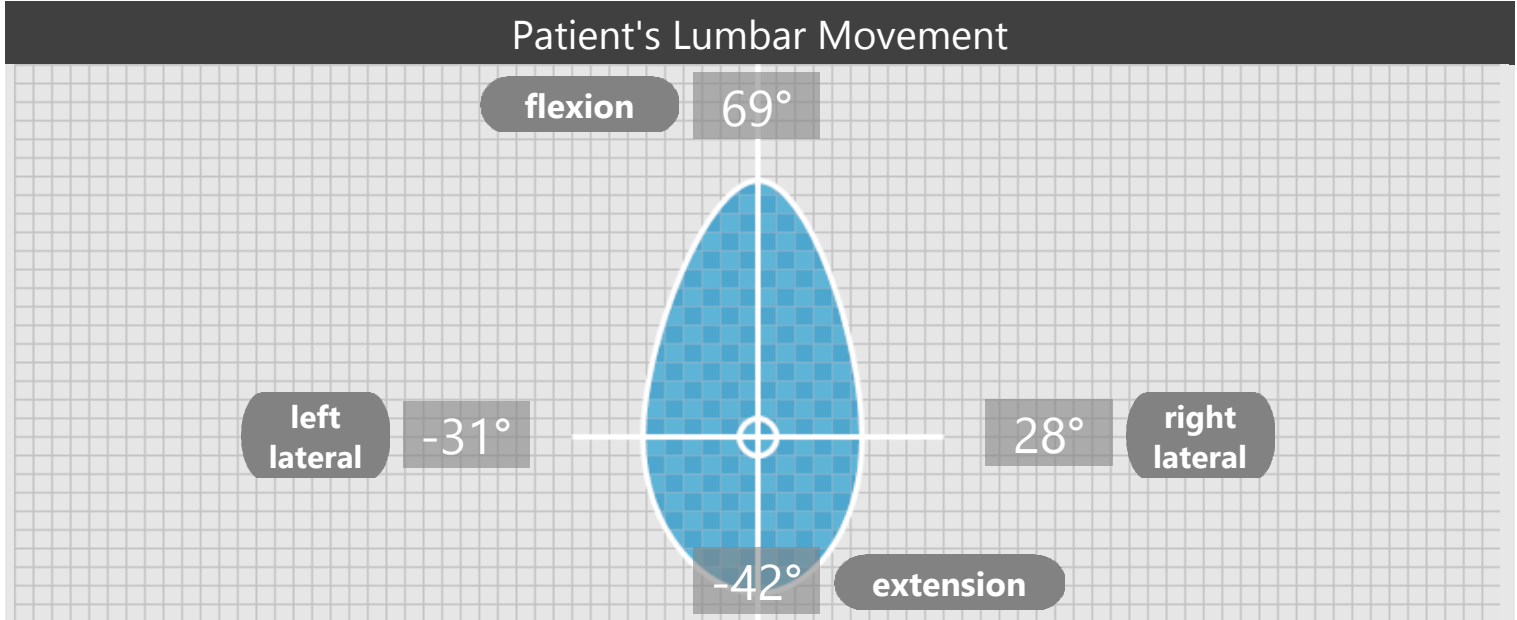


email: \_\_\_\_\_  
 record for **Test Subject** date of birth **1 Jan 1989**  
 referring doctor \_\_\_\_\_ provider no \_\_\_\_\_  
 practitioner \_\_\_\_\_  
**dorsaVi** \_\_\_\_\_

Assessment Date: 3 Jul 2014

# Low Back Live Assessment



Alerts	Possible Causes	Suggested Management
Moderately overactive extensors: Aberrant EMG pattern on extension.	Overactive lumbar extensors muscles – possible increased sustained mechanical load on intervertebral joint structures.	
Reduced lumbar lordosis.	May cause flexion orientated strain on discs.	May do well with mobilisation and/or extension exercises. Advise swimming, walking. May benefit from LIVE training/biofeedback to increase anterior tilt. Avoid sustained end range flexion (i.e. slouched sitting, full bending etc). Recommended Exercises: Small pelvic tilting movement.

