

# Musculo-skeletal Health Clinical Assessment Template



## Lower Back Pain

### **DIAGNOSING THE LIKELY CAUSES OF LOWER BACK PAIN**

The Musculo-skeletal Health Clinical Assessment as outlined in this document has been designed to be completed in the work place by Miller Health Pty Ltd or a person accredited by Miller Health to conduct this assessment.

The clinical assessment is appropriate for people in poor musculo-skeletal health, people at high risk to an organisation's workers compensation arrangements or people who are considering making a workers compensation claim for some sort of joint and muscle pain, particularly lower back pain.

Using the clinical assessment, organisations may be able to prevent the claim from going ahead, providing their staff with information regarding the underlying cause of their joint and muscle pain and what *they, themselves* can do about it.

The clinical assessment can be used to assess people at risk of musculo-skeletal dysfunction, particularly those who have been identified in the mass screening that occurs in the Miller Health **Musculo-skeletal Health Seminar**.

In essence it is an essential tool in the process of measuring and managing the risk of musculo-skeletal dysfunction.

Our experience suggests that staff will appreciate the opportunity to go through the diagnostic assessment process. It's not one they will get anywhere else.

### **Miller Health Lower Back Pain Clinical Assessment Template**

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**Miller Health**

**Integrated Health Systems**

**Fit-for-Work**

# Postural analysis

## 1. Are you standing up straight- front on



Wear shorts and tee shirt (tucked in), with bare feet.

We'll tell you what we're looking for when you get your report.

If you can use the 'Paint' program to put in a vertical line, so much the better. If you don't know how to do this, don't worry.

Run the line through your nose and down to your feet. In an ideal world, if you were to run a line through your nose down to your feet the line should be right in the middle of your feet.

Your photo - 800px high

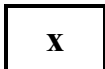


**Does it look to you like you're standing up straight** or are you leaning to one side? Are the palms of your hands facing the outside of your thighs or do you see mainly knuckles? Are your shoulders level? Are the tips of your fingers level?

Poor form

Good form



0	1	2	3	4	5	6	7	8	9	10



Your comments:

Our comments:

**2. Standing up straight - side on.**

<div style="text-align: center;">  </div> <p align="center">Don't even think of holding your abdomen in.</p> <p>If you know how to do it, insert a vertical line that starts in the middle of your ear. With perfect posture the line should go through your ear and your malleolus (ankle bone).</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;"><b>Height</b> Indicate whether imperial or metric</td> <td style="width: 20%; text-align: center; border: 1px solid black; padding: 5px;"><b>X</b></td> <td style="width: 30%;"><b>Weight</b> Indicate whether Lbs or kilos</td> <td style="width: 20%; text-align: center; border: 1px solid black; padding: 5px;"><b>X</b></td> </tr> <tr> <td>Estimate how many kilos or pounds you are over your ideal weight.</td> <td></td> <td></td> <td style="text-align: center; border: 1px solid black; padding: 5px;"><b>X</b></td> </tr> <tr> <td>Percent body fat – if you have scales that measure it</td> <td></td> <td></td> <td style="text-align: center; border: 1px solid black; padding: 5px;"><b>X</b></td> </tr> <tr> <td>Age</td> <td></td> <td></td> <td style="text-align: center; border: 1px solid black; padding: 5px;"><b>X</b></td> </tr> </table>	<b>Height</b> Indicate whether imperial or metric	<b>X</b>	<b>Weight</b> Indicate whether Lbs or kilos	<b>X</b>	Estimate how many kilos or pounds you are over your ideal weight.			<b>X</b>	Percent body fat – if you have scales that measure it			<b>X</b>	Age			<b>X</b>	<p align="center"><b>Your photo: 800 pixels high</b></p> 			
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Percent body fat – if you have scales that measure it			<b>X</b>																	
Age			<b>X</b>																	
<p><b>How would you rate your general physical condition?</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 10%;">Poor</td> <td style="width: 90%;"></td> <td style="width: 10%; text-align: right;">Excellent</td> </tr> <tr> <td></td> <td style="text-align: center;"> <table border="1" style="border-collapse: collapse; width: 100%;"> <tr> <td style="width: 10%; height: 20px;">0</td> <td style="width: 10%;">1</td> <td style="width: 10%;">2</td> <td style="width: 10%;">3</td> <td style="width: 10%;">4</td> <td style="width: 10%;">5</td> <td style="width: 10%;">6</td> <td style="width: 10%;">7</td> <td style="width: 10%;">8</td> <td style="width: 10%;">9</td> <td style="width: 10%;">10</td> </tr> </table> </td> <td style="text-align: right; vertical-align: middle; border: 1px solid black; padding: 5px;"><b>X</b></td> </tr> </table> <p><b>Is your body in good alignment? If your head is well forward of the line of the line there's a good chance your hamstring and buttock muscles are too tight.</b></p>				Poor		Excellent		<table border="1" style="border-collapse: collapse; width: 100%;"> <tr> <td style="width: 10%; height: 20px;">0</td> <td style="width: 10%;">1</td> <td style="width: 10%;">2</td> <td style="width: 10%;">3</td> <td style="width: 10%;">4</td> <td style="width: 10%;">5</td> <td style="width: 10%;">6</td> <td style="width: 10%;">7</td> <td style="width: 10%;">8</td> <td style="width: 10%;">9</td> <td style="width: 10%;">10</td> </tr> </table>	0	1	2	3	4	5	6	7	8	9	10	<b>X</b>
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0	1	2	3	4	5	6	7	8	9	10										
Your comments:																				
Our comments:																				

