

10.0 Structural Evaluation

The client may report a number of physical aches and pains. If 'Structural Evaluation' comes up from the Healing Menu, a full structural evaluation in the Root Chakra of the Healing Pathway Protocol may be necessary. If so, the form below provides for a detailed evaluation and record. It will be available on the Web Site.

Client Structural Evaluation Form

In all bilateral tests we are examining whether there is a difference in the Range of Motion (ROM) from one side to the other and if there is any discomfort on either side?

Head and Neck

Body area	Criteria	Observation
Head	Are ears, eyes and jaw parallel to floor?	
Shoulders	Are they parallel to floor?	
Shoulders (side)	Is one ahead of the other?	
Hips	Are they parallel to floor?	
Hips (side)	Is one ahead of the other?	
Pelvis	Tilted forward or back?	
Knees	Alignment. Is one in front of the other?	
Feet	Are they symmetrical on the floor?	
Neck – range of motion	Turn head to one side and then the other. ROM?	
Neck – range of motion (2)	Facing the front, move right ear to right shoulder, then left ear to left shoulder. ROM?	
Neck – range of motion (3)	Facing the front, move chin to chest. Is there any discomfort? ROM?	
Neck – range of motion (4)	Facing the front, bend head gently backwards. Is there any discomfort? ROM?	

Shoulders

Body area	Criteria	Observation
Shoulders (1)	Arm at side, bend elbow 90° so elbow and upper arm are parallel to floor. Lift arm. Repeat on other side.	
Shoulders (2)	Reach arm up and behind head, reaching as far over to the opposite shoulder as possible. Repeat on other side.	
Shoulders (3)	Reach arm up and behind head, reaching as far down the spine as possible. Repeat on other side.	
Shoulders (4)	Reach arm down and behind back, reaching as across the back as possible. Repeat on other side.	
Shoulders (5)	Reach arm down and behind back, reaching as far up the spine as possible. Repeat on other side.	

Arms

Body area	Criteria	Observation
Arms (1)	Bend and straighten each arm fully.	
Arms (2)	Palm upwards, elbow bent at 90°. Rotate hand as far as it will go. Do other side.	
Arms (3)	Palm downward, elbow bent at 90°. Bend wrist as far towards the floor and then as far upwards as possible. Do other side.	
Arms (4)	Palm downward, elbow bent at 90°. Bend wrist as far to the right and then as far to the left as possible. Do other side.	

Lower Back

For all of the following evaluations, the client should stand with legs straight, feet slightly apart and keep the legs straight during the test.

Body area	Criteria	Observation
Lower Back (1)	Bend over at the waist. What is the ROM? Is there any discomfort?	
Lower Back (2)	Place hands on back of hips. Arch backwards while looking at the ceiling. What is the ROM? Is there any discomfort?	
Lower Back (3)	Hands at the side, bend sideways to the right, ie sliding the hand down the side seam as far as it will go. Repeat on the left.	
Lower back (4)	Arms folded across chest, keep legs and hips stationary, facing the front. Keep head and neck in line with chest. Rotate as far as possible to the right, then to the left.	

Hips

Body area	Criteria	Observation
Hips (1)	Stand or sit if preferred. Keep spine vertical. Grasp right knee with both hands and pull towards chest. Repeat on other side.	
Hips (2)	Sitting down, place outside of right foot on top of left thigh, near the knee. Allow right leg to relax as far as it can. Repeat on other side.	
Hips (3)	Sitting down, lift one leg and cross it over the other. Grasp the knee of the upper leg and pull it gently towards the opposite hip. Repeat on other side.	

Ankles and Feet

Body area	Criteria	Observation
Ankle (1)	Sit on a chair. Point one foot at a time away from the body.	
Ankle (2)	Sit on a chair. Point one foot at a time towards the head.	
Ankle (3)	Sit on a chair. Bend each ankle in turn so that the bottom of the foot is facing outwards.	
Ankle (4)	Sit on a chair. Bend each ankle in turn so that the bottom of the foot is facing inwards.	
Ankle (5)	Lie down, legs straight, shoulder width apart. Rotate each foot inwards, one after the other.	
Ankle (6)	Lie down, legs straight, shoulder width apart. Rotate each foot outwards, one after the other.	
Feet (1)	Sit on a chair. Curl the toes of one foot at a time towards the floor.	
Feet (2)	Sit on a chair. Curl the toes of one foot at a time towards the head.	