

# Modified Schober Test (Lumbar Range of Motion)

Client Name \_\_\_\_\_ Date \_\_\_\_\_

## INTRODUCTION:

The modified Schober method: a technique for assessing spinal motion. Although the technique is reliable (Moll & Wright, 1971), its primary usefulness may be in screening for the very limited mobility that patients exhibit who have diseases like ankylosing spondylitis.

## INSTRUCTIONS:

- 1.) Use a pen to mark the midpoint between the posterior superior iliac spines (PSIS). Then use your tape measure to identify and mark two points: (1) one that is 10 cm superior to the PSIS, and (2) one that is 5 cm inferior to the PSIS.
- 2.) As the client flexes the spine as far as possible, measure and record the distance between the superior and inferior marks.
- 3.) Similarly, measure and record the distance between the superior and inferior marks as your partner extends the spine as far as possible.

## VISITS:

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