

List of techniques level 1 assessment

| Lx | |
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| 1. | P/E Lx active tests F, E, LF, Rot incl. overpressure |
| 2. | P/E Lx F incl. differentiation neural |
| 3. | P/E differentiation tests active rotation in standing: hip vs. Lx |
| 4. | P/E Lx Quadrant |
| 5. | Neurological examination lower extremity (reflexes, muscle power, sensation) |
| 6. | PPIVMs T10 – L5/S1 |
| 7. | Rx: Lx rotation grade I – IV |
| 8. | All accessory movements |

| Tx | |
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| 9. | P/E active tests F, E, LF, Rot incl. overpressure – overall / localized |
| 10. | P/E combined movements in Flexion, Rot, LF, E |
| 11. | P/E PPIVMs T4-10 F, E, LF, Rot |
| 12. | All accessory movements |

| Cx | |
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| 13. | P/E active tests F, E, LF, Rot incl. overpressure – overall / localized |
| 14. | P/E differentiation direction rotation Cx - Tx |
| 15. | P/E lower Cx Quadrant |
| 16. | P/E upper Cx Quadrant |
| 17. | PPIVMs O-C2 (F,E, LF, Rot) |
| 18. | PPIVMs C2-C7 (F,E, LF, Rot) |
| 19. | PPIVMs C7-T4 (F,E, LF, Rot) |
| 20. | Neurological examination upper extremity (reflexes, muscle power, sensation) |
| 21. | Rx: Cx rotation Grad I-IV |
| 22. | Rx: Cx lateral flexion Grad I-IV |
| 23. | Differentiation unilat. PA C ₁₋₂ – C ₂₋₃ |
| 24. | All accessory movements |

| SIJ | |
|------------|--|
| 25. | P/E active movements F, E, LF, Rot incl. differentiation Lx, HG, SIG, neural |
| 26. | P/E anterior tilt, incl differentiation Lx |
| 27. | P/E Posterior Tilt, incl. differentiation Lx |
| 28. | P/E provocation tests (gapping, approximation, Patrick Sign, PPPT...) |
| 29. | P/E crossed hands |
| 30. | All accessory movements |

| Neurodynamic tests | |
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| 31. | P/E SLR |
| 32. | P/E Slump |
| 33. | P/E PKB |

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| 34. | P/E ULNT 1 |
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| Hip | |
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| 35. | P/E active tests in standing, sitting |
| 36. | P/E passive physiological movements (F, E, Rot in different starting positions, Abd, Add) |
| 37. | P/E F/ADD |
| 38. | Rx all accessory movements in p dominant problem (P2 in ca 60° F) |
| 39. | Rx all accessory movements in EOR starting position |

| Knee | |
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| 40. | P/E knee – active tests in standing |
| 41. | P/E knee – active tests incl. overpressure; F, E, in 90° F: IR, AR |
| 42. | P/E knee – passive physiological movements E/ABD - E/ADD |
| 43. | P/E knee – passive physiological movements supine: all combinations in F (F, F/IR, F/AR, F/ADD, F/ABD) |
| 44. | P/E patello-femoral joint: all accessory movements incl. functional starting position |
| 45. | P/E sup- tib-fib. joint: all accessory movements incl. functional starting position |
| 46. | P/E tib-fem joint – all accessory movements (R dominant / P dominant) |
| 47. | Rx E/ABD - F/ADD, E/ADD – F/ABD for a ROM problem |

| Foot | |
|-------------|--|
| 48. | P/E of hind foot: PF, DF, incl. overpressure |
| 49. | P/E foot: differentiation in PF |
| 50. | P/E foot: differentiation in DE |
| 51. | All accessory movements |

| Shouldergirdle | |
|-----------------------|--|
| 52. | P/E shoulder active tests with overpressure |
| 53. | P/E shoulder quadrant |
| 54. | P/E shoulder: locking position |
| 55. | P/E AC joint: all accessory movements incl. functional starting position |
| 56. | P/E SC joint: all accessory movements incl. functional starting position |
| 57. | P/E Scapulothoracic joint in SL: Elev., Depr., Lat. Rot, Med. Rot., Protr., Retraction |
| 58. | Differentiation intra- periarticular (GH – AH) |
| 59. | Rx shoulder quadrant |
| 60. | All accessory movements GH (R dominant / P dominant) |

| SCREENING TESTS | |
|------------------------|-------------------------------|
| 61. | Screening Tests for all areas |