

“Connecting to Wellness” Cheat Sheet

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

FLEXIBILITY TEST - ROM

Flexibility of Neck, Mid and Low Back:

Do by eyeball, get measured by ROM diagnostic equipment or Back to Life Chiropractic. Write results in box next to normal values. Graphs to be filled out BELOW:

Option of Flexibility of Mid Back:

Keep knees locked and touched the ground with your hands. Record results: Hands flat, fingers touching, or _____ inches from the floor.

	Neck Range of Motion		
	Normal	Actual	Impairment
Flexion (head forward)	50		
Extension (head back)	60		
Left Rotation	80		
Right Rotation	80		
Left Lateral Flexion (ear to shoulder)	45		
Right Lateral Flexion (ear to shoulder)	45		

	Mid Back Range of Motion		
	Normal	Actual	Impairment
Flexion (knees locked-touch)	50		
Left Rotation (bend forward and to the left)	30		
Right Rotation (bend forward and to the right)	30		

	Low Back Range of Motion		
	Normal	Actual	Impairment
Flexion (knees locked-touch)	60		
Extension (bend back)	25		
Left Lateral Flexion (bend to left)	25		
Right Lateral Flexion (bend to right)	25		

Option 2:

Inches from floor: _____
Touch the floor: 3 Wellness
5 inches or less: 2 Average
5 inches or more: 1 Crisis

Actual divided by normal=impairment

If your ROM is full in all 3 regions score yourself a 3.
 Less than 20% impairment in any region score yourself a 2.
 Greater than 20% impairment in any region give yourself a 1.

< THAN 20%

LESS THAN 20°OFF

FULL ROM

1 SICKNESS · CRISIS	2 AVERAGE	3. PREVENTION · WELLNESS
www.connectingtowellness.com		

RE-EVALUATE

30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR __ YEAR

ROM TEST	SCORE	
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DATE _____ NAME _____