gracilis (Form 6-17)
- Gluteus Medius, Gluteus Minimus, Tensor Fascia Latae (Form 6-18)
- Piriformis, Obturator Externus, Gemellus Superior, Quadratus Femoris, Gemellus Inferior, Obturator Internus (Form 6-19)

## PROM Assessment and Measurement: Knee

- Knee Flexion (Form 7-1)
- Knee Extension/Hyperextension (Form 7-2)
- Patellar Distal Glide (Form 7-3)
- Patellar Medial-Lateral Glide (Form 7-4)
- Tibial Rotation (Form 7-5)

## Muscle Length Assessment and Measurement: Knee

- Hamstrings Passive Knee Extension (PKE) Supine (Form 7-6)
- Hamstrings Alternate Position—Sitting (Form 7-7)
- Rectus Femoris (prone one foot on the floor) (Form 7-8)
- Rectus Femoris Alternate Position—Ely's Test (Form 7-9)
- Rectus Femoris Alternate Position—Thomas Test Position (Form 7-10)

## Muscle Testing: Knee

- Hamstrings Biceps Femoris, Semitendinosus, Semimembranosus (Form 7-11)
- Quadriceps: Vastus Lateralis, Vastus Medialis, Vastus Intermedialis, Rectus Femoris (Form 7-12)

## PROM Assessment and Measurement: Ankle and Foot

- Ankle Dorsiflexion (Form 8-1)
- Ankle Plantarflexion (Form 8-2)
- AROM: Subtalar Inversion and Eversion (Form 8-3)
- Subtalar Inversion (Form 8-4)
- Subtalar Eversion (Form 8-5)
- Ankle and Foot Supination: Inversion Component (Form 8-6)
- Ankle and Foot Pronation: Eversion Component (Form 8-7)
- Great toe MTP Joint Flexion (Form 8-8)
- Great toe MTP Joint Extension (Form 8-9)
- Great toe MTP Joint Abduction (Form 8-10)
- Great toe MTP Joint Adduction (Form 8-11)
- Great toe IP Joint Flexion (Form 8-12)
- Great toe IP Joint Extension (Form 8-13)

## Muscle Length Assessment and Measurement: Ankle and Foot

- Gastrocnemius (Form 8-14)

## Muscle Testing: Ankle and Foot

- Tibialis Anterior (Form 8-15)
- Gastrocnemius, Soleus (NWB) (Form 8-16)
- Gastrocnemius, Soleus (WB) (Form 8-17)
- Tibialis Posterior (Form 8-18)
- Peroneus Longus, Peroneus Brevis (Form 8-19)
- Flexor Hallicis Brevis, Lumbricales (Form 8-20)
- Flexor Hallicis Longus, Flexor Digitorum Longus, Flexor Digitorum Brevis (Form 8-21)
- Abductor Hallucis (Form 8-22)
- Extensor Hallicis Longus, Extensor Digitorum Longus, Extensor Digitorum Brevis (Form 8-23)

## AROM Assessment and Measurement: Head and Neck

- TMJ: Occlusion and Depression of the Mandible (Form 9-1)
- TMJ: Protrusion of the Mandible (Form 9-2)
- TMJ: Lateral Deviation of the Mandible (Form 9-3)
- Neck Flexion:
  - Tape Measure (Form 9-4)
  - Inclinometer (Form 9-6)
  - CROM (Form 9-8)
  - Universal Goniometer (Form 9-10)
- Neck Extension:
  - Tape Measure (Form 9-5)
  - Inclinometer (Form 9-7)

CROM (Form 9-9)  
 Universal Goniometer (Form 9-11)

Neck Lateral Flexion:

Tape Measure (Form 9-12)  
 Inclinator (Form 9-13)  
 CROM (Form 9-14)  
 Universal Goniometer (Form 9-15)

Neck Rotation:

Tape Measure (Form 9-16)  
 Inclinator (Form 9-17)  
 CROM (Form 9-18)  
 Universal Goniometer (Form 9-19)