Practitioner's Recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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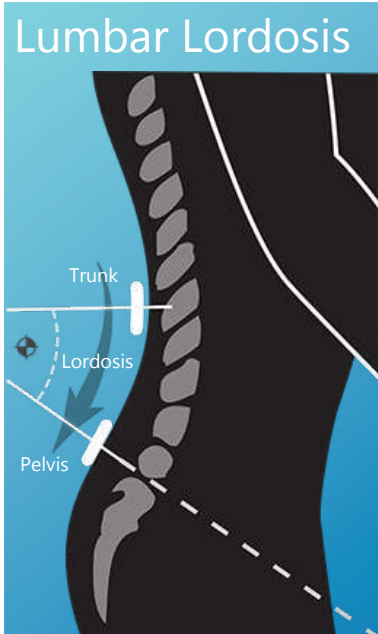
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 record for \_\_\_\_\_  
**Test Subject** \_\_\_\_\_  
 referring doctor \_\_\_\_\_

date of birth  
**1 Jan 1989**  
 provider no \_\_\_\_\_

practitioner  
**dorsaVi**

Assessment Date: 3 Jul 2014

# Low Back Live Assessment



**Patient's Lumbar Lordosis**

Lordosis  
**16°**

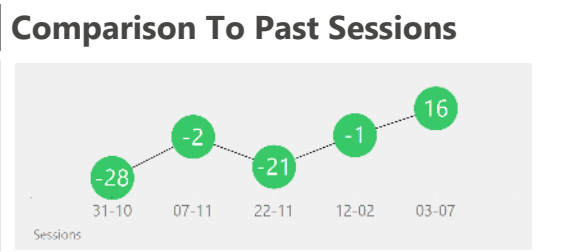
Trunk  
**28°**

Pelvis  
**12°**

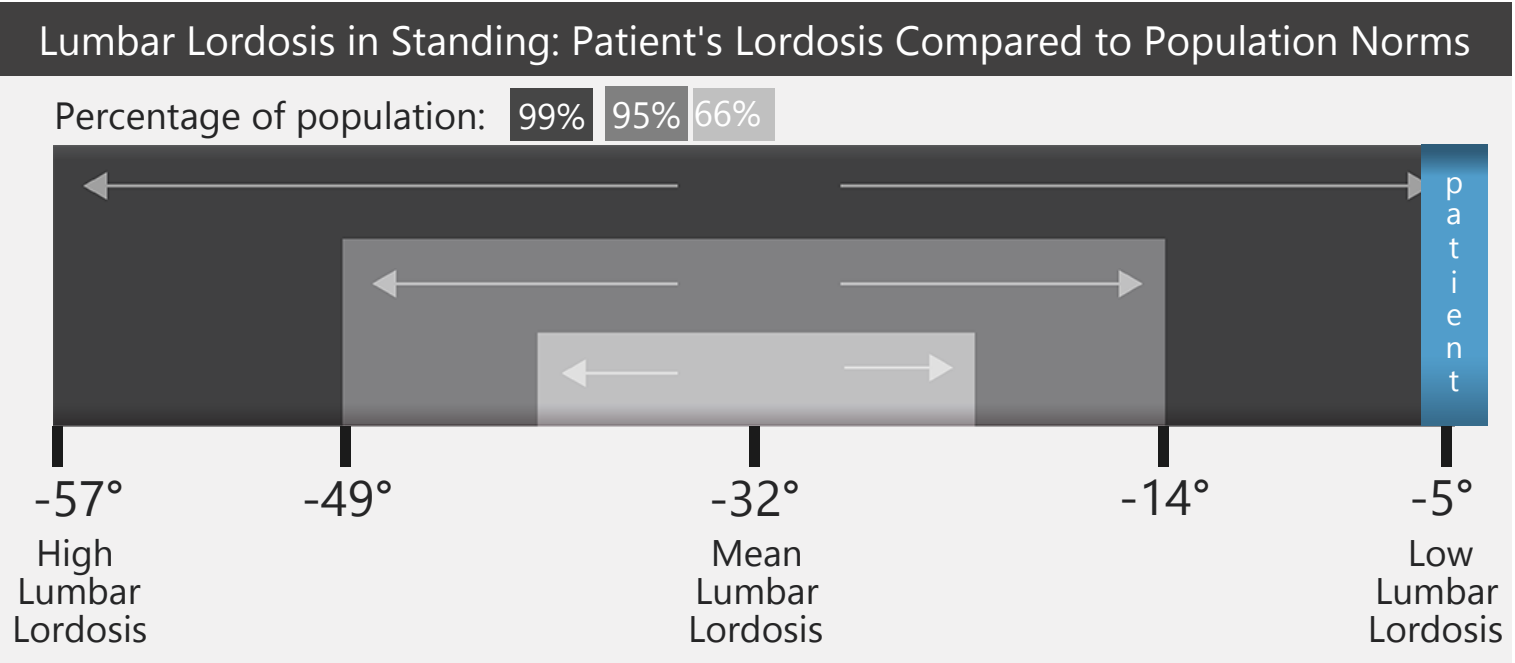
	Normative Values	
	mean	SD
Lordosis	-31°	±9°
Trunk	-11°	±6°
Pelvis	19°	±8°

**Assessment: Lordosis Alerts**

Reduced lumbar lordosis.



