

RMO EVALUATION SHEET

GLOBAL MOVEMENT → NEURO → REGIONAL

PATIENT _____ DATE _____ EXAMINER _____ IRRITABILITY **LOW** **MOD** **HIGH**

TOP TIER — GLOBAL MOVEMENT					CHECK ONE	
MOVEMENT	SIDE	FN	FP	DN	DP	
Cervical Flexion						
Cervical Extension						
Cervical Rotation	L					
	R					
UE Pattern 1 MRE — medial rotation / extension	L					
	R					
UE Pattern 2 LRF — lateral rotation / flexion	L					
	R					
Multi-Segmental Flexion						
Multi-Segmental Extension						
Multi-Segmental Rotation	L					
	R					
Single-Leg Stance	L					
	R					
Arms-Down Deep Squat						
FN functional non-painful · FP functional painful · DN dysfunctional non-pain · DP dysfunctional painful						

DERMATOMES		LIGHT TOUCH	
LEVEL	L	R	
UPPER EXTREMITY			
C3 supraclavicular			
C4 AC joint / shoulder			
C5 lateral arm			
C6 thumb			
C7 middle finger			
C8 little finger			
T1 medial forearm			
T2 medial arm / axilla			
LOWER EXTREMITY			
L2 anterior thigh			
L3 medial knee			
L4 medial malleolus			
L5 dorsal 1st web			
S1 lateral heel			
S2 posterior thigh			
N normal · ↓ diminished · ↑ hypersensitive · 0 absent			

MYOTOMES		MMT 0–5	
LEVEL / ACTION	L	R	
UPPER EXTREMITY			
C4 shoulder shrug			
C5 shoulder abduction			
C6 elbow flex / wrist ext			
C7 elbow ext / wrist flex			
C8 thumb ext / finger flex			
T1 finger abd / add			
LOWER EXTREMITY			
L2 hip flexion			
L3 knee extension			
L4 ankle dorsiflexion			
L5 great toe extension			
S1 ankle PF / eversion			
S2 knee flexion			
Grade strength and fatigue on repetition. Repeated-contraction weakness = neural until proven otherwise.			

REFLEXES			0 – 4+	
REFLEX	L	R		
Biceps C5				
Brachioradialis C6				
Triceps C7				
Patellar L3–L4				
Achilles S1				
Babinski / Clonus UMN				
0 absent · 1+ diminished · 2+ normal · 3+ brisk · 4+ clonus				
NEURODYNAMICS + / – ROM SX				
TEST	L	R		
UPPER EXTREMITY				
Median ULNT 1				
Radial ULNT 2b				
Ulnar ULNT 3				
LOWER EXTREMITY				
Slump				
Straight Leg Raise				
Record range at symptom onset + structural differentiation.				
FINDINGS · PALPATION · PLAN				