**3a. Can you put a sock on your right foot while standing on your left leg?**



If you can't, you've definitely tightened up the muscles on the back side of your body, from your calves to your shoulders.

**Your photo: 600 px high**



**How did you find this exercise?**

Couldn't do it

Found it hard to do

Easy

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

**X**

Your comments:

Our comments:

**3b. Can you put a sock on your left foot while standing on your right leg?**



If you can't, you've definitely tightened up the muscles on the back side of your body, from your calves to your shoulders.

**Your photo: 600 px wide**



**How did you find this exercise?**

Couldn't do it

Found it hard to do

Easy

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Your comments:

Our comments:

**4. Calf and hamstring flexibility test. Can you sit up straight against a wall**



Sit up against a wall, legs straight and backs of knees on the floor. Push your bottom back as close to the wall as you can.

You can let me know which muscles feel tight when you push your bottom closer to the wall.

If your backside is a long way from the wall, it's because your calf and hamstring muscles are too tight. This tilts your pelvis back; the bones above it are drawn out of alignment. Bones move, discs become herniated, ligaments, tendons and muscles get stretched beyond their pain threshold.

Tight hamstrings are a major cause of lower back, upper back, neck and shoulder pain.

Your photo: 600 px wide



**How tight are your hamstring muscles?**

Excruciatingly tight

Not tight at all

0	1	2	3	4	5	6	7	8	9	10

**X**





Your comments:

Our comments:



**5a. Can you sit up exceptionally straight with your legs crossed; left leg under the right and right leg over the left - and hands clasped behind your back?**

The definition of sitting up straight is that you have a hollow in your lumbar spine. If your right buttock muscle is too tight, you'll fall over backwards when you try to clasp your hands behind your back.