**Lordosis refers to the curvature of the spine.** A lower value (eg. -50°) indicates a more extended lumbar spine. A higher value (eg. -19°) indicates a flatter lumbar spine.



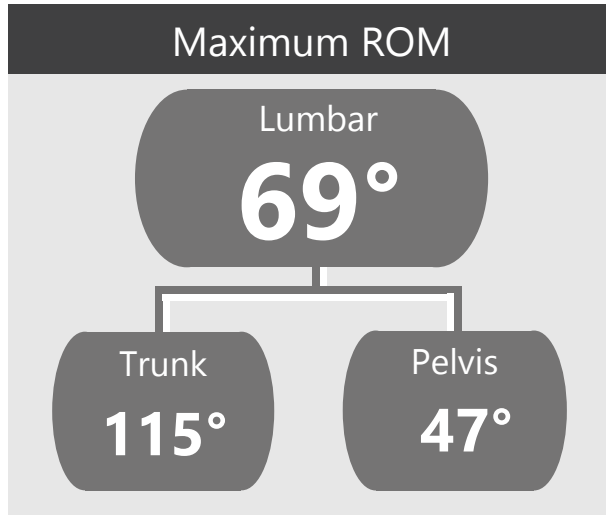
Practitioner's Recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
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 record for **Test Subject** \_\_\_\_\_  
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 practitioner **dorsaVi** \_\_\_\_\_  
 date of birth **1 Jan 1989** \_\_\_\_\_  
 provider no \_\_\_\_\_

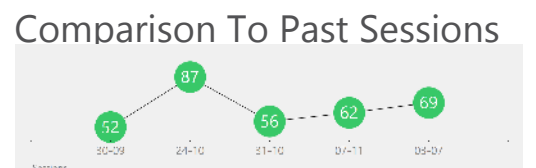
Assessment Date: 3 Jul 2014

# Low Back Live Assessment



### Normative Values

	mean	SD
Lumbar	49°	±9°
Trunk	105°	±13°
Pelvis	56°	±12°



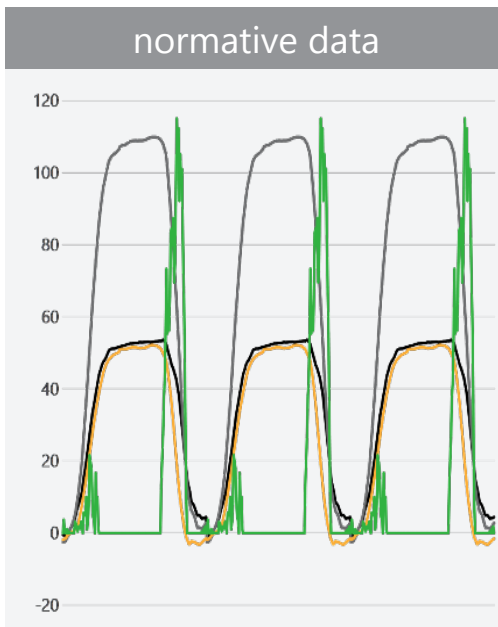
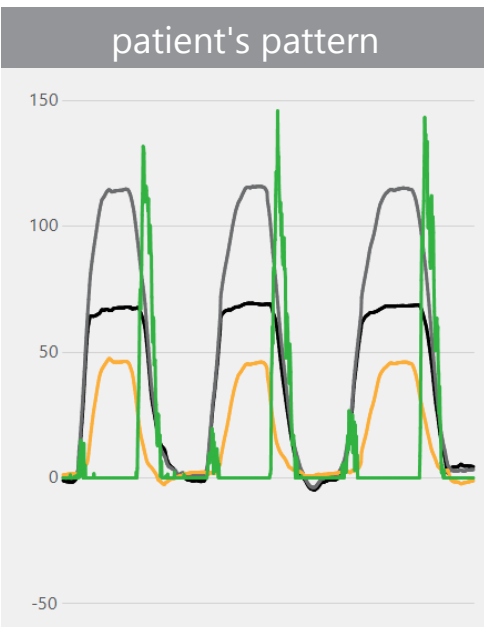
### Pain Alert Recorded Comparison

✓	No Pain Alert Recorded	Current
✓	No Pain Alert Recorded	Previous

### Assessment: Flexion Alerts

✓ No Flexion Alerts

## Movement Pattern



- lumbar** Lumbar is the difference between the trunk and pelvis sensor angles, indicating lumbar movement.
- trunk** Trunk indicates the angle of the upper sensor.
- pelvis** Pelvis indicates the angle of the lower sensor.
- EMG** EMG indicates the level of activity of the erector spinae muscles.

