SFMA TOP TIER FP **SFMA SCORING Cervical Flexion Cervical Extension Cervical Rotation Upper Extremity Pattern 1(MRE) Upper Extremity Pattern 2 (LRF) Multi-Segmental Flexion Multi-Segmental Extension Multi-Segmental Rotation** Single-Leg Stance Arms Down Deep Squat



SFMA TOP TIER CHECKLIST

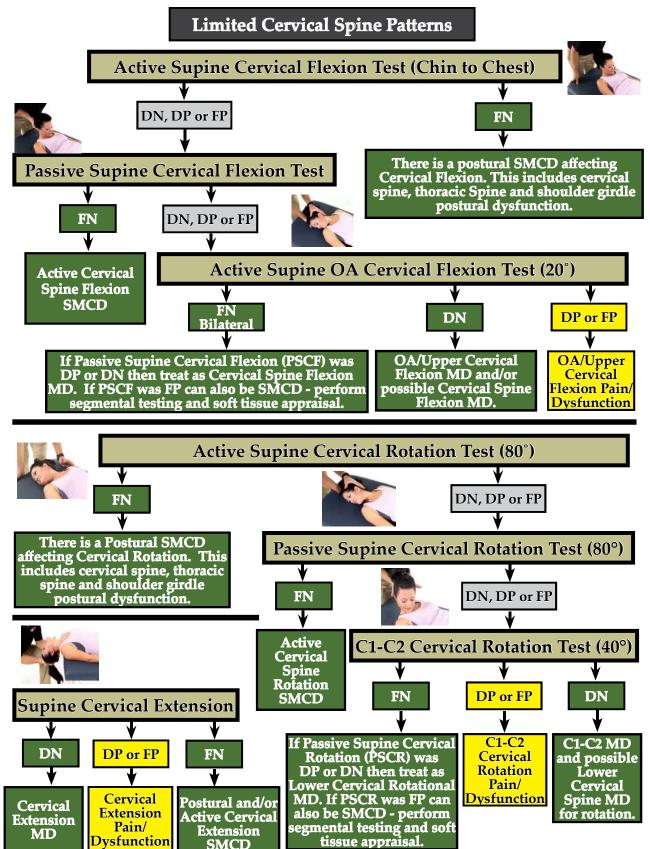


Name:				Date:	Total Score:	
Cervical Flexion			Painful			
☐ Can't touch sternum to chin						
□ Non-uniform spine curve						
☐ Excessive effort and/or lack of motor control						
Cervical Extension			ainful			
☐ Not within 10 degrees of parallel						
□ Non-uniform spine curve						
☐ Excessive effort and/or lack			otor contro	d		
Cervical Rotation			ainful Right	t	☐ Painful Left	
☐ Right ☐	l Left	Chi	n/Nose not	in line w	ith mid-clavicle	
☐ Right ☐	l Left	Exc	essive effor	t and/or	appreciable asymmetry or lack of motor control	
UE Pattern #1 – MRE			ainful Right	t	☐ Painful Left	
☐ Right ☐] Left	Doe	s not reach	inferior	angle of scapula	
☐ Right ☐] Left	Exc	essive effor	t and/or	appreciable asymmetry or lack of motor control	
UE Pattern #2 – LRF			ainful Right	t	☐ Painful Left	
☐ Right ☐] Left	Doe	s not reach	spine of	f scapula	
☐ Right ☐	l Left	Exc	essive effor	t and/or	appreciable asymmetry or lack of motor control	
Multi-Segmenta	al Flexion		ainful			
☐ Cannot touch toes						
☐ Sacral angle <70 degrees						
□ Non-uniform spine curve						
☐ Lack of posterior weight shift						
☐ Excessive effort and/or appreciable asymmetry or lack of motor control						
Multi-Segmental Extension						
☐ Upper extremity does not achieve or maintain 170						
☐ ASIS does not clear toes						
☐ Spine of scapula does not clear heels						
□ Non-Uniform spine curve						
☐ Excessive effort and/or lack motor control						
Multi-Segmenta	al Rotation		ainful Right	t	☐ Painful Left	
☐ Right ☐	l Left	Pelv	is Rotation	<50 deg	rees	
☐ Right ☐	l Left	Torso rotation <50 degrees				
☐ Right ☐	l Left	Exc	essive effor	t and/or	lack of symmetry or motor control	
Single-Leg Stand	ce		ainful Right	t	☐ Painful Left	
☐ Right ☐] Left	Eye	s open <10	seconds		
☐ Right ☐] Left	Eye	s closed < 1	0 second	ds	
☐ Right ☐] Left	Los	s of Height			
☐ Right ☐	l Left	Exc	essive effor	t or lack	of symmetry or motor control	
Arms Down Deep Squat			☐ Painful			
☐ Incomplete hip flexion, knee flexion, and ankle dorsiflexion						
☐ Can't touch toes						
☐ Loss of sagitta	l plane alignm	ent:	Right	Left		
☐ Excessive effort, weight shift, or motor control						