<p><b>Front on:</b></p> 	<p><b>Side on:</b></p> 																														
<p align="center"><b>Your photo: 550px high</b></p> 	<p align="center"><b>Your photo: 550px high</b></p> 																														
<p><b>Do you find this task easy, hard or impossible?</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td align="left" colspan="4">Impossible</td> <td align="center" colspan="4">Only just</td> <td align="right" colspan="2">Easy</td> </tr> <tr> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td></td> <td align="center">0</td> <td></td> <td></td> <td align="center">7</td> <td align="center">8</td> <td align="center">9</td> <td align="center">10</td> <td align="center" style="border: 2px solid black; width: 40px; height: 20px;"><b>X</b></td> </tr> </table>		Impossible				Only just				Easy														0			7	8	9	10	<b>X</b>
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		0			7	8	9	10	<b>X</b>																						
<p>Your comments:</p>																															
<p>Our comments:</p>																															



**Musculo-skeletal Health - Clinical Assessment Template**

**5b. Can you sit up exceptionally straight with your legs crossed, right leg under the left and left leg over the right - and hands clasped behind your back?**

The definition of sitting up straight is that you have a hollow in your lumbar spine. If your left buttock muscle is too tight you'll fall over backwards when you try to clasp your hands behind your back.

**Front on:**



**Side on:**



**Your photo: 550px high**



**Your photo: 550 px high**



**Do you find this task easy, hard or impossible?**

Impossible			Only just				Easy	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0			7	8	9	10		

<b>X</b>
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Your comments:

Our comments:

**6a. Hamstring flexibility test against a wall: right leg against the wall**

Get in close to the corner of a wall, or a doorway. Start with your left leg flat on the floor. Keeping your right leg straight, put the heel on the wall and then gradually edge your bottom in towards the wall.

Take a photo at the point where you can't move your bottom any closer into the wall. I'm interested to see if there is a gap between your bottom and the wall and if there is, how large it is. Make sure you keep your left leg straight and flat on the floor.

Theoretically, if your hamstring muscles are loose enough, your bottom should be pressing in up against the wall.

**Left leg on floor**



**Your photo: 600px wide**

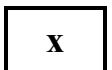


**How did you find this exercise?**

Excruciatingly tight

Not tight at all

0	1	2	3	4	5	6	7	8	9	10	



Your comments:

Our comments:

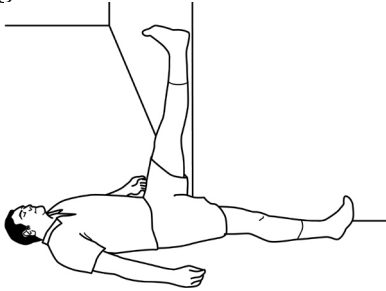
**6b. Hamstring flexibility test against a wall: left leg against the wall**

Get in close to the corner of a wall, or a doorway. Start with your right leg flat on the floor. Keeping your left leg straight, put the heel on the wall and then gradually edge your bottom in towards the wall.

Take a photo at the point where you can't move your bottom any closer into the wall. I'm interested to see if there is a gap between your bottom and the wall and if there is, how large it is. Make sure you keep your right leg straight and flat on the floor.

Theoretically, if your hamstring muscles are loose enough, your bottom should be pressing in up against the wall.

**Right leg on floor**



**Your photo: 600 px wide**



**How did you find this exercise?**

Excruciatingly tight

Not tight at all

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

<b>X</b>
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Your comments:

Our comments:

**7a. Hip crossover: twisting to the left**

Start with feet flat and knees up. Put the side of the heel of your right foot up near the top of your left thigh (but not on the knee). Then drop the left knee and right foot onto the floor on the left side of your body. The arrow is there to encourage you to push your knee as far away from you as you can.

Comment on whether you are having difficulty getting the knee and foot onto the floor. Many people can't do this, their back and hips are too painful.

**Twisting to the left:**



**Your photo: 600px wide**



**How did you find this exercise?**

Hard

Easy

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Your comments:

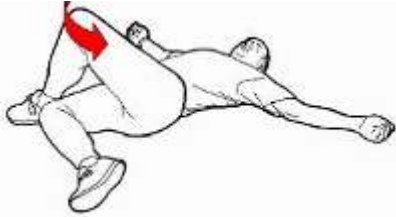
Our comments:

**7b. Hip crossover: twisting to the right**

Start with feet flat and knees up. Put the side of the heel of your left foot up near the top of your right thigh (but not on the knee). Then drop the right knee and the left foot onto the floor on the right side of your body. The arrow is there to encourage you to push your knee as far away from you as you can.

