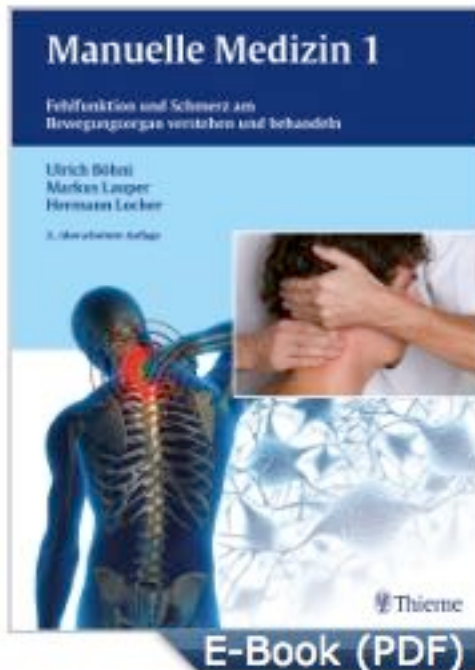




Examination of the Lumbar Spine

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Med Man (SAMM)

Varna Sept 18-19th 2016



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Fehlfunktion und Schmerz am Bewegungsorgan verstehen und l

› Ulrich W. Böhm › Markus Lauper › Hermann-Alexander Locher

Buch

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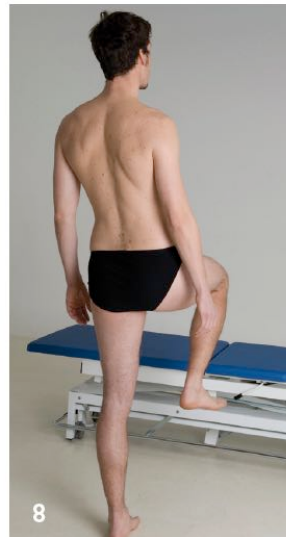
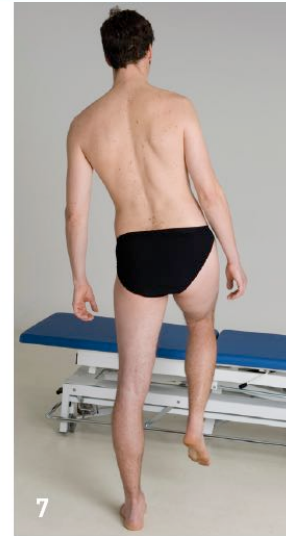
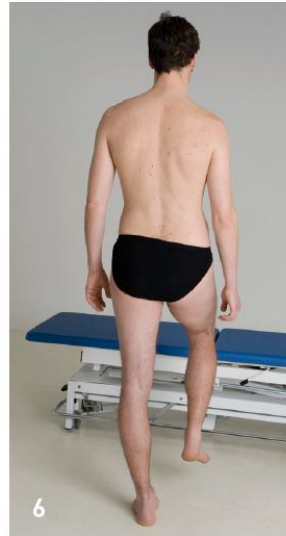
First step

- Inspection

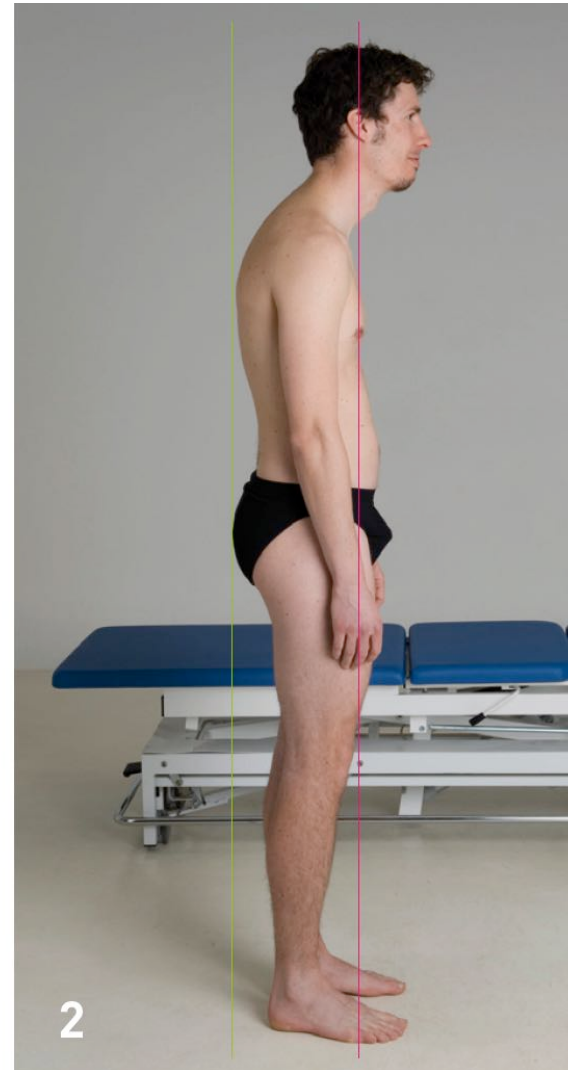
Inspection: Posture and Function: pa



Inspection: Posture und Function pa



Inspection:



Inspection: pelvis inclination



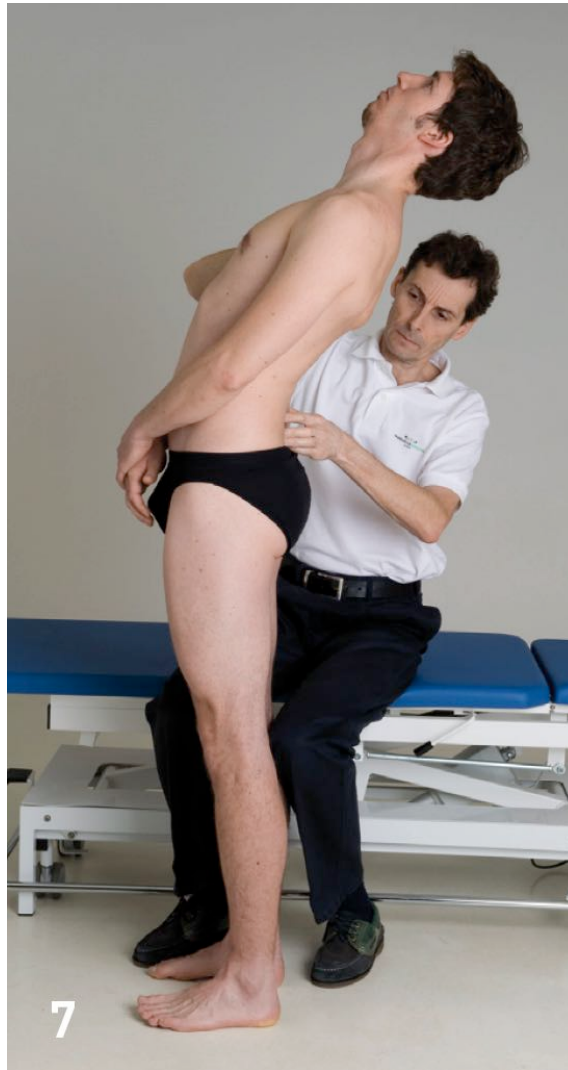
2nd step

- Inspection
- Regional examination
 - Mobility

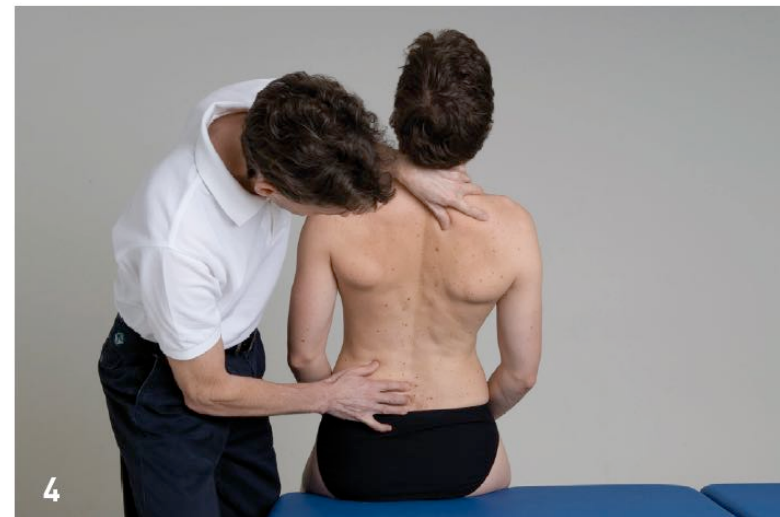
Inspection: active flexion



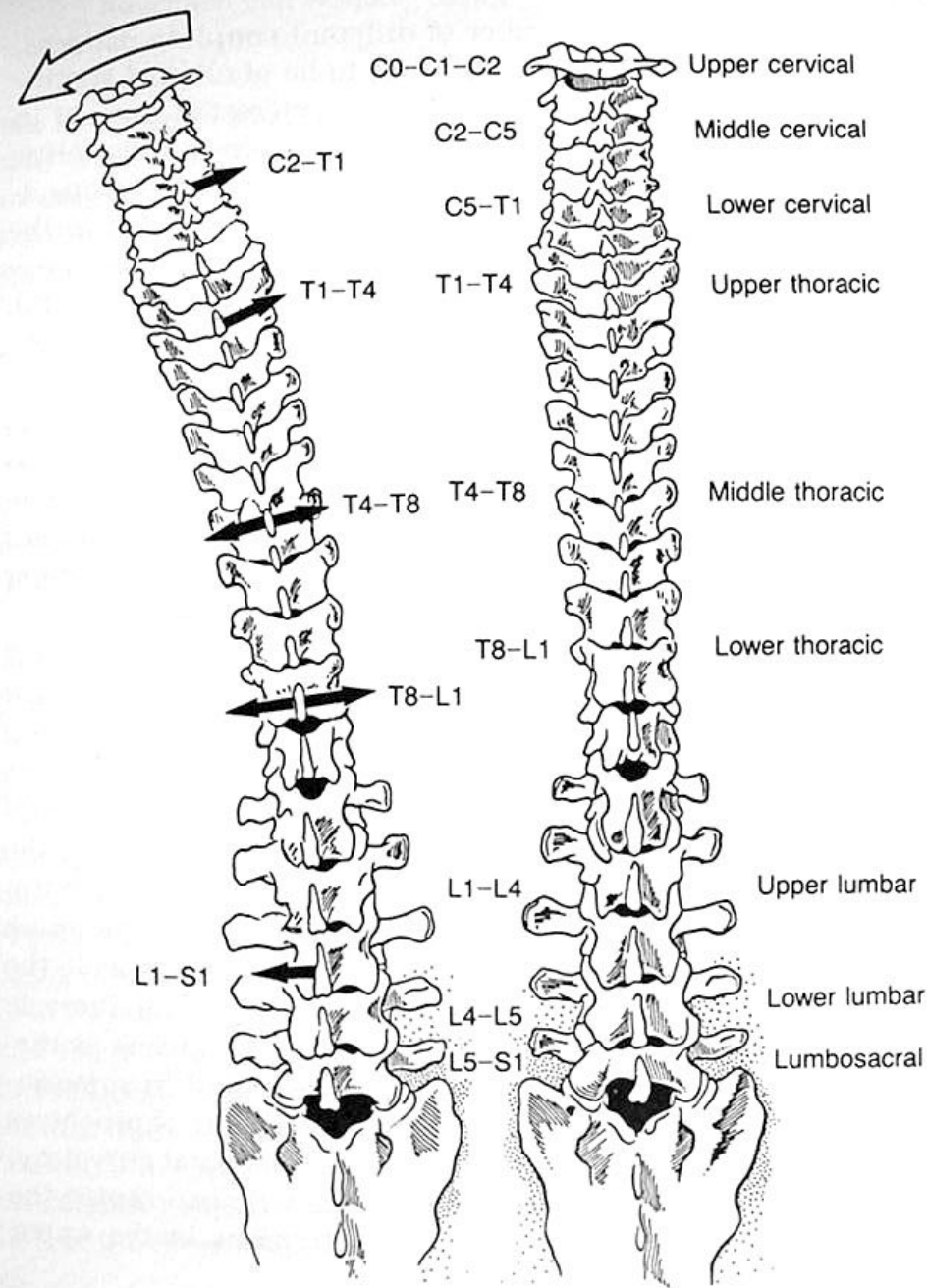
Inspection: Extension, Lateroflexion



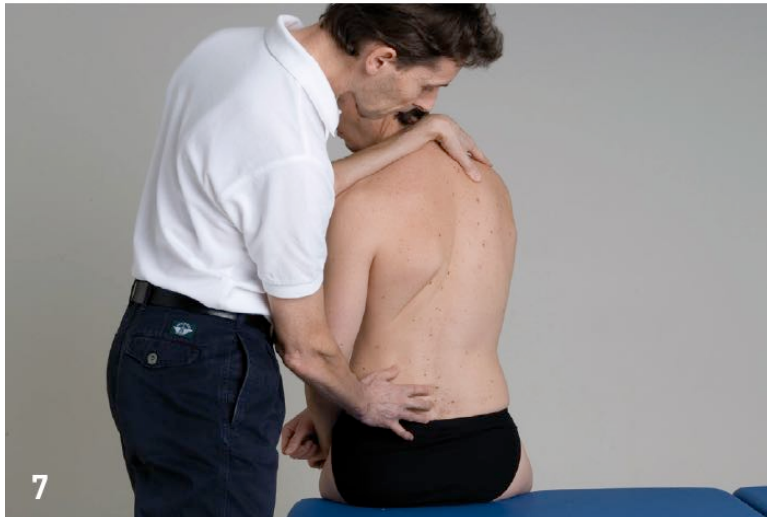
Movement palpation of the segmental mobility: sitting



