

My Low Back Range of Motion

Flexion/Extension

My lumbar flexion was decreased _____. (Normal is 60 degrees)

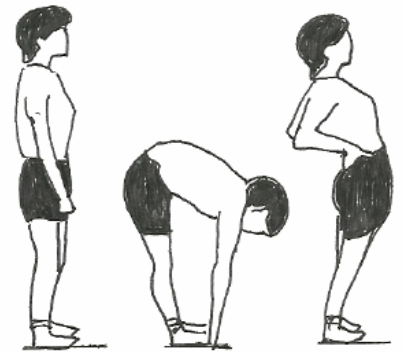
None A little Some A lot

Pain? 0 1 2 3 4 5

My lumbar extension was decreased _____. (Normal is 60 degrees)

None A little Some A lot

Pain? 0 1 2 3 4 5



Neutral Flexion Extension

Lateral Flexion

My left lateral flexion was decreased _____. (Normal is 25 degrees)

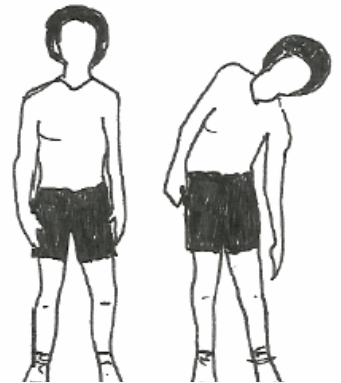
None A little Some A lot

Pain? 0 1 2 3 4 5

My right lateral flexion was decreased _____. (Normal is 25 degrees)

None A little Some A lot

Pain? 0 1 2 3 4 5



Neutral Lat. Flexion