Figure 83. Lumbar Range of Motion

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

1. Max SLR Right _____
   Max SLR Left _____
2. Tightest SLR _____ **(Select Lowest from Step 1)**
3. Sum of best **sacral** flexion and extension measurements _____ (Selected from figure above). Use **Sacral ROM**, NOT true lumbar flexion/ extension angles.
4. Tightest SLR – (Sacral flexion +Sacral extension)
   (Step 2)_____ – (Step 3)_____=_____
5. If the above (#4) *is greater than 10 degrees, lumbar flexion is invalid.*
6. **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