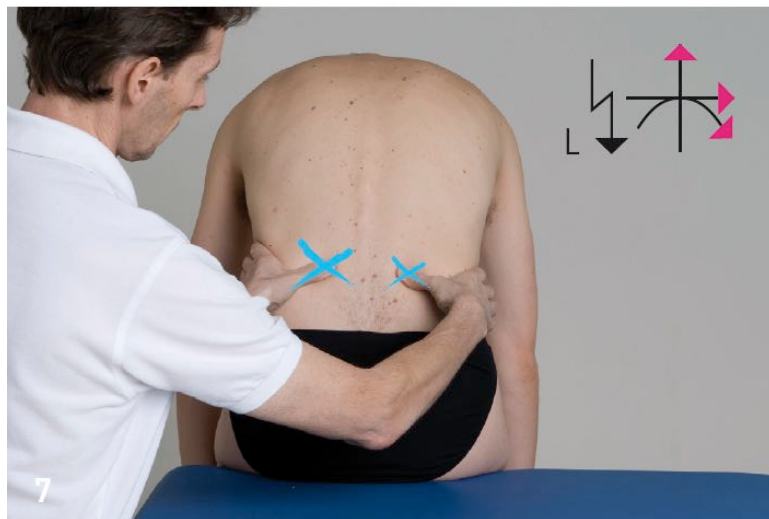
Regional Coupling Patterns



Testing of the passive regional mobility



Passive Testing of the segmental mobility: motion palpation



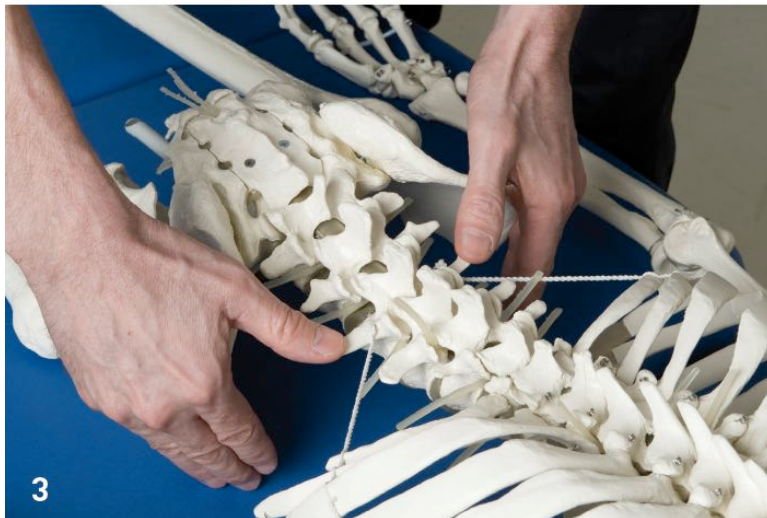
Regional, lumbar flexion-extension



3rd step

- Inspection
- Regional examination
 - Mobility
 - General manual palpation

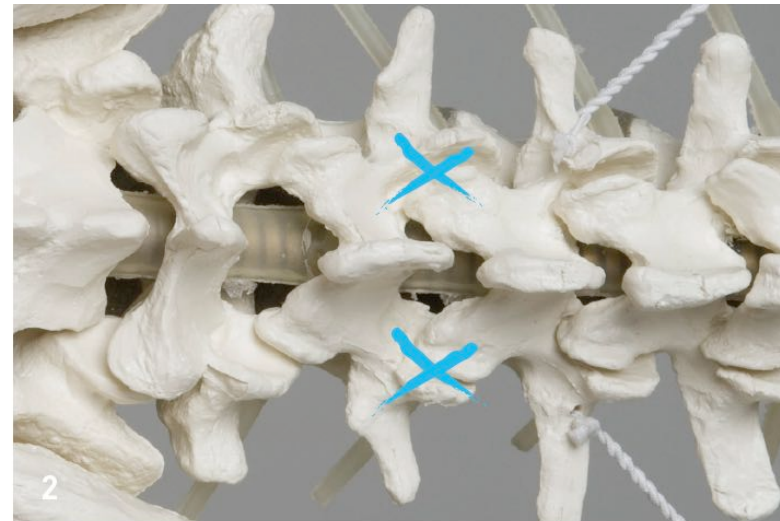
Paraspinal Soft tissue palpation superficial and deep .



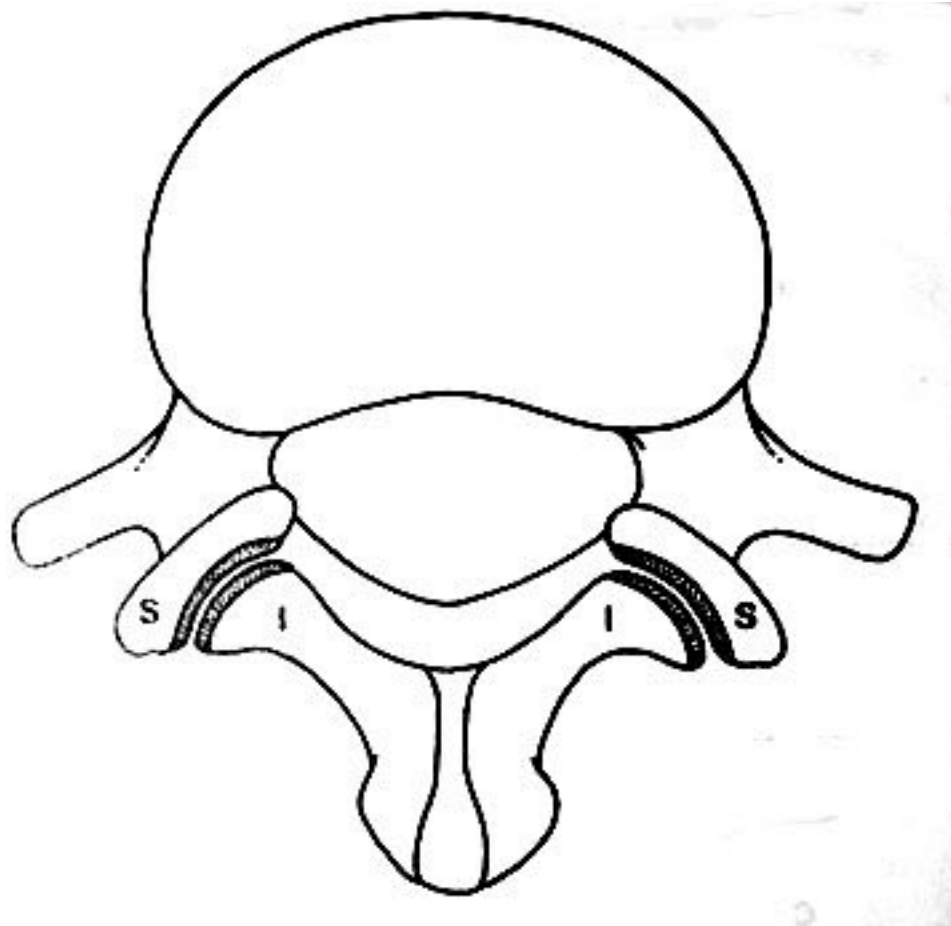
4th step

- Inspection
- Regional examination
 - Mobility
 - General manual palpation
- Segmental manual palpation

