

Figure 83. Lumbar Range of Motion

Movement	Description	Range					
Lumbar Flexion	T12 ROM						
	Sacral ROM						
	True lumbar flexion angle ±10% or 5°?						
	Maximum true lumbar flexion angle % impairment	Yes	No				
Lumbar Extension	T12 ROM						
	Sacral ROM						
	True lumbar extension angle ±10% or 5°?						
	Maximum true lumbar extension angle % impairment	Yes	No	(add Sacral flexion and extension ROM and compare to tightest Straight Leg Raising Angle)			
Straight Leg Raising, Right	Right SLR ±10% or 5°?						
	Maximum SLR Right	Yes	No	(if tightest SLR ROM exceeds sum of Sacral flexion and extension by more than 10°, Lumbar ROM test is invalid)			
Straight Leg Raising, Left	Left SLR ±10% or 5°?						
	Maximum SLR Left	Yes	No	(if tightest SLR ROM exceeds sum of Sacral flexion and extension by more than 10°, Lumbar ROM test is invalid)			
Lumbar Right Lateral Flexion	T12 ROM						
	Sacral ROM						
	Lumbar right lat flexion angle ±10% or 5°?						
	Maximum lumbar right lat flexion angle % Impairment	Yes	No				
Lumbar Left Lateral Flexion	T12 ROM						
	Sacral ROM						
	Lumbar left lat flexion angle ±10% or 5°?						
	Maximum lumbar left lat flexion angle % Impairment	Yes	No				
Lumbar Ankylosis in Lateral Flexion	Position					(Excludes any impairment for abnormal flexion/extension motion)	
	% Impairment						
Total Lumbar Range of Motion Impairment (add all ROM impairments if no ankylosis: use ankylosis impairment value if ankylosis is present)							

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Straight-Leg Raise (SLR) Validity Test for Lumbar Flexion

- Max SLR Right _____
Max SLR Left _____
- Tightest SLR _____ **(Select smallest number from Step 1)**
- Sum of best **sacral** flexion and **sacral** extension measurements _____ (Selected from above).
Use **Sacral ROM**, NOT true lumbar flexion/extension angles.
- Tightest SLR - (Sacral flexion + Sacral extension)
(Step 2) _____ - (Step 3) _____ = _____
- If the above (#4) is greater than 10 degrees, lumbar flexion is invalid
- For final invalidation**, claimant must have 2 sets of 3 measurements on 2 separate dates (total of 12).
 - See Level II Accreditation Curriculum (ROM of Spine) (Impairment Rating Tips)
 - DOWC Website: www.colorado.gov/cdle/dwc