



The McKenzie Institute® Assessment Forms

Guide to Abbreviations and Terminology used for the Completion of the Assessment Forms with Mechanical Diagnosis and Therapy®

History: Page One	
<i>Patient responses are recorded but supplemented by the clinician as appropriate</i>	
Referral:	GP = General Practitioner Orth = Orthopaedic Specialist
NPRS:	NPRS = Numerical Pain Rating Scale
Better / Worse Section:	am = morning; pm = evening
Disturbed Sleep:	sup = supine; R = right; L = left

Physical Examination: Page Two	
Movement Loss:	Maj = major; Mod = moderate; Min = minimal; Nil = no loss R = right; L = left

Test Movements:	<p>Describe effect on present pain – During:</p> <ul style="list-style-type: none"> • P = Produces • A = Abolishes • ↑ = increases; ↓ = decreases; NE = no effect <p><u>LUMBAR:</u></p> <p>Pretest symptoms standing:</p> <ul style="list-style-type: none"> • Rep Repeat • FIS Flexion in standing • Rep FIS Repeat Flexion in standing • EIS Extension in standing • Rep EIS Repeat Extension in standing <p>Pretest symptoms lying:</p> <ul style="list-style-type: none"> • FIL Flexion in lying • Rep FIL Repeat Flexion in lying • EIL Extension in lying • Rep EIL Repeat Extension in lying <p>If required pretest symptoms:</p> <ul style="list-style-type: none"> • SG Side gliding • SGIS Side gliding in standing • SGIS – R Side gliding in standing right • Rep SGIS – R Repeat Side gliding in standing right • SGIS - L Side gliding in standing left • Rep SGIS – L Repeat Side gliding in standing left <p>Other tests:</p> <ul style="list-style-type: none"> • FISitt Flexion in sitting • Rep FISitt Repeat Flexion in sitting • FISS Flexion In Step Standing • Rep FISS Repeat Flexion In Step Standing <p><u>CERVICAL:</u></p> <p>Pretest symptoms standing:</p> <ul style="list-style-type: none"> • PRO Protrusion • Rep PRO Repeat Protrusion • RET Retraction • Rep RET Repeat Retraction • RET EXT Retraction Extension • Rep RET EXT Repeat Retraction Extension <p>Pretest symptoms lying: As above</p>
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Test Movements cont.:	<p>CERVICAL cont.:</p> <p>If required pretest pain sitting:</p> <ul style="list-style-type: none"> · LF – R Lateral Flexion right · Rep LF – R Repeat Lateral Flexion right · LF – L Lateral Flexion left · Rep LF – L Repeat Lateral Flexion left · ROT – R Rotation right · Rep ROT – R Repeat Rotation right · ROT – L Rotation left · Rep ROT – L Repeat Rotation left · FLEX Flexion · Rep FLEX Repeat Flexion <p>Symptomatic response: PDM = Pain during movement ERP = End range pain</p> <p>Mechanical response: ↑ = increase; ↓ = decrease; ROM = Range of movement</p>
Static Tests:	(see below)
Principle of Management:	Education: TYOB = Treat Your Own Back; TYON = Treat Your Own Neck

During Loading - Either by repeated movements or sustained postures (<i>Static Tests</i>)		
Produce	P	Movement or loading creates symptoms that were not present prior to the test.
Abolish	A	Movement or loading abolishes symptoms that were present prior to the test.
Increase	↑	Symptoms already present are increased in intensity.
Decrease	↓	Symptoms already present are decreased in intensity.
No Effect	NE	Movement or loading has no effect on the symptoms during the testing.
Centralising	CE'g	Movement or loading moves the most distal pain proximally.
Peripheralising	PE'g	Movement or loading moves the pain more distally.

After Loading - Either repeated movements or sustained postures		
Worse	W	Symptoms produced or increased with movement or loading remain aggravated following the test.
Not Worse	NW	Symptoms produced or increased with movement or loading return to baseline following the test.
Better	B	Symptoms decreased or abolished with movement or loading remain improved after testing. - Or - Symptoms produced, decrease on repetition, remain better after testing.
Not Better	NB	Symptoms decreased or abolished with movement or loading return to baseline after testing.
Centralised	CE'd	Distal pain abolished by movement or loading remain abolished after testing.
Peripheralised	PE'd	Distal pain produced during movement or loading remain after testing.
No Effect	NE	Movement or loading has no effect on symptoms after testing.