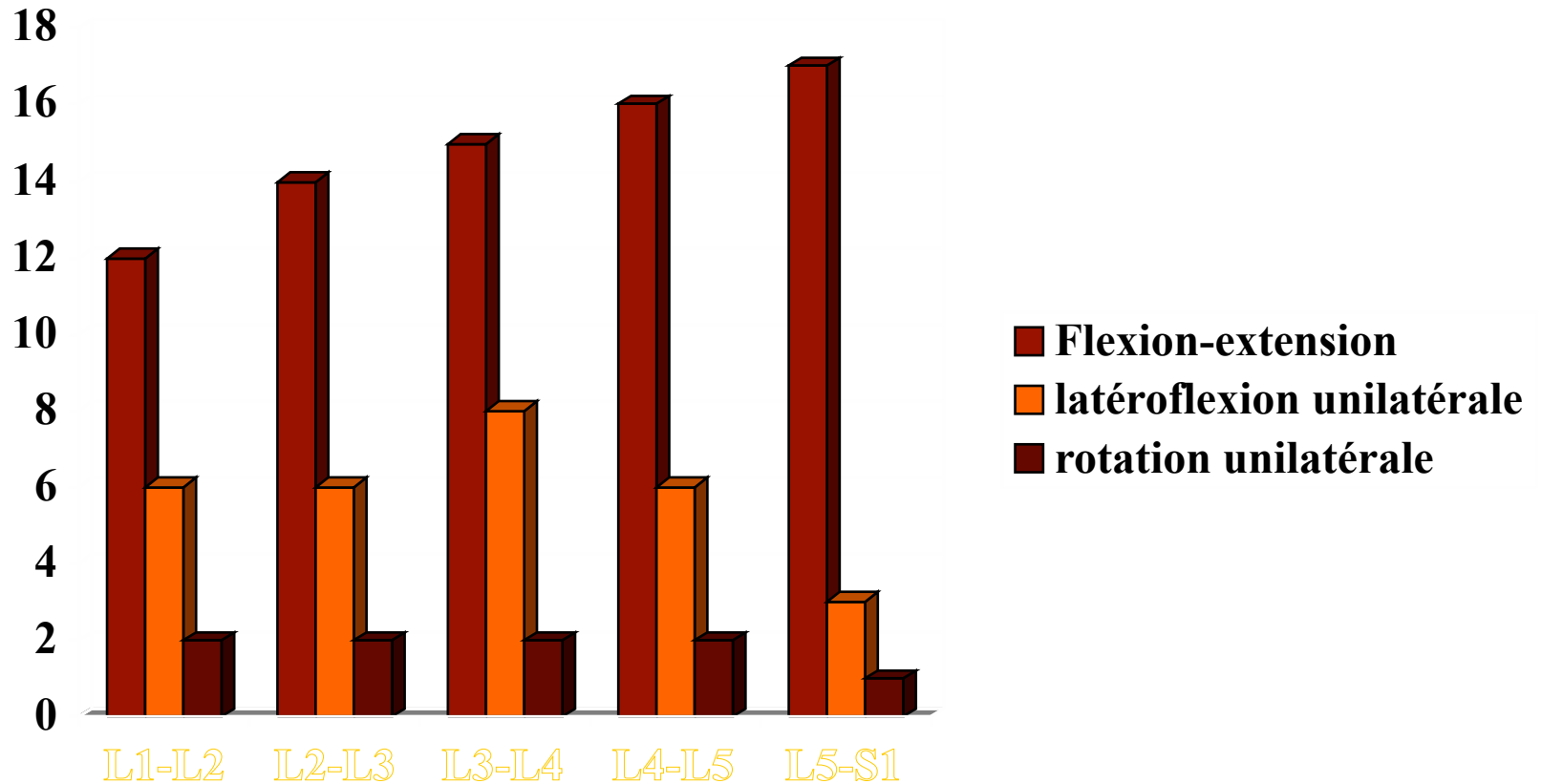
Segmental springing



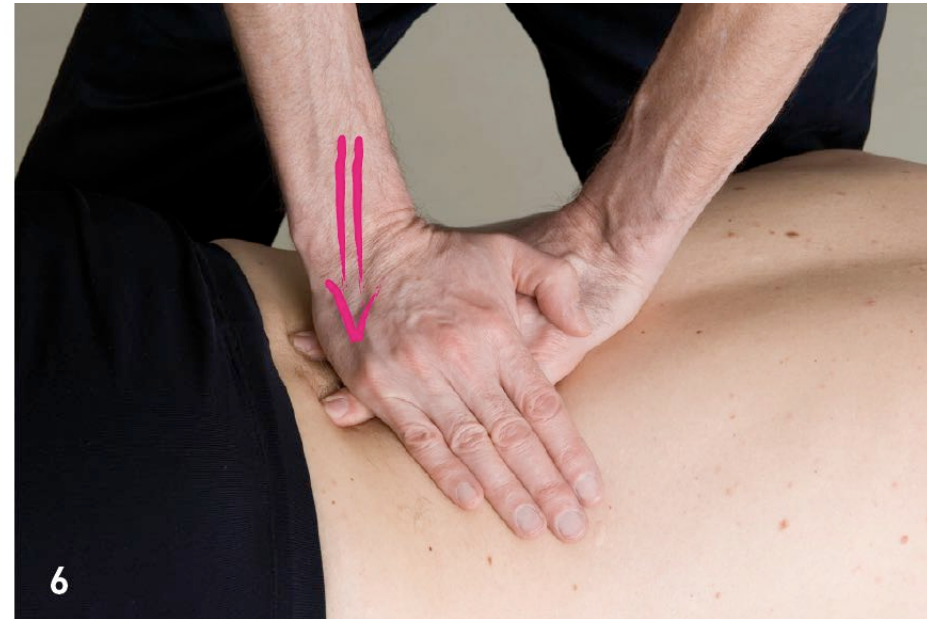
Zygapophyseal joints :orientation



Lumbar segmental mobility



Springing



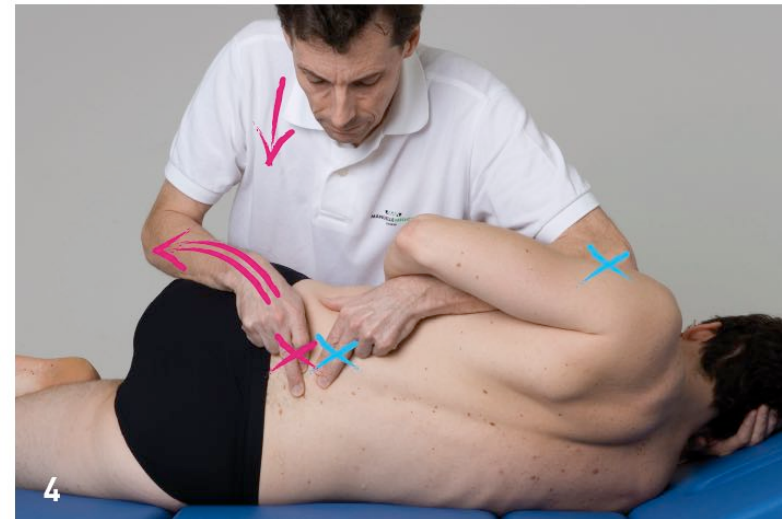
Passive, segmental, angular mobility



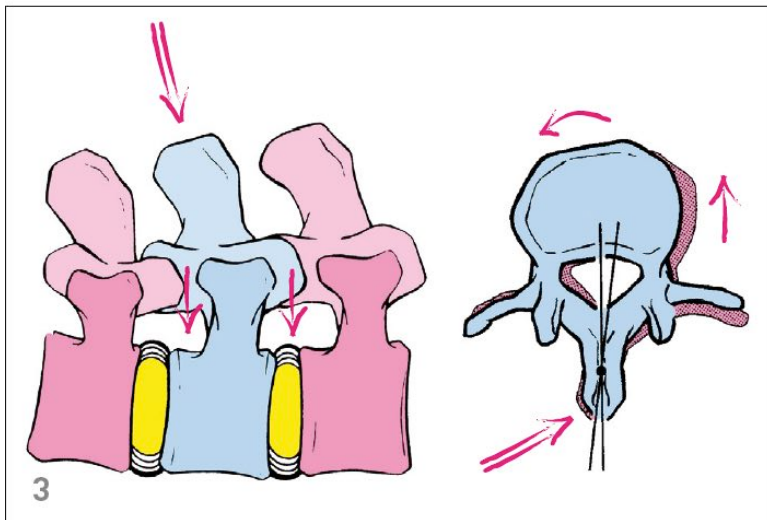
Passive, segmental rotation



Passive, segmental, flexion and traction



Joint play



Lumbar zones of irritation (Sell)

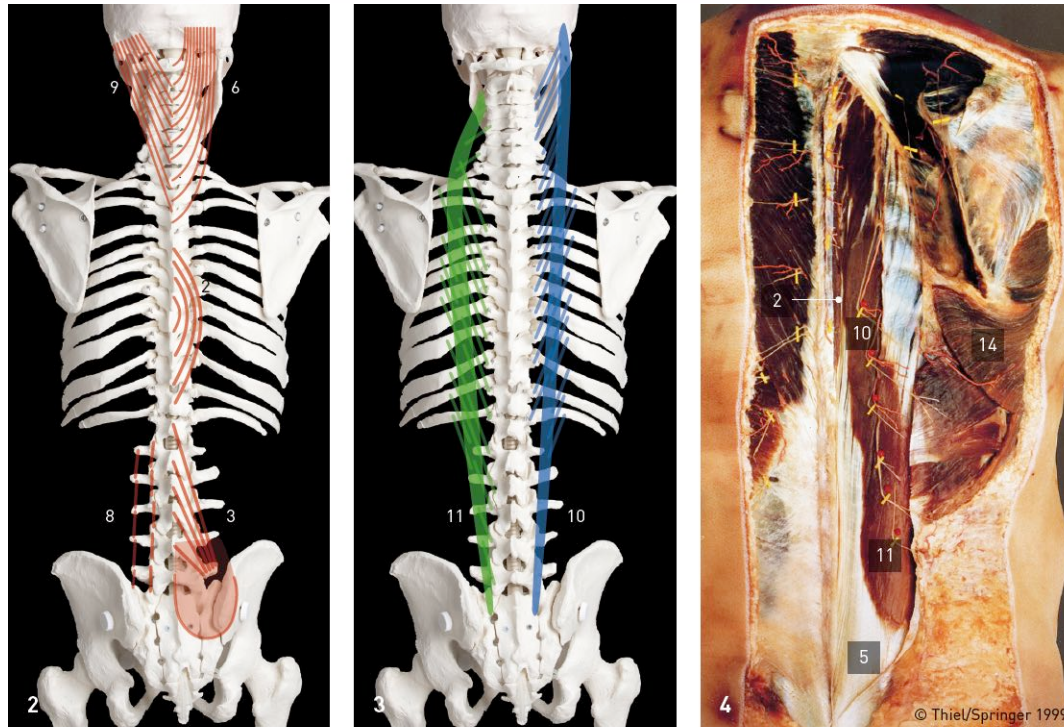


- Empirical
- Unilateral
- Does not diminish with pressure

4th step

- Inspection
- Regional examination
 - Mobility
 - General manual palpation
- Segmental manual palpation
- Musculature
 - Length
 - Trigger points

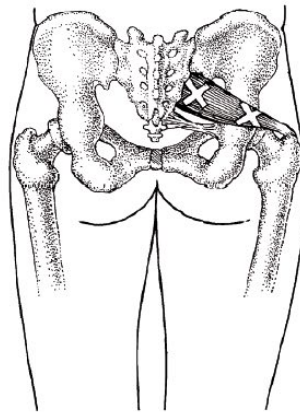
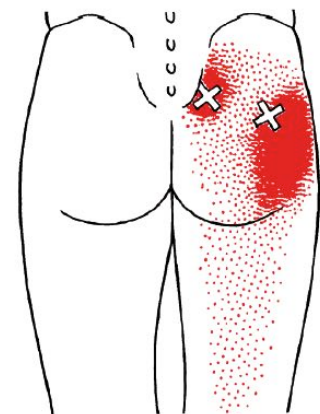