CERVICAL SPINE BREAKOUTS





UPPER EXTREMITY PATTERN 1 BREAKOUT

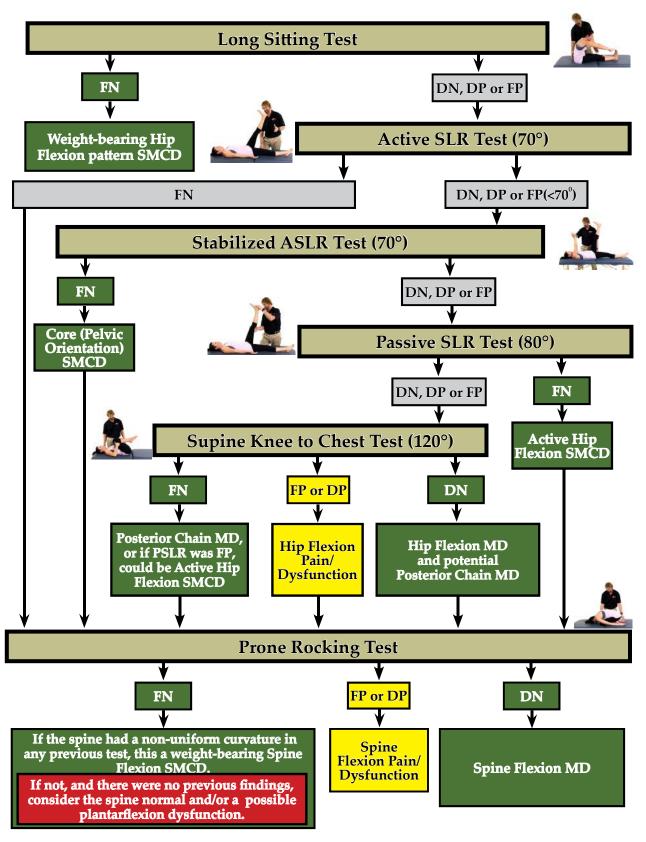
Active Lumbar Locked (IR) Extension/Rotation Test (50°) DN, DP or FP FN **Active Prone UE Pattern 1 Test** Passive Lumbar Locked Ext/Rot Test (50°) DP or FP **FN** DN DN, DP or FP **FN** If thorax was normal Thorax Extension/ Thorax Thorax Extension/ assume a Postural and/or Shoulder Girdle SMCD. Extension/ **Rotation Pain/ Rotation SMCD** Rotation MD Dysfunction Otherwise - just treat thorax findings. **Passive Prone UE** DN, DP or FP FN Pattern 1 Test Active Prone Shoulder 90/90 IR Test (60° &/or Total Arc of 150°) FN DN, DP or FP **Passive Prone Shoulder IR Test** Active Prone Shoulder Extension Test (50°) (60° &/or Total Arc of 150°) DN, DP or FP FN **FN** DN DP or FP Passive Prone Shoulder Shoulder Shoulder IR Shoulder IR Extension Test (50°) IR Pain/ **SMCD MD Dysfunction** FN DN DP or FP Shoulder Shoulder Shoulder **Passive Prone Elbow** Extension Extension Extension Pain/ **SMCD** MD **Dysfunction** Flexion Test (Ext) Active Prone Elbow Flexion Test (Ext) DP or FP **FN** DN Consider the Elbow normal. If there are no previous Elbow **FN Elbow** DN, DP or FP Elbow findings, consider this a Flexion Flexion Pain/ Flexion combined UE Pattern 1 **SMCD Dysfunction** dysfunction.