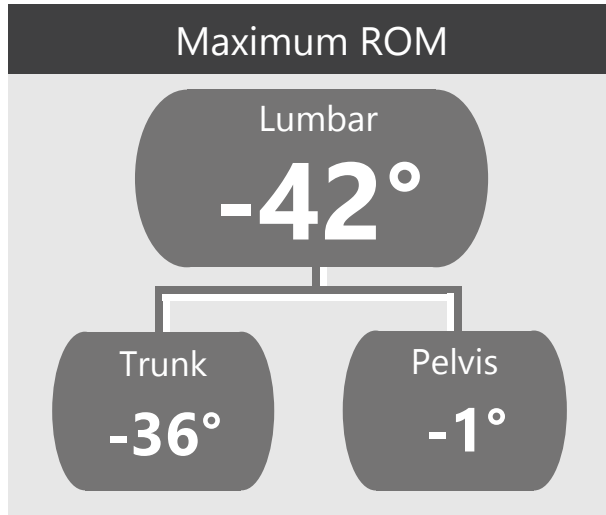
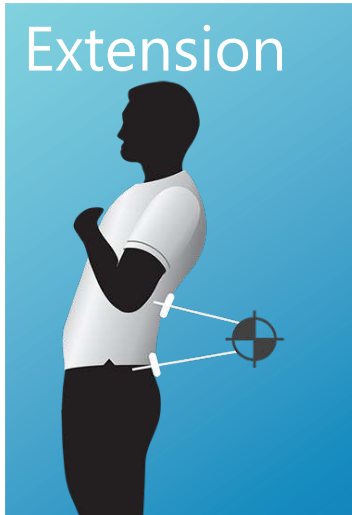
Practitioner's Recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
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 referring doctor \_\_\_\_\_  
 practitioner **dorsaVi** \_\_\_\_\_  
 date of birth **1 Jan 1989** \_\_\_\_\_  
 provider no \_\_\_\_\_

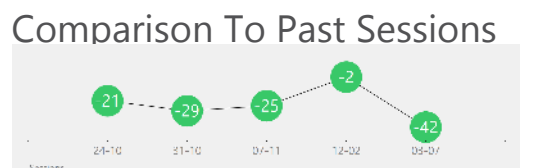
Assessment Date: 3 Jul 2014

# Low Back Live Assessment



### Normative Values

	mean	SD
Lumbar	-23°	±10°
Trunk	-33°	-8°
Pelvis	-10°	-8°



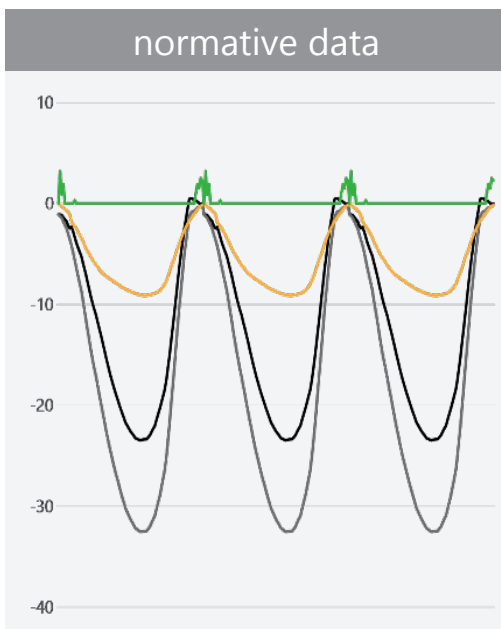
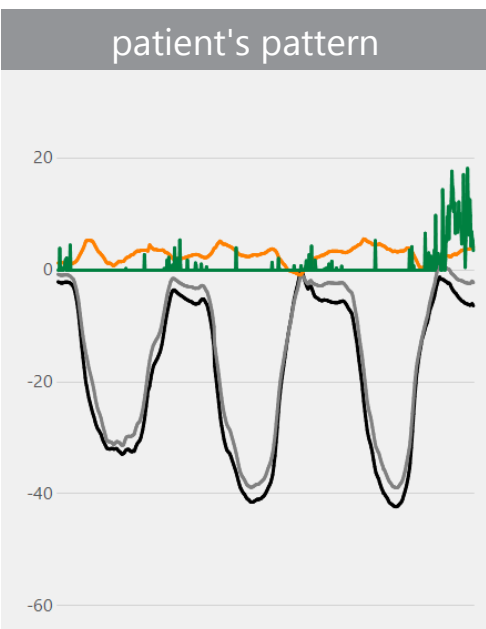
### Pain Alert Recorded Comparison

✓	No Pain Alert Recorded	Current
✓	No Pain Alert Recorded	Previous

### Assessment: Extension Alerts

Moderately overactive extensors: Aberrant EMG pattern on extension.