M. erector spinae (intrinsic back musculature)



- 1 = medialer Trakt
- 2 = M. spinalis thoracis
- 3 = Mm. rotatores/multifidi
- 5 = Unter dem sehnigen Teil des lateralen Traktes liegt der kräftige Multifidus.
- 6 = M. semispinalis capitis
- 7 = lateraler Trakt
- 8 = Mm. intertransversarii
- 9 = M. splenius capitis
- 10 = M. longissimus dorsi (blau)

- 11 = M. iliocostalis (grün)
- 12 = M. psoas major
- 13 = M. quadratus lumborum
- 14 = M. latissimus dorsi
- 15 = Fascia thoracolumbalis
- 16 = M. obliquus abdominis externus
- 17 = M. obliquus abdominis internus
- 18 = M. transversus abdominis

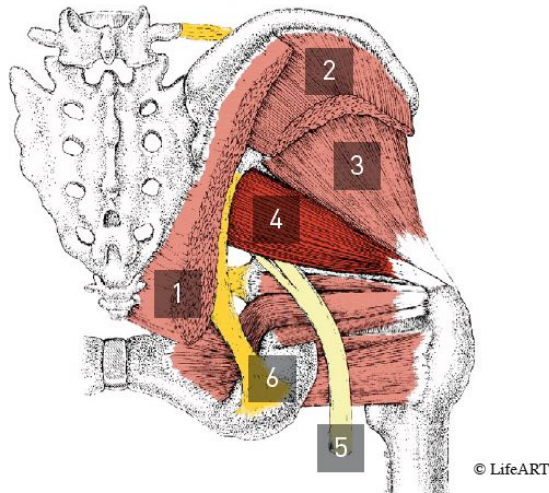
M. Piriformis trigger points



14

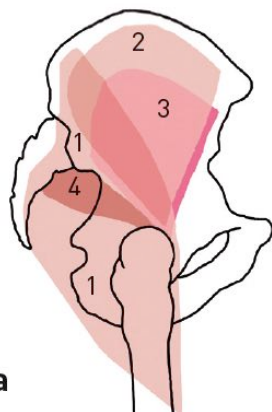
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M. piriformis and other external rotators)

