

## Lumbar Spine & Sacroiliac Joint Objective Assessment

### Look:

- Bony deformity / Bony alignment
  - Willingness to move
  - Gait (Ataxia)
  - Spinal curves
    - Scoliosis, lordosis, kyphosis, lateral shift
    - Sitting posture
  - Step deformity
    - Spondylolisthesis, #
- Colour change
  - Bruising, inflammation, infection, rash
- Wasting / spasm / bulk of muscle
- Swelling, scarring, skin changes (wounds)

### Feel:

- Vascular System
  - Distal pulses, capillary refill
- Neurological Examination
  - Tone
  - Myotomes
  - Dermatomes
  - Reflexes
  - Sciatic stretch test (SLR)
  - Femoral stretch test (PKB)
  - Anal Tone & Sensation (Cauda Equina)
- Temperature
  - Infection / Inflammation
- Swelling

- Effusion, Synovial thickening, Extra capsular
- Tenderness
  - Abdomen
    - AAA (esp 65+), Renal, Pancreatitis
  - Inguinal area
    - Lymph node, hernia, abscess
  - Spinous processes of lumbar spine, lower T-spine
  - Transverse processes (facet joints)
  - Sacrum, sacroiliac joints, coccyx
  - Paraspinal muscles, piriformis, sciatic nerve

### **Move:**

- Clear the joints above (Thoracic Spine) and below (SIJ & Hips)
- Active Movement
  - Flexion                      60
  - Extension                    35     (+ foot on stool to clear hip)
  - Lateral flexion            20

### **Special Tests:**

- Sacroiliac joint tests
  - FABER's test stresses anterior ligaments of SIJ
  - Shear tests stress posterior ligaments of SIJ
  - SIJ Compression / Distraction
  - Squish Test