## Movement Pattern



- lumbar** Lumbar is the difference between the trunk and pelvis sensor angles, indicating lumbar movement.
- trunk** Trunk indicates the angle of the upper sensor.
- pelvis** Pelvis indicates the angle of the lower sensor.
- EMG** EMG indicates the level of activity of the erector spinae muscles.

Practitioner's Recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

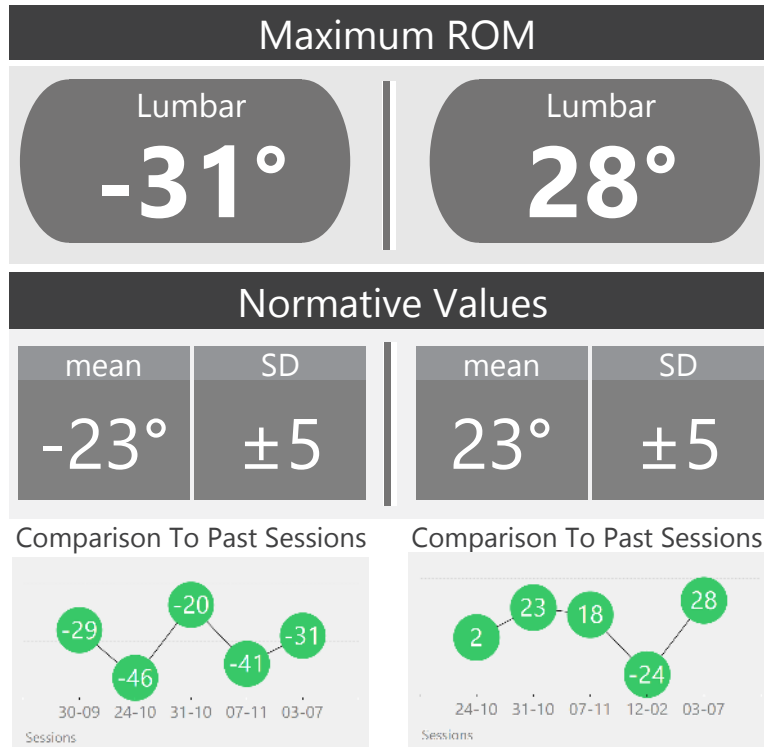
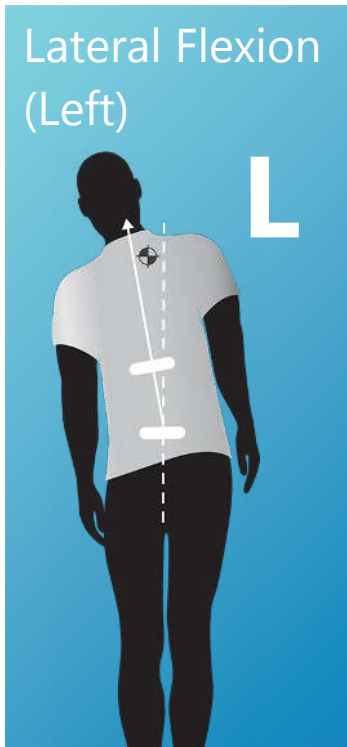
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 record for **Test Subject** \_\_\_\_\_  
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 practitioner **dorsaVi** \_\_\_\_\_

date of birth **1 Jan 1989** \_\_\_\_\_  
 provider no \_\_\_\_\_

Assessment Date: 3 Jul 2014

# Low Back Live Assessment

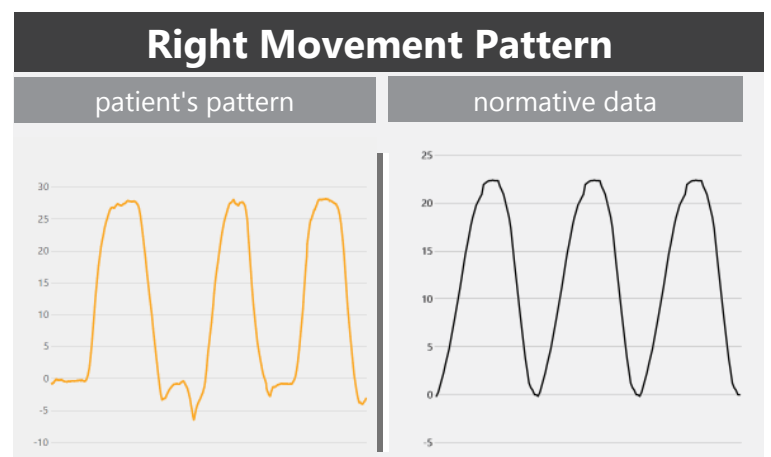
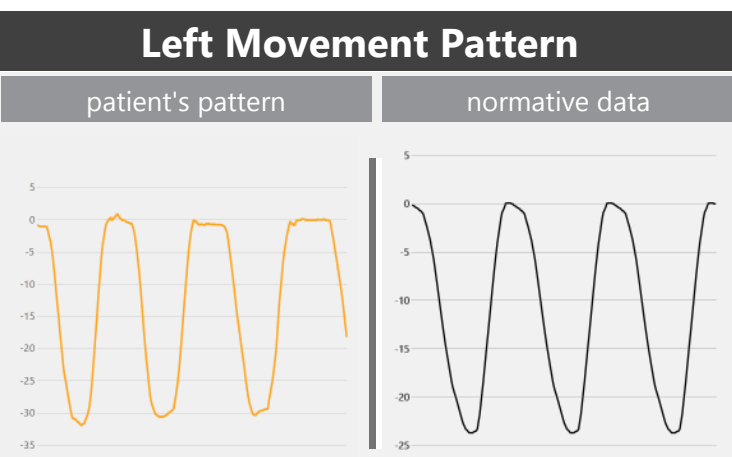