UPPER EXTREMITY PATTERN 2 BREAKOUT Active Lumbar Locked (IR) Extension/Rotation Test (50°) FN DN, DP or FP Active Prone UE Pattern 2 Test Passive Lumbar Locked Ext/Rot Test (50°) DN, DP or FP **FN** DP or FP DN If thorax was normal Thorax Extension/ Thorax assume a Postural and/or Shoulder Girdle SMCD. Otherwise - just treat thorax findings. Thorax Extension/ **Rotation Pain/** Extension/ **Rotation SMCD Rotation MD** Dysfunction **Passive Prone UE** DN, DP or FP Pattern 2 Test FNActive Prone Shoulder 90/90 ER Test (90° &/or Total Arc of 150°) DN, DP or FP FN Passive Prone Shoulder ER Test Active Prone Shoulder Flexion/Abduction Test (170°) (90° &/or Total Arc of 150°) DN, DP or FP DP or FP FN **FN** DN Passive Prone Shoulder Flexion/ Shoulder Shoulder ER Shoulder ER ER Pain/ Abduction Test (170°) **SMCD** MD **Dysfunction** DP or FP FN DN Shoulder Shoulder Shoulder **Passive Prone Elbow** Flexion/ Flexion/ Flexion/ Abduction Abduction Abduction Pain Flexion Test (Flex) **Dysfunction** \mathbf{SMCD} \mathbf{MD} FN DP or FP DN Active Prone Elbow Flexion Test (Flex) Consider the Elbow normal. Elbow Elbow Elbow If there are no previous FN DN, DP or FP Flexion Flexion Pain/ Flexion findings, consider this a **SMCD** Dysfunction MD combined UE Pattern 2 dysfunction.

