

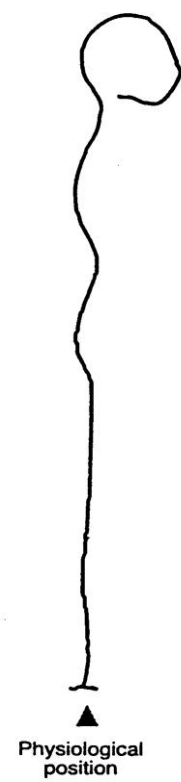
Spondyloarthritis Assessment

Name: _____ Chart no. _____ Height (ht) ____ cm
 Diagnosis: _____ PT: _____

Date	Norms		
Posture (cm)			
Tragus to wall (right) (cm)	10-12		
Tragus to wall (left) (cm)	10-12		
Trunk Lateral Flexion			
Distance bet.medial malleoli (cm)			
Right (cm)	10% ht		
Left (cm)	10% ht		
Trunk Flexion/ Extension			
1. Modified Schobers (cm)	4.3-10.6		
2. Smythe Test			
▪ Upper 10 cm	3.1-3.6		
▪ Mid 10 cm	4.3-4.6		
▪ Lower 10 cm	4.4-4.8		
▪ Total			
Trunk Rotation (cm)			
Right	N/A		
Left	N/A		
Chest Expansion (cm)	on reverse		
Cervical Mobility (°)			
Flexion	45 - 50		
Extension	45 - 75		
Rt. Lat. Flex.	45 - 60		
Lt. Lat. Flex.	45 - 60		
Rt Rotation	60 - 80		
Lt. Rotation	60 - 80		
Shoulder ROM (°)			
		R	L
Flexion	180		
Extension	45		
Abduction	180		
Ext. rotation	90		
Int. rotation	80		

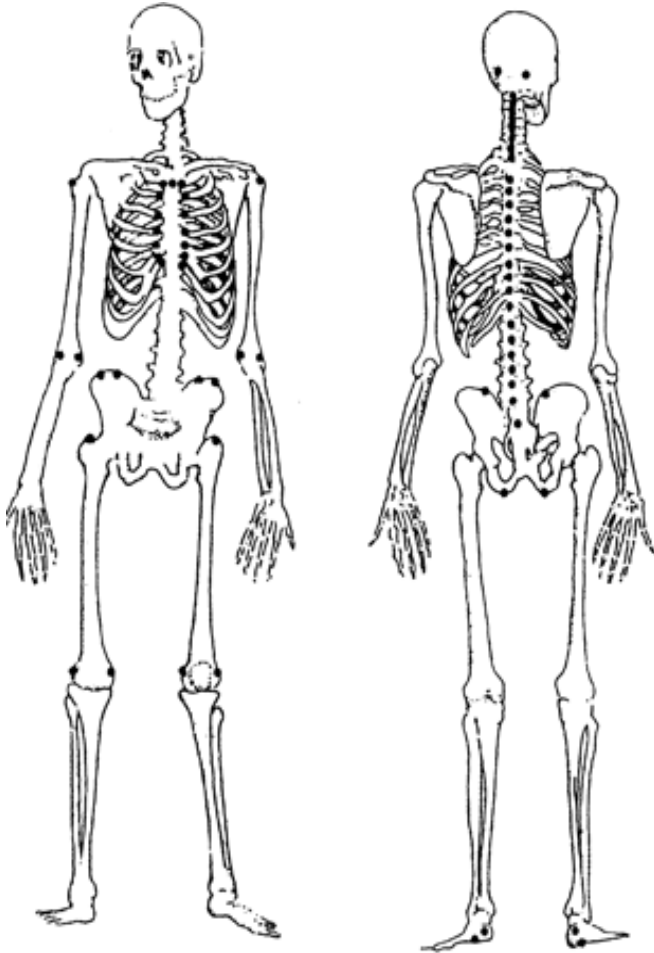
Posture

C-spine hyperextension yes no
 Forward thrust of head yes no
 Thoracic kyphosis yes no
 Diminished lumbar curve yes no
 Scoliosis yes no
 Pelvic position ant tilt post tilt
 Lat. tilt



Hip ROM (°)		R	L	R	L
Flexion	125				
Extension	10				
Abduction	45				
Ext. rotation	45				
Int. rotation	45				

Enthesitis Sites



Comments: eg. Pain at night, fatigue, balance

Date					Date				
Strength	R	L	R	L	Muscle length	R	L	R	L
Short neck flexors					Sub occipitals				
Mid trapezius					Pectorals				
Lower trapezius					Lat. dorsi				
Shoulder flex					Psoas				
Shoulder ext					Hamstrings				
Shoulder abd					Quadriceps				
Shoulder Ext Rot					Calf				
Shoulder Int Rot.					Other:				
Lower abdominals					Other:				
Hip Ext.									
Hip Abd									
Hip flex									

Chest expansion norms...

Men: <25 = 7cm; 25-55 = 6cm; 55-75 = 4-5cm

Woment: <25 = 6cm; 25-55 = 5cm; 55-75 = 3-4cm

Within normal limits = ✓

Tight or short = ↓ mild, marked