### Pain Alert Recorded Comparison

✓	No Pain Alert Recorded	Left
✓	No Pain Alert Recorded	Right

### Assessment: Lateral Flexion Alerts

✓	No Lateral Flexion Alerts
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Practitioner's Recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

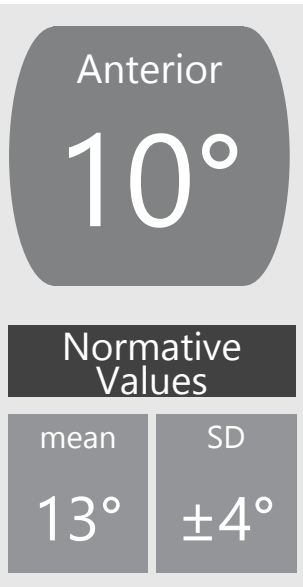
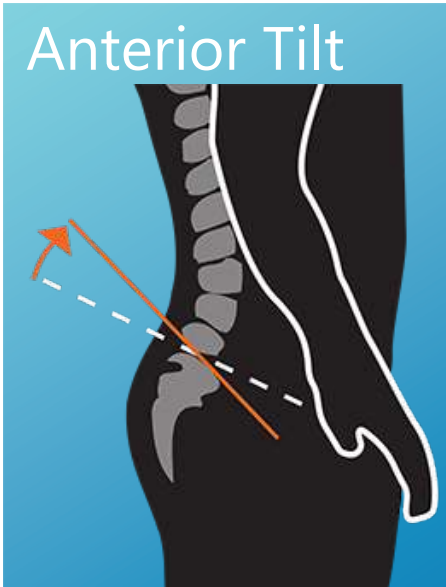
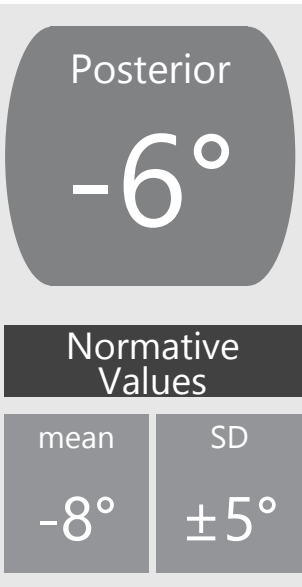
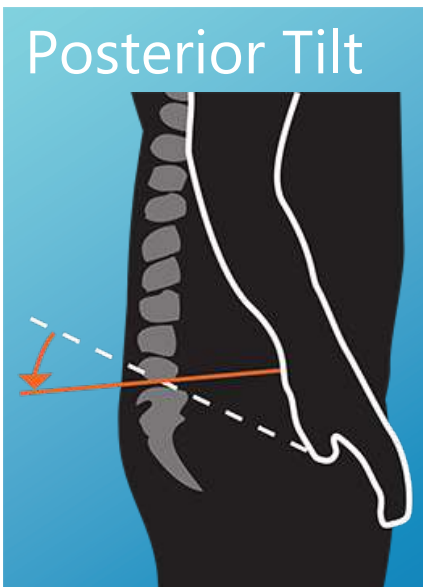
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email: \_\_\_\_\_  
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Assessment Date: 3 Jul 2014