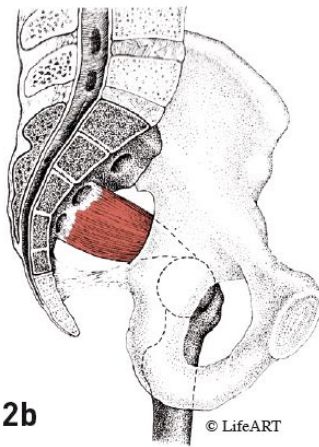


- 1 = M. gluteus maximus
- 2 = M. gluteus medius
- 3 = M. gluteus minimus
- 4 = M. piriformis
- 5 = N. ischiadicus
- 6 = Lig. sacrotuberale
- 7 = M. quadratus femoris
- 8 = M. gemellus superior und inferior;
darüberliegend M. obturator
internus
- 9 = Nicht abgebildet: M. obturator
externus

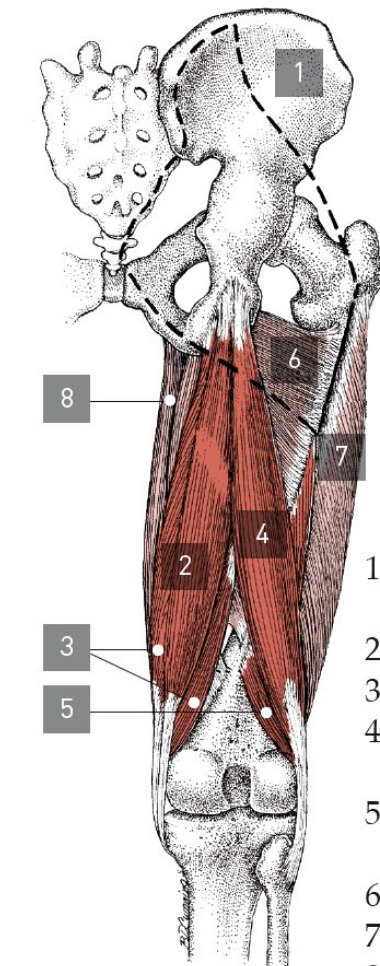
von dorsal



von lateral



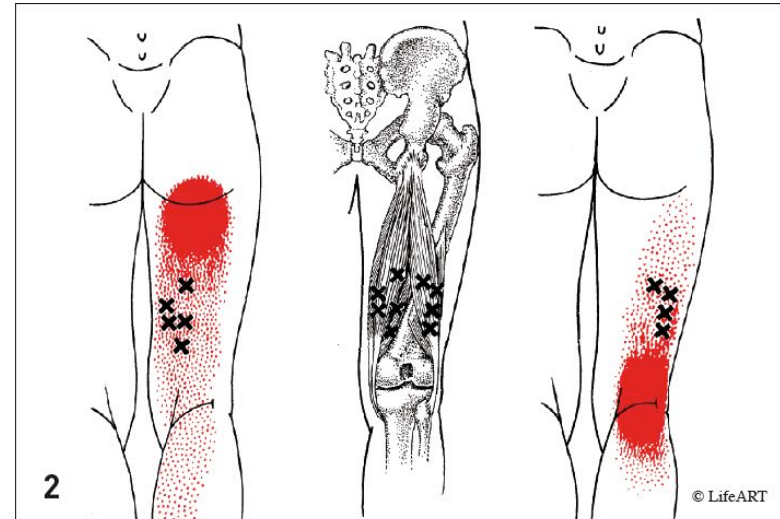
Ischiocrural (biceps femoris, semitendinosus, semimembranosus)



1

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- 1 = Begrenzung
M. gluteus maximus
- 2 = M. semitendinosus
- 3 = M. semimembranosus
- 4 = M. biceps femoris
Caput longum
- 5 = M. biceps femoris
Caput breve
- 6 = M. adductor magnus
- 7 = M. vastus lateralis
- 8 = M. gracilis



2

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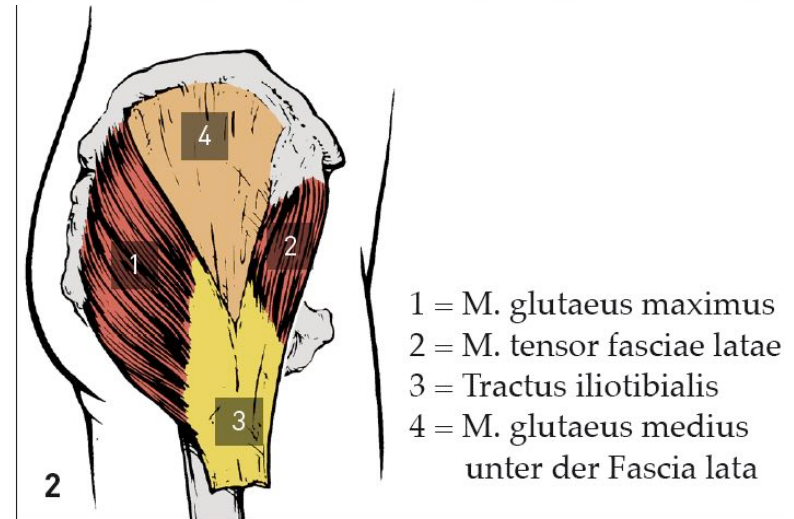
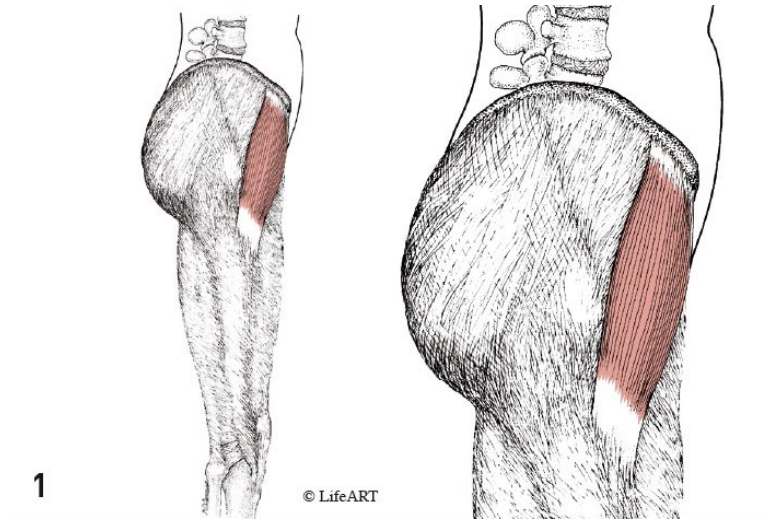


