

Back Mobility Testing



Name of Test	Thoracic Extension Range of Movement Test
Purpose of Test	To assess upper back extension range of movement
Preparation	Photo-reflective markers are placed on your spine at various points. These are used to measure angles and show up brightly on photographs.
Instructions for Test	Stand with arms out in front, hands holding a support positioned in front. Arms will be elevated to around 70°. Photo 1 taken. Fully elevate arms with hands clasped. Reach up and back as much as possible and bend backward Photo 2 taken. End of test.