# Low Back Live Assessment

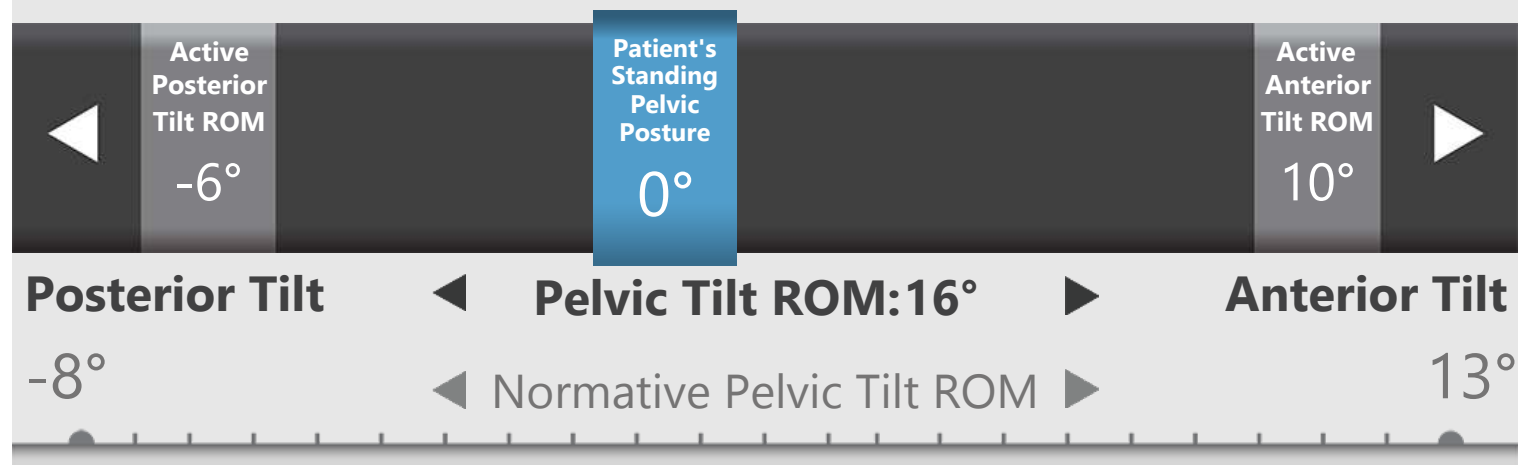
## Pelvic Tilt in Standing



Pain Alert Recorded Comparison		
✓	No Pain Alert Recorded	Current
✓	No Pain Alert Recorded	Previous

Assessment: Standing Alerts	
✓	No Standing Alerts

## Pelvic Tilt in Standing: ROM & Standing Posture



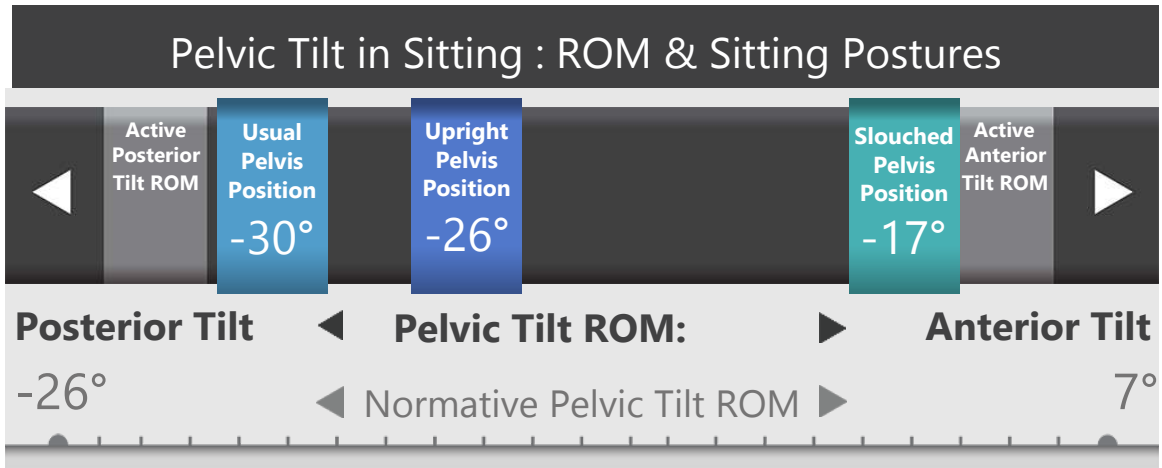
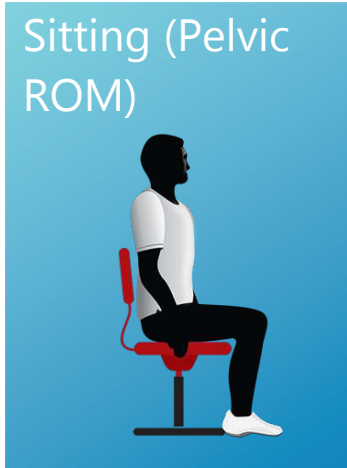
Practitioner's Recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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email: \_\_\_\_\_  
 record for **Test Subject** date of birth **1 Jan 1989**  
 referring doctor \_\_\_\_\_ provider no \_\_\_\_\_  
 practitioner \_\_\_\_\_  
**dorsaVi** \_\_\_\_\_