3

Stretching of piriformis and external rotators

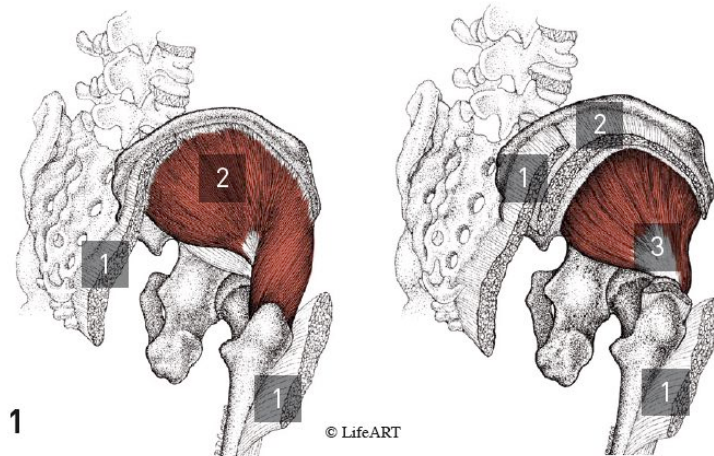


Tensor fasciae latae

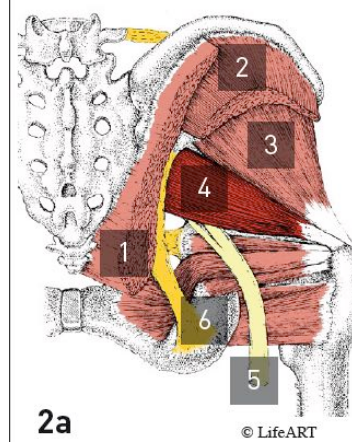


Glutaeus medius/minimus

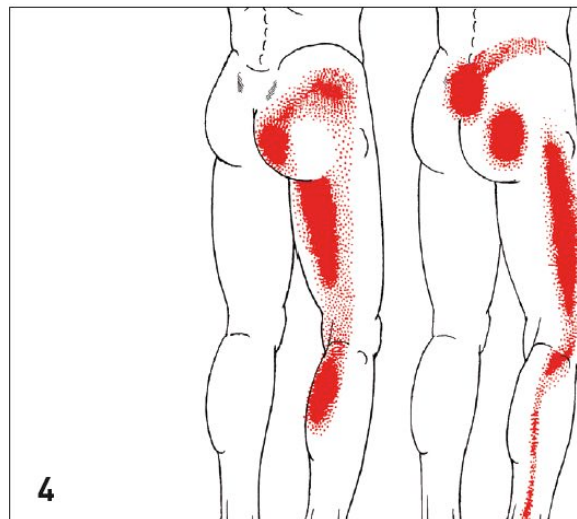
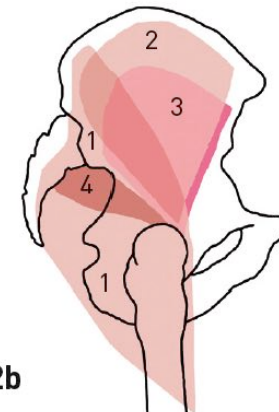
von dorsolateral (Legende s. Technik 810)



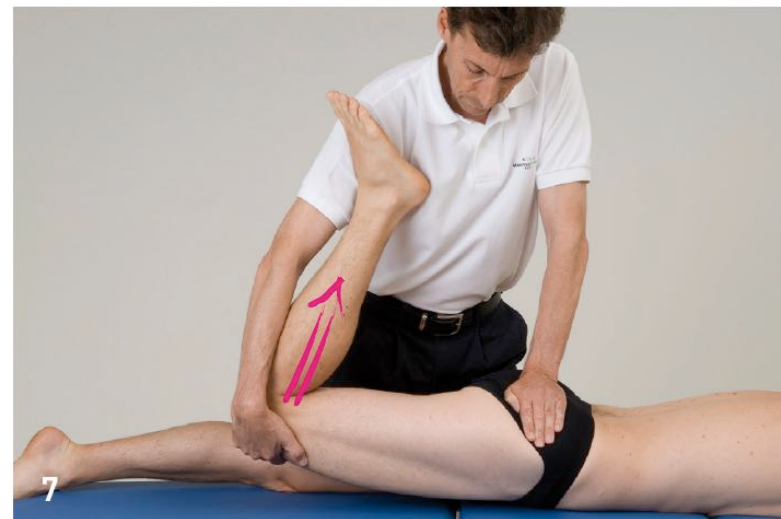
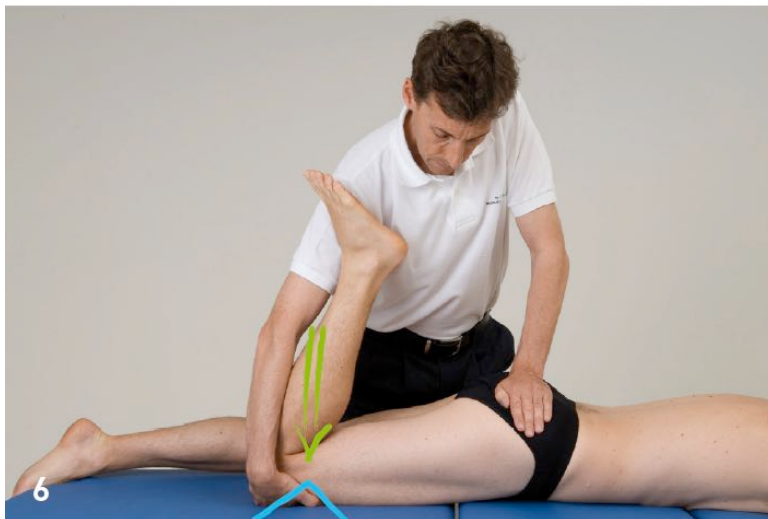
von dorsal



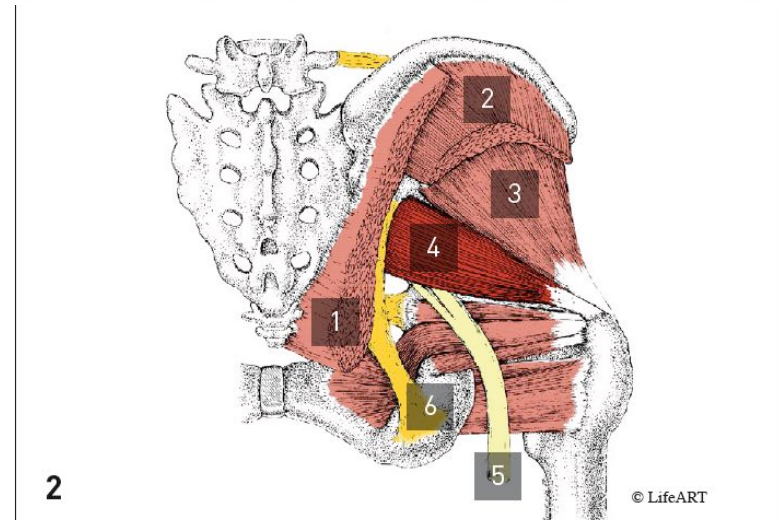
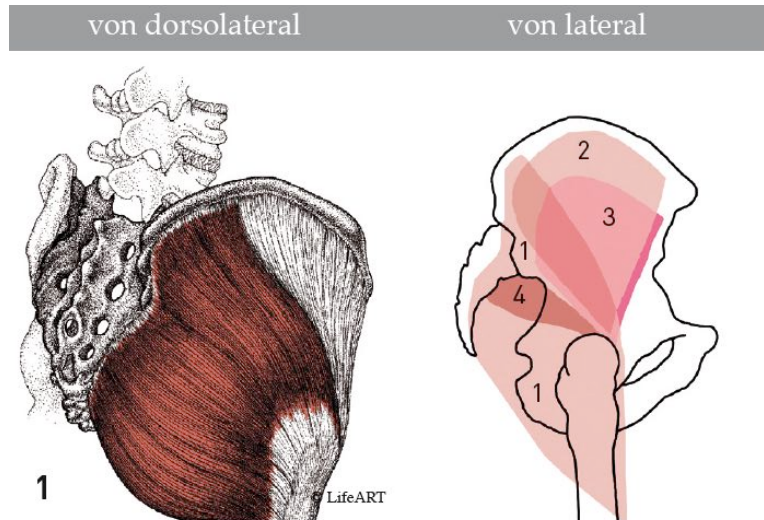
von lateral