### Muscle Testing: Muscles of the Face

Levator Palpebrae Superioris (Form 9-20)  
 Rectus Superior (Form 9-21)  
 Rectus Inferior (Form 9-22)  
 Obliquus Superior (Form 9-23)  
 Obliquus Inferior (Form 9-24)  
 Rectus Lateralis (Form 9-25)  
 Rectus Medialis (Form 9-26)  
 Temporalis, Masseter, Medial Pterygoid, Lateral Pterygoid (Superior Head) (Form 9-27)  
 Lateral Pterygoid, Suprahyoids (Mylohyoid, Digastric, Stylohyoid, Geniohyoid) (Form 9-28)  
 Medial and Lateral Pterygoids (Form 9-29)  
 Temporalis, Medial and Lateral Pterygoids, Masseter (Form 9-30)  
 Epicranium (Occipitofrontalis) (Form 9-31)  
 Corrugator Supercilli (Form 9-32)  
 Procerus (Form 9-33)  
 Obicularis Oculi (Form 9-34)  
 Nasalis (alar portion), Depressor Septi (Form 9-35)  
 Nasalis (transverse portion) (Form 9-36)  
 Obicularis Oris (Form 9-37)  
 Buccinator (Form 9-38)  
 Levator Anguli Oris (Form 9-39)  
 Zygomaticus Major (Form 9-40)  
 Risorius (Form 9-41)  
 Platysma, Depressor Anguli Oris, Depressor Labii Inferioris (Form 9-42)  
 Levator Labii Superioris, Zygomaticus Minor (Form 9-43)  
 Mentalis (Form 9-44)  
 Genioglossus (Form 9-45)  
 Infrahyoid muscles (Sternohyoid, Thyrohyoid, Omohyoid) (Form 9-46)

### Muscle Testing: Muscles of the Head and Neck

Rectus Capitis Anterior, Longus Capitis, Longus Colli, Scalenus Anterior, Sternomastoid (Form 9-47)  
 Sternomastoid (Form 9-48)  
 Head and Neck Extensors (Form 9-49)  
 Trunk Flexion—Thoracolumbar Spine:  
 Tape Measure (Form 9-50)  
 Inclinator (Form 9-52)  
 Trunk Extension—Thoracolumbar Spine:  
 Tape Measure (Form 9-51)  
 Inclinator (Form 9-53)  
 Trunk Extension—Thoracolumbar Spine (prone press-up):  
 Tape Measure (Form 9-54)  
 Trunk Flexion—Lumbar Spine:  
 Tape Measure (Modified Modified Schöber Method) (Form 9-55)  
 Inclinator (Form 9-57)  
 Trunk Extension—Lumbar Spine:  
 Tape Measure (Form 9-56)  
 Inclinator (Form 9-58)  
 Trunk Lateral Flexion—Thoracolumbar Spine  
 Tape Measure—(Fingertip-to-Floor Method) (Form 9-59)  
 Tape Measure—(Thigh Method) (Form 9-60)  
 Inclinator (Form 9-61)  
 Universal Goniometer (Form 9-62)  
 Trunk Rotation—Thoracolumbar Spine:  
 Tape Measure (Form 9-63)  
 Trunk Rotation—Thoracic Spine:  
 Inclinator (Form 9-64)  
 Chest Expansion  
 Tape Measure (Form 9-65)

### Muscle Length Assessment and Measurement: Trunk

Trunk Extensors and Hamstrings (Toe-Touch Test) (Form 9-66)

### Muscle Testing: Muscles of the Trunk

Rectus Abdominis (Form 9-67)  
 External Abdominal Oblique, Internal Abdominal Oblique (Form 9-68)  
 Double Straight Leg Lowering (External Abdominal Oblique, Internal Abdominal Oblique, Rectus Abdominis) (Form 9-69)  
 Erector Spinae (Form 9-70)  
 Quadratus Lumborum (Form 9-71)