Assessment Date: 3 Jul 2014

# Low Back Live Assessment



Pain Alert Recorded Comparison		Assessment: Sitting Alerts	
✓	No Pain Alert Recorded	Current	No Sitting Alerts
✓	No Pain Alert Recorded	Previous	

Slouched Position	Usual Position	Upright Position
<p>Normative Values</p> <p>mean 36°</p> <p>SD ±10°</p> <p>Lumbar <b>62°</b></p> <p>Trunk <b>45°</b>      Pelvis <b>-17°</b></p>	<p>Normative Values</p> <p>mean 27°</p> <p>SD ±8°</p> <p>Lumbar <b>29°</b></p> <p>Trunk <b>-1°</b>      Pelvis <b>-30°</b></p>	<p>Normative Values</p> <p>mean 13°</p> <p>SD ±10°</p> <p>Lumbar <b>39°</b></p> <p>Trunk <b>13°</b>      Pelvis <b>-26°</b></p>
✓ No Pain Alert Recorded	✓ No Pain Alert Recorded	✓ No Pain Alert Recorded

Practitioner's Recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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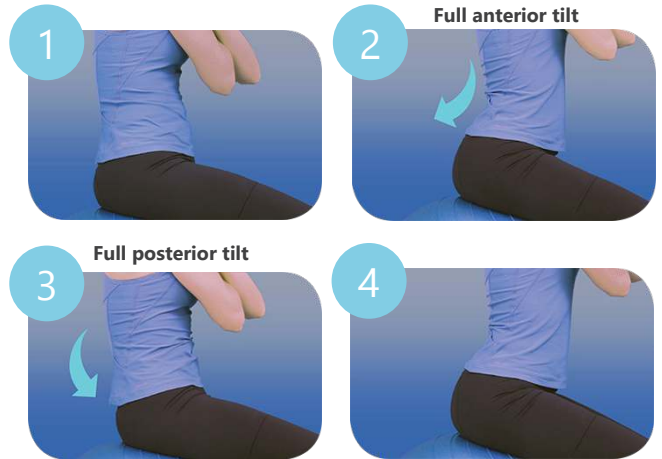


# Recommended Exercises Sheet

These exercises are designed to assist your muscle activity, posture, strength and flexibility based on your Live Assessment results. Apart from a stretching sensation, they should not provoke pain. Ask your practitioner which exercises are suitable for you. If you experience any pain, please cease and consult with your clinician.

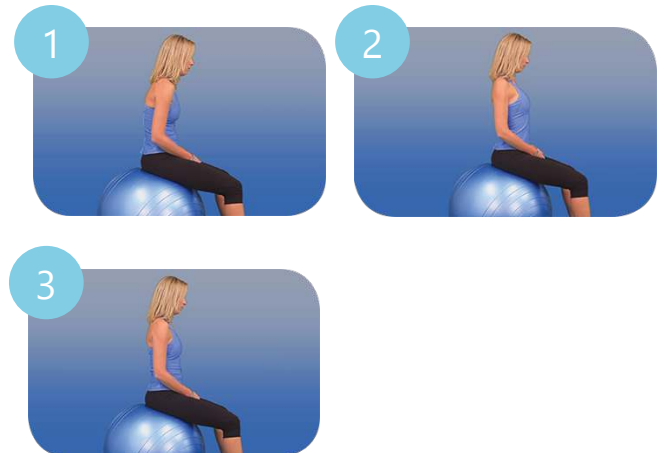
## Seated Pelvic Tilt Sequence

1. Sitting comfortably on a chair or physio ball with your arms crossed & hands touching the opposite shoulder imagine your pelvis is a bucket.
2. Roll the pelvis forward as if tipping water out of the front of the bucket. Try to keep the upper back and chest as vertical as possible so movement occurs mostly through the pelvis and hips.
3. Now roll the pelvis (bucket) backwards as if tipping water out of the back of the bucket. Practice doing this and finding the full forward and full backward position.
4. Gently repeat 5 times trying to achieve a full range of movement but without causing any strong pain.



## Shoulder Position

It is important that shoulders remain in a mid range, neutral position. Try rolling shoulders fully forwards, then fully back. Now place shoulders half way between full forwards and full back position. Keep shoulders relaxed in this position while you do the exercises below.





These exercises are designed to assist your muscle activity, posture, strength and flexibility based on your Live Assessment results. Apart from a stretching sensation, they should not provoke pain. Ask your practitioner which exercises are suitable for you. If you experience any pain, please cease and consult with your clinician.

---

## Small Pelvic Tilting Movement

Sitting comfortably on a physio ball or chair find a mid position and do very small forwards and backwards movements centered around the mid position. This should be pain free with relaxed shoulders.



Small movements around mid range