Comment on whether you are having difficulty getting the knee and foot onto the floor. Many people can't do this, their back and hips are too painful.

**Twisting to the right:**



**Your photo: 600px wide**



**How did you find this exercise?**

Hard

Easy

0	1	2	3	4	5	6	7	8	9	10

**X**

Your comments:

Our comments:

**8. Feet over head**

Lying on your back, can you take your feet over your head and grab hold of your toes – with back of hands on the floor.

This is an exercise you would have had no difficulty doing as a child.

Take a photo of the furthest point you can reach.

**Feet over head**



**Your photo: 600px wide**



**How did you find this exercise?**

Can't do it	Hard								Easy	
0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Your comments:

Our comments:

**Musculo-skeletal Health - Clinical Assessment Template**

**9a. Super hip and thigh stretch: twisting to the left. Wear long trousers, shoes and socks for this test.**

Lie on your back with your legs straight. Swing your straight right leg over your body so your right foot touches the floor. Even though your left leg will bend slightly when you do this, aim to keep the left foot in roughly the starting position.

Once the right shoe is on the floor on the left side of your body, see if you can grab hold of the toe of the shoe with your left hand.

If you can't grab the toe of your shoe, either grab the laces of your shoe, your sock or the leg of your trousers. Just make sure the right leg stays straight and your right shoulder and arm are flat on the floor.

Take the photo at your 'most stretched' position.

**Twisting to the left:**



**Your photo: 600px wide**



**How tight are the muscles on the right side of your body?**

Excruciatingly tight

Not tight at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Sock

Laces

Toe

0	4	5	6	7	8	9	10

<b>X</b>
----------

Your comments:

Our comments:



**9b. Super hip and thigh stretch: twisting to the right. Wear long trousers, shoes and socks for this test.**

Lie on your back with your legs straight. Swing your straight left leg over your body so your left foot touches the floor. Even though your right leg will bend slightly when you do this, aim to keep the right foot in roughly the starting position.

Once the left shoe is on the floor on the right side of your body, see if you can grab hold of the toe of the shoe with your right hand.

If you can't grab the toe of your shoe, either grab the laces of your shoe, your sock or the leg of your trousers. Just make sure the left leg stays straight and your left shoulder and arm are flat on the floor.

Take the photo at your 'most stretched' position.

**Twisting to the right:**



**Your photo: 600px wide**



**How tight are the muscles on the left side of your body?**

Excruciatingly tight

Not tight at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Sock

Laces

Toe

0	4	5	6	7	8	9	10		

<b>X</b>
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Your comments:

Our comments:

## Muscle tests

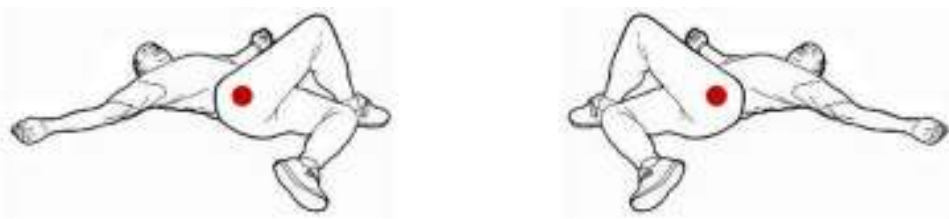
It is highly likely that in some of the stretch positions some muscles will be extremely tender. In the pictures below, the areas that are likely to be painful when given a firm thumb or finger massage by someone else are indicated with a red dot. If your buttock and hamstring muscles are painful you have more clues as to why you're suffering from low back, upper back, neck, shoulder, hip and knee pain.

If your body is in good alignment these muscles won't hurt at all when vigorously massaged.

It is likely that one side will be tighter than the other.

Let me know which muscles are painfully tight.

### 1. Tight and painful buttock muscles - hip crossover position



Get into the hip crossover position - outlined above.

