



THE MCKENZIE INSTITUTE LUMBAR SPINE ASSESSMENT

Date _____
Name Lisa Gender Identity f
Date of Birth _____ Age 43
Referral: GP / Ortho / Self / Other
Work demands Product manager
sitting, travels a lot
Leisure activities Pilates, Body Art, Zumba

Functional limitation for present episode
No Body Art and Zumba, Pilates rarely
Outcome / Screening score PROMIS-29: Anxiety, Fatigue,
Sleep, soc. rolls
NPRS (0-10) 6 – 8 / 10

Present symptoms See body chart - mainly LBP and buttock
Present since 3 years improving / unchanging / worsening
Commenced as a result of Lifted niece no apparent reason

Symptoms at onset back / thigh / leg The rest started one year later
Constant symptoms: back / thigh / leg 2 NPRS Intermittent symptoms: back / thigh / leg

Worse avoids bending sitting / rising standing walking lying
am / as the day progresses / pm when still / on the move
other _____

Better bending sitting standing walking lying
am / as the day progresses / pm when still / on the move
other Hot packs

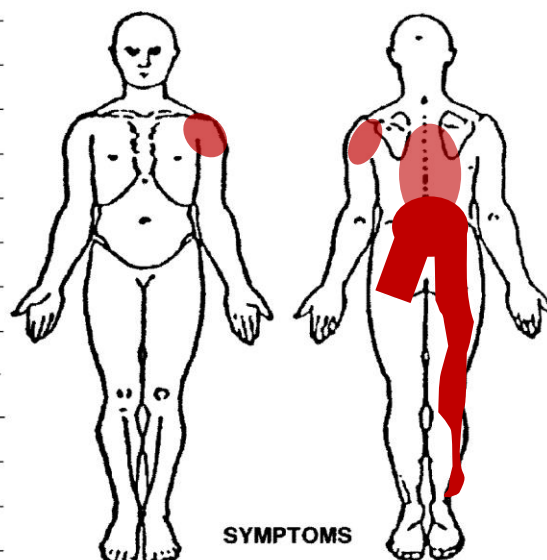
3 - 4 x / night
Disturbed sleep yes / no Sleeping postures prone / sup / side R / L Surface: medium

Previous spinal history Recurrent back pain during and after long journeys. It has become
significantly worse since lifting 3 years ago

Previous treatments Physiotherapy – lots of heat / Electro; muscle relaxants; 1 year ago
Injection, Chiro, Massage, McKenzie – all made it worse

SPECIFIC QUESTIONS

Cough / sneeze / strain Bladder / Bowel: normal / abnormal Gait: normal / abnormal
Medications: Tramadol 2 x tgl 200 mg, NSAID as needed, mild antidepressant
General Health / Comorbidities: Pre-Diabetes (careful with nutrition), chronic fatigue
Recent / relevant surgery yes / no Appendix 3 years ago
History of cancer: yes / no Unexplained weight loss: yes / no
History of trauma: yes / no Imaging yes / no MRI: Disc thinning
Patient goals / expectations: Some relief, avoid surgery



EXAMINATION

POSTURAL OBSERVATION

Sitting: *lordotic* / *neutral* / *kyphotic*

Change of posture: *no effect* / *effect*

Standing: *lordotic* / *neutral* / *kyphotic*

Lateral shift: *right* / *left* / *nil*

Shift relevant: *yes* / *no*

Other observations / functional baselines:

Bending, turning trunk in sitting

NEUROLOGICAL

Motor deficit

OK

Reflexes

NT

Sensory deficit

entire leg feels numb

Neurodynamic tests

OK

MOVEMENT LOSS	Maj	Mod	Min	Nil	Symptoms
Flexion		X			LBP – unwilling to do
Extension			X		LBP – unwilling to do
Side gliding R			X		No pain, feels stiff
Side gliding L			X		No pain, feels stiff
Other					

TEST MOVEMENTS

Describe effect on present pain – During: produces, abolishes, increases, decreases, no effect, centralising, peripheralising. **After:** better, worse, no better, no worse, no effect, centralised, peripheralised.

	Symptomatic response		Mechanical response	
	During testing	After testing	Effect - Change in ROM or key functional test	No effect
Pretest symptoms standing	Low back 3 /10			
FIS	↑			
Rep FIS	↑	W		X
EIS	↑			
Rep EIS	↑	NW		X
Pretest symptoms lying	Low back 4 /10			
FIL	↓			
Rep FIL	↑	NW	more ROM	
EIL	NE			
Rep EIL	↑	W		X
Pretest symptoms	low back 5 /10			
SGIS - R	P tension			
Rep SGIS - R	P tension	NW		X
SGIS - L	P tension			
Rep SGIS - L	P tension	NW		X
Other movements				

STATIC TESTS

Kyphotic sitting / lordotic sitting / long sitting / lying prone in extension

OTHER TESTS

PROVISIONAL CLASSIFICATION

☐ Serious Pathology: _____ ☐ Medical Condition: _____

☐ Derangement *Directional Preference:* _____ ☐ Central or symmetrical ☐ Unilateral or asymmetrical above knee ☐ Unilateral or asymmetrical below knee

☐ Articular Dysfunction / ANR ☐ Atypical Mechanical Condition ☐ Chronic Pain Syndrome ☐ Inflammatory Arthropathy / Arthritis ☐ Post Surgery

☐ Postural Syndrome ☐ Radicular Syndrome without DP ☐ Spinal Stenosis ☐ Structurally Compromised ☐ Trauma / Recovering Trauma

Classification subgroup / description

POTENTIAL DRIVERS OF PAIN AND / OR DISABILITY

Comorbidities

Cognitive - Emotional

Contextual

Descriptions: **Diabetes, Fatigue, Fear-Avoidance, demanding job**

PRINCIPLES OF MANAGEMENT

Education

Exercise type

Frequency

Other exercises / interventions

Management Goals

Signature