LUMBAR SPINE: Soccer Player

Use this worksheet to mark down your findings as Dr. Kiesel and Dr. Arnold walk through each case study.

RANGE OF MOTION TESTING

Front bend: ________________________________
Active straight leg test: ________________________________
FABER test: ________________________________
Modified Thomas test: ________________________________
Thoracic spine rotation: ________________________________
Closed Chain Dorsiflexion: ________________________________
Findings: ________________________________