Get someone to stand over you and vigorously massage the red spot on each buttock with their middle finger.

#### How painful is your right buttock muscle when massaged vigorously?

Excruciatingly tight

Not tight at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

#### How painful is your left buttock muscle when massaged vigorously?

Excruciatingly tight

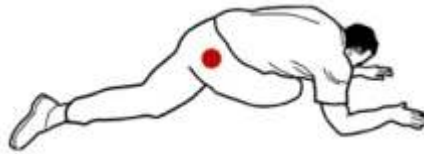
Not tight at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Your comments:
Our comments:

**2. Tight and painful buttock muscles**



Start on hands and knees. Place your left leg over the right and then push the left leg back along the floor as far as you can. Make sure the knee and the laces of the shoe of the left leg are on the floor. You should get a good stretch in your right buttock. If you don't, increase the stretch by taking your chest closer to the floor.

Get someone to stand over you and vigorously massage the buttock muscle with their middle finger. Repeat on the other side.

**How painful is your right buttock muscle when massaged vigorously?**

Excruciatingly painful

No pain at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

**How painful is your left buttock muscle when massaged vigorously?**

Excruciatingly painful

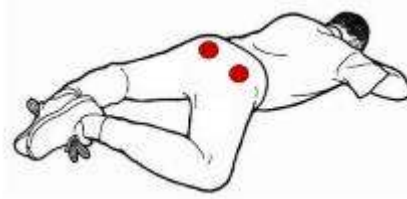
No pain at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Your comments:
Our comments:

**3. Tight muscles at top of buttock - in reverse frog position**



This position takes a bit of getting in to.

Start on hands and knees with your knees as wide apart as you can get them.

With lower legs up off the floor, take your body forward so the front of your pelvis is pressing in to the floor and your chin is resting on your hands.

Place the soles of your feet together and let them hang toward the floor. Don't worry if they don't reach the floor. Most people find their feet won't touch the floor.

Get someone to stand over you and dig their thumbs into your buttock muscles in the places indicated by the red spots.

Observe how tender those spots are and whether one side is more painful than the other.

**How painful is your left buttock muscle when massaged vigorously?**

Excruciatingly painful

No pain at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

**How painful is your right buttock muscle when massaged vigorously?**

Excruciatingly painful

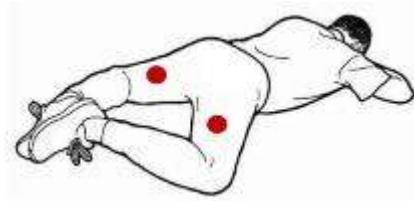
No pain at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Your comments:
Our comments:

**4. Tight hamstring muscles**



In the reverse frog position get someone to stand over you and dig their thumbs into your hamstring muscles.

If they're painful, they're too tight. One may be tighter than the other.

**How painful is your left hamstring muscle when massaged vigorously?**

Excruciatingly painful

No pain at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

**How painful is your right hamstring muscle when massaged vigorously?**

Excruciatingly painful










No pain at all

0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Your comments:
Our comments:

## Ten point Musculo-skeletal Risk Screen – the tests

<p><b>1. Current condition</b> This is a subjective assessment of how <i>you</i> perceive your current, overall level of musculo-skeletal health. Take into account aches and pains and limited mobility and function compared with when you were ‘at your peak’.</p>	
<p><b>2. Body composition.</b> How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight. In a clinical situation we’d use percent body fat.</p>	
<p><b>3. Lower body strength - squat</b> How many squats can you do in 60 seconds? Your bottom must go lower than your knees.  If you’ve got sore knees either don’t proceed or <b>proceed with caution</b>.</p>	
<p><b>4. Abdominal strength - sit-ups with feet held in 60 seconds.</b>  There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe. Many people cannot do 1 situp without their feet held. <b>Proceed with caution</b>.</p>	 <p>If it hurts, stop doing it</p>
<p><b>5. Upper body strength - press-ups in 60 seconds.</b>  If you’ve got painfully sore shoulders either don’t do this exercise or <b>proceed with caution</b> - and don’t do too many.</p>	
<p><b>6. Flexibility - sit and reach</b> Sitting on the floor, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.</p>	
<p><b>7. Ability to sit up straight with legs crossed</b> With legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.</p>	
<p><b>8. Super hamstring, buttock and back stretch</b> Can you grab the toe of a straight right leg with the hand of your left arm, with your right upper arm and shoulder on the floor – and vice versa?</p>	
<p><b>9. Head over heels</b> Lying on your back, can you take your feet over your head so your toes hit the floor?  If you’re not in good musculo-skeletal health and you’re over weight either don’t do this test or <b>proceed with caution</b>.</p>	
<p><b>10. Shoulder function - wall test</b> Stand with you back to the wall. Place your hands in the surrender position with elbows, forearms, wrists and fingers flat back on the wall.</p>	

