

Figure 83. Lumbar Range of Motion

Movement	Description	Range
Lumbar Flexion	T12 ROM	
	Sacral ROM	
	True lumbar flexion angle	
	±10% or 5°?	Yes No
	Maximum true lumbar flexion angle	
Lumbar Extension	T12 ROM	
	Sacral ROM	
	True lumbar extension angle	
	±10% or 5°?	Yes No
	Maximum true lumbar extension angle	(add Sacral flexion and extension ROM and compare to tightest Straight Leg Raising Angle)
Straight Leg Raising, Right	Right SLR	
	±10% or 5°?	Yes No (if tightest SLR ROM exceeds sum of Sacral flexion and extension by more than 10°, Lumbar ROM test is invalid)
Straight Leg Raising, Left	Left SLR	
	±10% or 5°?	Yes No (if tightest SLR ROM exceeds sum of Sacral flexion and extension by more than 10°, Lumbar ROM test is invalid)
Lumbar Right Lateral Flexion	T12 ROM	
	Sacral ROM	
	Lumbar right lat flexion angle	
	±10% or 5°?	Yes No
	Maximum lumbar right lat flexion angle	
Lumbar Left Lateral Flexion	T12 ROM	
	Sacral ROM	
	Lumbar left lat flexion angle	
	±10% or 5°?	Yes No
	Maximum lumbar left lat flexion angle	
Lumbar Ankylosis in Lateral Flexion	Position	
% Impairment	(Excludes any impairment for abnormal flexion/extension motion)	
Total Lumbar Range of Motion Impairment (add all ROM impairments if no ankylosis; use ankylosis impairment value if ankylosis is present)		

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Straight-Leg Raise (SLR) Validity Test for Lumbar Flexion

- 1) Max SLR Right \_\_\_\_\_  
Max SLR Left \_\_\_\_\_
- 2) Tightest SLR \_\_\_\_\_ (selected from Step 1)
- 3) Sum of sacral flexion and extension \_\_\_\_\_ (selected from above)
- 4) Tightest SLR – (sacral flexion + sacral extension) = \_\_\_\_\_
- 5) If the above (#4) is greater than 10 degrees, lumbar flexion is invalid
- 6) In order for final invalidation to occur, claimant must have 2 sets of 3 measurements on 2 separate dates (total 12). See Level 2 Accreditation Curriculum (ROM testing of the Spine) and the state website:

<http://www.coworkforce.com/DWC/>

Look under 'Desk Aids' (DK 11)