Quadriceps femoris



Glutaeus maximus



1 = M. glutaeus maximus

2 = M. glutaeus medius

3 = M. glutaeus minimus

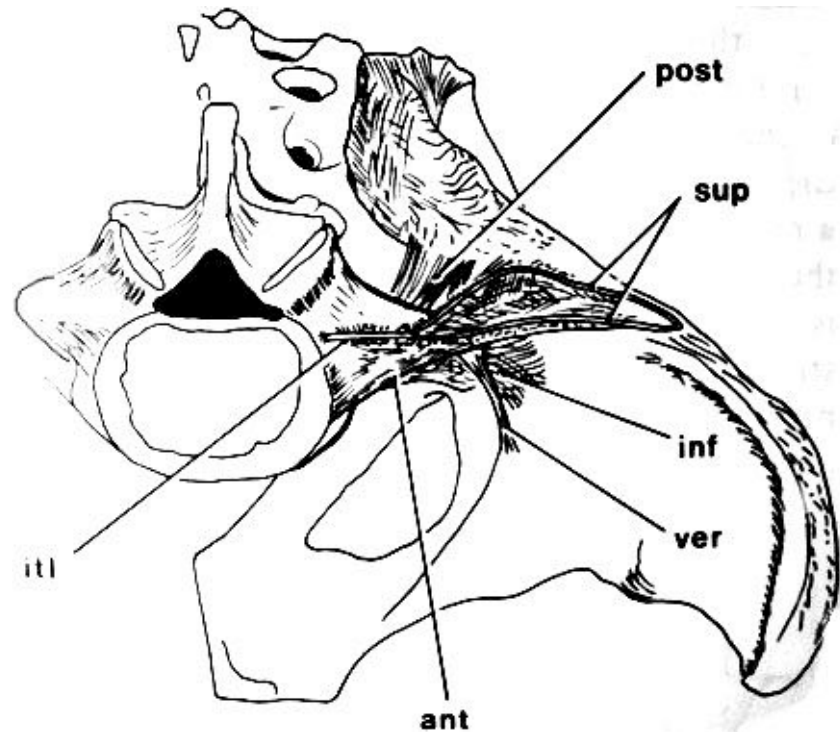
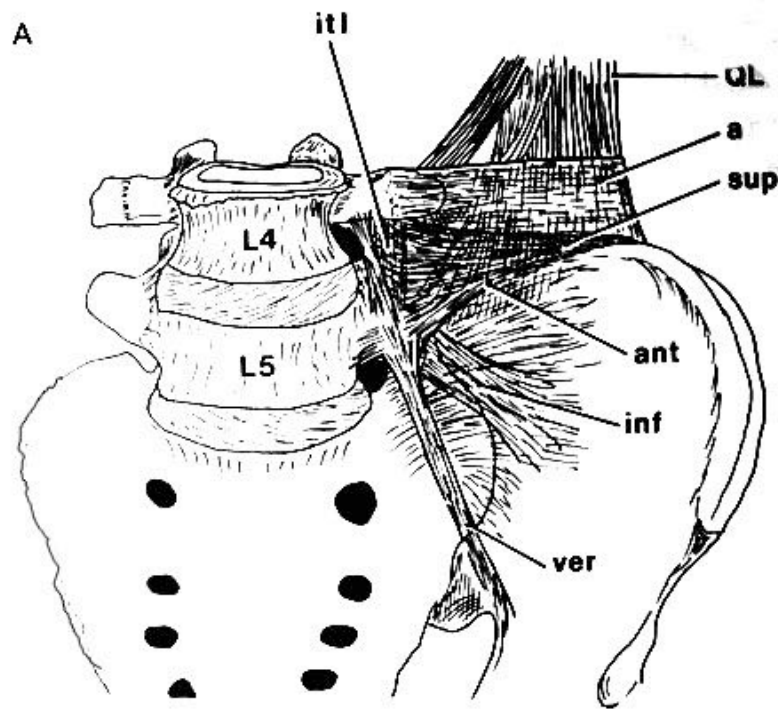
4 = M. piriformis

5 = N. ischiadicus

6 = Lig. sacrotuberale

Die Bursa trochanterica m. glutaei maximi liegt zwischen Muskel und Trochanter.

Ilio-lumbar ligament

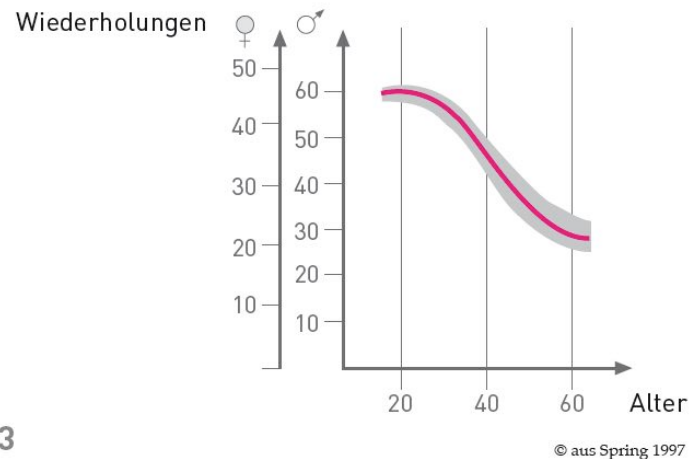


From N.Bogduk

4th step

- Inspection
- Regional examination
 - Mobility
 - General manual palpation
- Segmental manual palpation
- Musculature
 - Length
 - Trigger points
 - Endurance erector spinae

Clinical evaluation of the trunc stabilisators



5th step

- Inspection
- Regional examination
 - Mobility
 - General manual palpation
- Segmental manual palpation
- Musculature examination
 - Length
 - Trigger points
 - Endurance of the erector spinae muscle
 - (force?)
- Neurodynamics after Beutler

Neurodynamic Provocation Roots L2-4, Plexus lumbalis, N. femoralis



Neurodynamic Provocation Roots L2-4, Plexus lumbalis, N. femoralis



Neurodynamic Provocation Roots (L4), L5, S1; SLUMP Plexus lumbosacralis und N. ischiadicus



Neurodynamic Provocation Roots (L4), L5, S1; SLUMP Plexus lumbosacralis und N. ischiadicus