## Ten point Musculo-skeletal Risk Screen

**Warning:** If you don't think you should do any of these exercises, don't do them. If it hurts while you are doing any of the exercises stop doing them immediately. **Record your scores** in the boxes on the right hand side of the page.

**1. Current condition.**

How would you rate the current condition of your musculo-skeletal system?

>20	20	18	16	14	12	10	8	6	4	2
0	1	2	3	4	5	6	7	8	9	10

**Your score**

<b>X</b>
----------

**2. Body composition.** Are you close to your **ideal weight**? Scores based % body fat body

<b>M</b>	>40	<40	<36	<33	<30	<28	<26	<24	<22	<20	<18
<b>W</b>	>50	<50	<46	<43	<40	<38	<36	<34	<32	<30	<28
<b>Kilos</b>	>20	20	18	16	14	12	10	8	6	4	<4
	0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
----------

Current weight ..... Ideal weight ..... A reasonable % body fat for men is less than 22 and for women less than 32.

**3. Lower body strength - squat**

How many full squats can you do in 60 seconds? Bottom must get half way between your knees and your heels, Use a heel raise if you need to.

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

# .....

<b>X</b>
----------

**4. Abdominal strength - sit-ups with feet held in 60 seconds.**

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

# .....

<b>X</b>
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**5. Upper body strength - press-ups in 60 seconds, men on toes, women on front of thighs with knees, bottom and shoulders in a straight line.**

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

# .....

<b>X</b>
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**6. Flexibility - sit and reach**

Sitting on the floor, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

<b>X</b>
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**7. Ability to sit up straight with legs crossed**

With legs crossed and hands clasped behind your back, see if you can sit up straight. Just being able to sit up with hands clasped scores 7/10. Sitting up exceptionally straight with a hollow in your lower back scores 10/10. Falling backwards on one or both sides scores 0.

Fall over when hands clasped behind back	Just			Easy
0	7	8	9	10

<b>X</b>
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**8. Super hamstring, butt and back stretch**

Can you grab the toe of a straight right leg with the hand of your left arm, with your right shoulder on the floor – and vice versa? Score for the worst side.

	Socket			Laces			Toe
0	4	5	6	7	8	9	10

<b>X</b>
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**9. Feet over heels**

Lying on your back, can you take your feet over your head so your toes hit the floor?

	30cms	25cms	20cms	15cms	10cms	5cms	Yes
0	4	5	6	7	8	9	10

<b>X</b>
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**10. Shoulder function - wall test**

Stand with you back to the wall. Place your hands in the surrender position with the Back of your forearms, wrists and hands flat back on the wall. Score 10 if you can do it with ease. 7/10 is just getting the 'flat' position. Score lower if you can't do it at all.

Poor					Good					
0	1	2	3	4	5	6	7	8	9	10

<b>X</b>
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The 'pass mark' is 70/100. Anyone scoring less than 50 either has, or is at grave risk of succumbing to some sort of musculo-skeletal pain. **TOTAL/100**

<b>X</b>
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**You're all done.**

Regards and best wishes

*John Miller*

Director

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