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ƬŬɗɘůŰɐ *λορδωτική / ουδέτερη / κυφωτική* Πρόσθια προβολή: *ναι* / όχι Αλλαγή στάσης: *καλύτερα / χειρότερα /* αποτέλεσμα

ρθια: ουδέτερη / *κυφ τική* _____

ȯɚɚůɠ ´ Ŭ ɟ ŬŰɖ ɟ ɐůůɘɠ/ ʂůɘŰ. ɓŬůɘəɣɠ ɔ ɟ Ŭɛ ɛɣɠ ɛɣŰ ɟ ɖůɖɠ: _____

ʔ ⱭɟΛ ⱯʂⱯũŁ Ƭɇ (άνω και κάτω άκρου)

Motor deficit _____ Reflexes _____

Sensory deficit _____ Neurodynamic tests _____

MOVEMENT LOSS	Maj	Mod	Min	Nil	Pain
Flexion					
Extension					
Rotation R					
Rotation L					
Other					

CERVICAL SPINE REPEATED MOVEMENT TESTING

Rep Pro _____

Rep Ret _____

Rep Ret Ext _____

Rep LF - R _____

Rep LF - L _____

Rep ROT - R _____

Rep ROT - L _____

Rep Flex _____

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

	Symptoms during testing	Symptoms after testing	Mechanical response	
			Effect - ↑ or ↓ ROM or key functional test	No effect
Pretest symptoms sitting				
FLEX				
Rep FLEX				
EXT				
Rep EXT				
Pretest symptoms lying				
EIL (prone)				
Rep EIL (prone)				
EIL (supine)				
Rep EIL (supine)				
Pretest symptoms sitting				
ROT - R				
Rep ROT - R				
ROT - L				
Rep ROT - L				
Other movements				

STATIC TESTS Flex / Ext / Rotation / Other _____ **OTHER TESTS** _____

PROVISIONAL CLASSIFICATION

Derangement Central of symmetrical Unilateral or asymmetrical

Directional Preference: _____

Dysfunction: Direction _____ **Postura**l **OTHER** subgroup: _____

Drivers of pain and / or disability: Contextual Cognitive Emotional Comorbidities

_____

PRINCIPLES OF MANAGEMENT

Education _____

Exercise type _____ Frequency _____

Other exercises / interventions _____

Management goals _____

_____ Signature _____

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