



The McKenzie Institute® Assessment Forms

Guide to Abbreviations and Terminology used for the Completion of the Assessment Forms with Mechanical Diagnosis and Therapy®

History: Page One	
<i>Patient responses are recorded but supplemented by the clinician as appropriate</i>	
Referral:	GP = General Practitioner Ortho = Orthopaedic Specialist
Postures / Stresses:	
Functional Disability from Present Episode:	
Functional Disability Score:	
VAS Score:	VAS = visual analog scale
Body Chart:	
Present Symptoms:	
Present Since:	
Improving / Unchanging / Worsening:	
Commenced as a Result of:	
Symptoms at Onset:	
Constant / Intermittent:	
Better / Worse Section:	am = morning; pm = evening
Disturbed Sleep:	sup = supine; R = right; L = left
Sleeping Postures:	
Sleeping Surface:	
Previous Episodes:	
Previous History:	
Previous Treatment:	
Specific Questions:	+ve = positive; -ve = negative NSAIDS = non-steroidal anti-inflammatory drugs Analg = Analgesics Anticoag = Anticoagulants

Physical Examination: Page Two	
Posture:	Lordosis: Red = reduced; Acc = accentuated
Correction of Posture:	
Other Observations:	
Neurological Examination:	NAD = no apparent deficit
Movement Loss:	Maj = major; Mod = moderate; Min = minimal; Nil = no loss ROM = range of motion

<p>Test Movements:</p>	<p>Describe effect on present pain – During:</p> <ul style="list-style-type: none"> • P = Produces • A = Abolishes • ↑ = increases; ↓ = decreases; NE = no effect <p><u>LUMBAR:</u></p> <p>Pretest symptoms standing:</p> <ul style="list-style-type: none"> • Rep Repeat • FIS Flexion in standing • Rep FIS Repeat Flexion in standing • EIS Extension in standing • Rep EIS Repeat Extension in standing <p>Pretest symptoms lying:</p> <ul style="list-style-type: none"> • FIL Flexion in lying • Rep FIL Repeat Flexion in lying • EIL Extension in lying • Rep EIL Repeat Extension in lying <p>If required pretest symptoms:</p> <ul style="list-style-type: none"> • SG Side gliding • SGIS Side gliding in standing • SGIS – R Side gliding in standing right • Rep SGIS – R Repeat Side gliding in standing right • SGIS - L Side gliding in standing left • Rep SGIS – L Repeat Side gliding in standing left <p>Other tests:</p> <ul style="list-style-type: none"> • FISitt Flexion in sitting • Rep FISitt Repeat Flexion in sitting • FISS Flexion In Step Standing • Rep FISS Repeat Flexion In Step Standing <p><u>CERVICAL:</u></p> <p>Pretest symptoms standing:</p> <ul style="list-style-type: none"> • PRO Protraction • Rep PRO Repeat Protraction • RET Retraction • Rep RET Repeat Retraction • RET EXT Retraction Extension • Rep RET EXT Repeat Retraction Extension <p>Pretest symptoms lying: As above</p> <p>If required pretest pain sitting:</p> <ul style="list-style-type: none"> • LF – R Lateral Flexion right • Rep LF – R Repeat Lateral Flexion right • LF – L Lateral Flexion left • Rep LF – L Repeat Lateral Flexion left • ROT – R Rotation right • Rep ROT – R Repeat Rotation right • ROT – L Rotation left • Rep ROT – L Repeat Rotation left • FLEX Flexion • Rep FLEX Repeat Flexion <p>Symptomatic response: PDM = Pain during movement ERP = End range pain</p> <p>Mechanical response: ↑ = increase; ↓ = decrease; ROM = Range of movement</p>
<p>Static Tests:</p>	<p>(see page 3)</p>
<p>Other Tests:</p>	
<p>Provisional Classification:</p>	
<p>Principle of Management:</p>	<p>Education Circle: TYOB = Treat Your Own Back; TYON = Treat Your Own Neck</p> <p>Mechanical Therapy</p> <p>Treatment Goals</p>

During Loading - Either by repeated movements or sustained postures (<i>Static Tests</i>)		
▪ Produce	(P)	Movement or loading creates symptoms that were not present prior to the test.
▪ Abolish	(A)	Movement or loading abolishes symptoms that were present prior to the test.
▪ Increase	(↑)	Symptoms already present are increased in intensity.
▪ Decrease	(↓)	Symptoms already present are decreased in intensity.
▪ No Effect	(NE)	Movement or loading has no effect on the symptoms during the testing.
▪ Centralising		Movement or loading moves the most distal pain proximally.
▪ Peripheralising		Movement or loading moves the pain more distally.

After Loading - Either repeated movements or sustained postures		
▪ Worse	(W)	Symptoms produced or increased with movement or loading remain aggravated following the test.
▪ Not Worse	(NW)	Symptoms produced or increased with movement or loading return to baseline following the test.
▪ Better	(B)	Symptoms decreased or abolished with movement or loading remain improved after testing. - Or - Symptoms produced, decrease on repetition, remain better after testing.
▪ Not Better	(NB)	Symptoms decreased or abolished with movement or loading return to baseline after testing.
▪ Centralised		Distal pain abolished by movement or loading remain abolished after testing.
▪ Peripheralised		Distal pain produced during movement or loading remain after testing.
▪ No Effect	(NE)	Movement or loading has no effect on symptoms after testing.