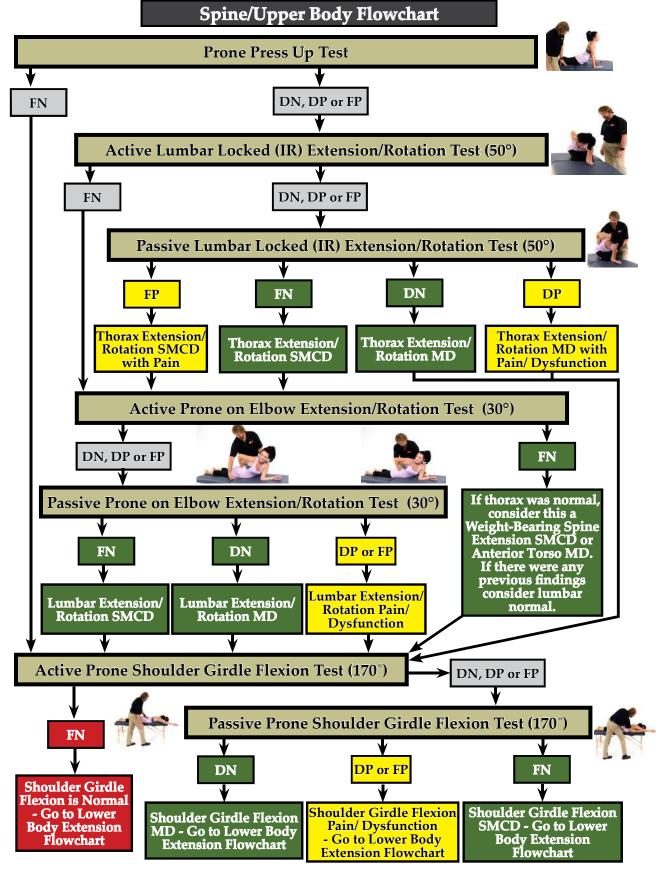
MULTI-SEGMENTAL FLEXION BREAKOUT





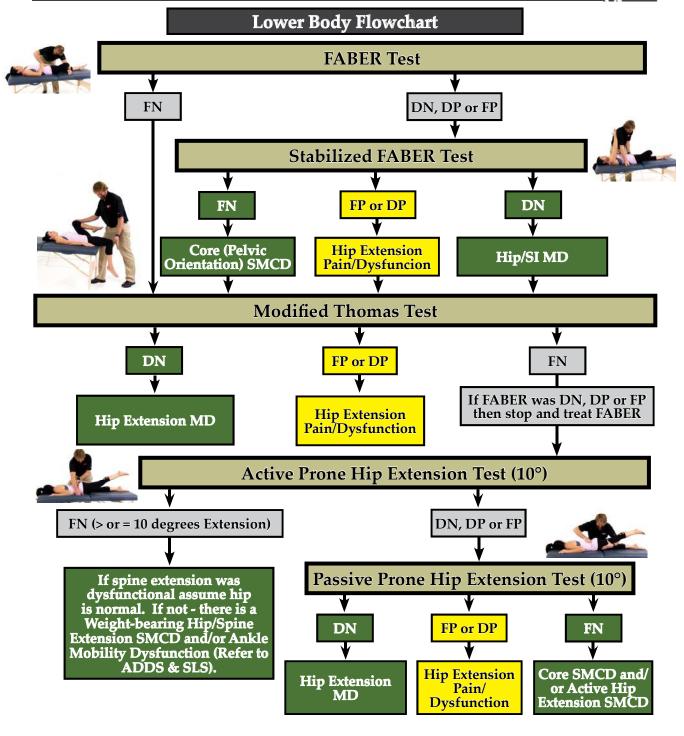
MULTI-SEGMENTAL EXTENSION BREAKOUT





MULTI-SEGMENTAL EXTENSION BREAKOUTS

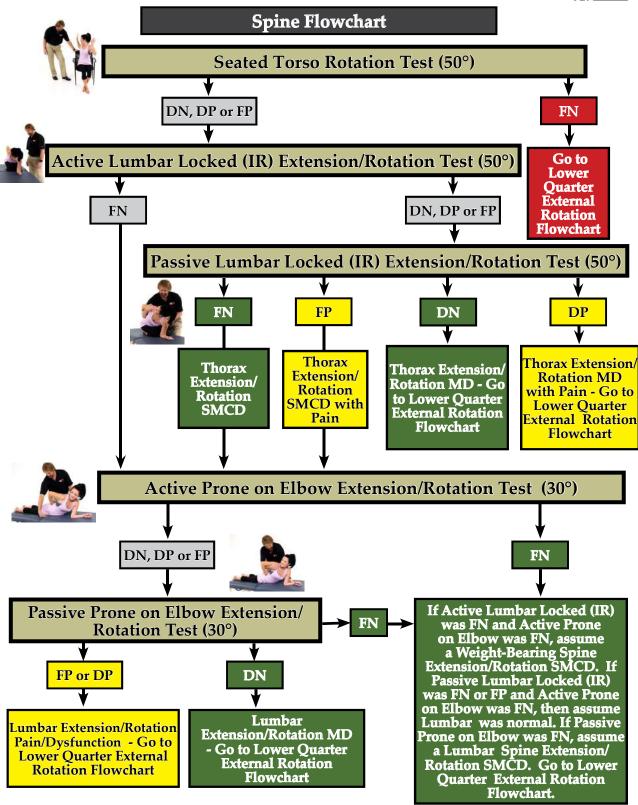






MULTI-SEGMENTAL ROTATION BREAKOUTS

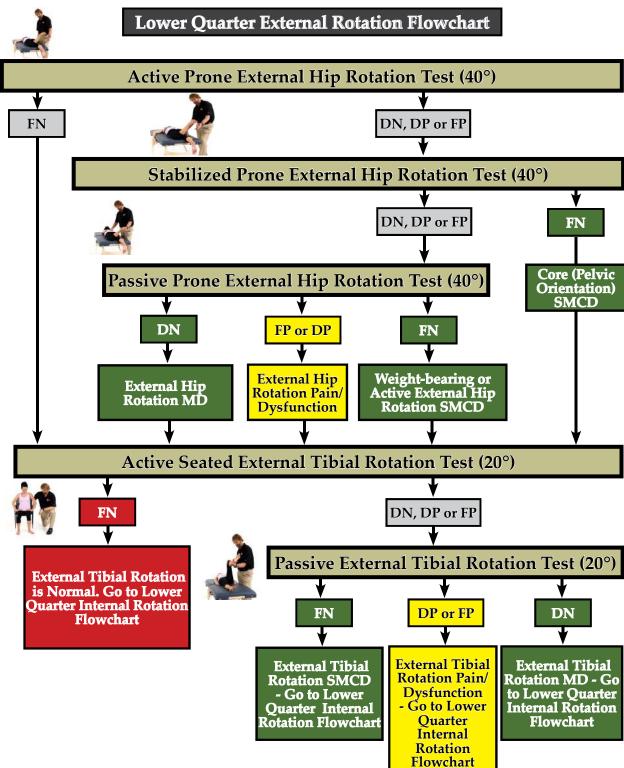






MULTI-SEGMENTAL ROTATION BREAKOUTS

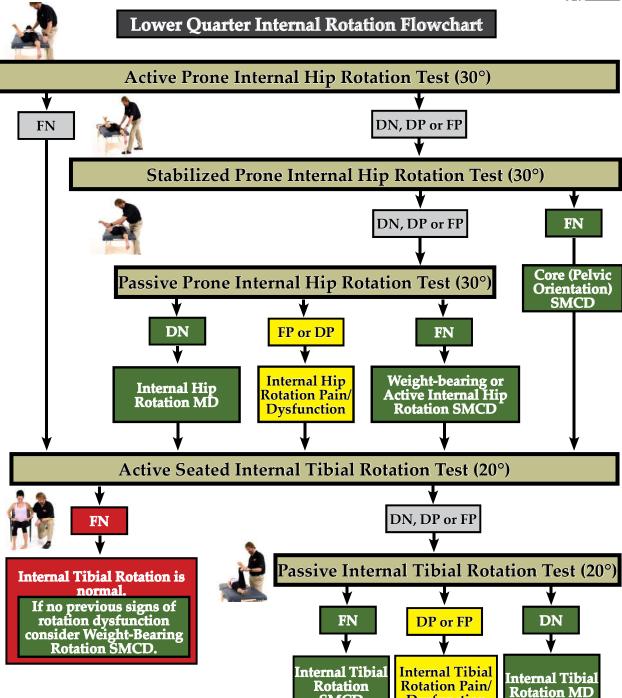






MULTI-SEGMENTAL ROTATION BREAKOUTS





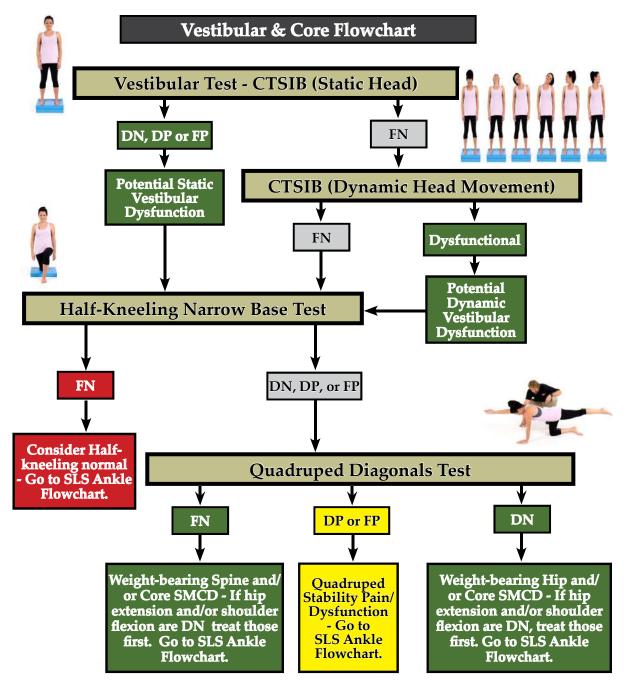


SMCD

Dysfunction

SINGLE-LEG STANCE BREAKOUTS







SINGLE-LEG STANCE BREAKOUTS **Ankle Flowchart** Active Tandem Dorsiflexion - Knee Extended Test FN DN, DP or FP Passive Prone Dorsiflexion -Knee Extended Test (20°) DP or FP DN Dorsiflexion Pain/ **Dorsiflexion SMCD Dorsiflexion MD** Dysfunction Active Tandem Plantarflexion Test (40°) DN, DP or FP FN Passive Prone Plantarflexion Test (40 $^{\circ}$) FN DN DP or FP Plantarflexion Pain/ **Plantarflexion SMCD** Plantarflexion MD Active Seated Ankle InversionTest DN, DP or FP FN **Passive Ankle Inversion Test** DN DP or FP FN Ankle Inversion **Ankle Inversion MD** Ankle Inversion SMCD Pain/Dysfunction DN, DP or FP Active Seated Ankle EversionTest **Passive Ankle Eversion Test** FN DP or FP DN FN Ankle Eversion is normal. If no Green Boxes so far = **Ankle Eversion Ankle Eversion Ankle Eversion Proprioceptive Deficit** Pain/Dysfunction **SMCD**

