

ACTIVE ASSESSMENTS	CORRECTIVE EXERCISES
Neutral Spine Test	Forward Head correction: 19.1–19.4
	Thoracic Spine corrections: 13.1–13.5
	Increased lumbar curve correction: 3.1–3.4, 4.5, 8.1–8.4
	Decreased lumbar curve Correction: 2.1,11.1–11.2, 13.4, 16.2
Cervical Flexion Range of Motion	19.1–19.4
Thoracic Spine Rotation Range of Motion	13.1–13.5
Pectoralis Minor Length Test	14.1, 16.2–16.4, 17.1–17.4, 18.2
Pectoralis Major Length Test (clavicular head)	14.1, 17.1–17.2, 17.4, 18.1
Pectoralis Major Length Test (Sternal head)	14.1, 16.2–16.4, 17.1–17.4, 18.2
Shoulder Flexion Range of Motion	13.1–13.5, 16.2–16.3
Shoulder External Rotation Range of Motion	15.4, 16.2–16.3, 17.1–17.4
Shoulder Internal Rotation Range of Motion	15.1–15.4, 16.2
Scapular Upward Rotation	14.1–14.5, 16.3, 17.1, 18.2
Supine Straight Leg Raise	1.1–1.4, 11.1–11.4
Supine FABER	2.2–2.4, 4.1–4.5, 5.1–5.4
Supine Hip and Knee Flexion	2.1–2.4, 3.3–3.4, 4.3, 4.5, 11.1
Seated Hip and Knee Flexion	1.1–1.2, 1.4, 11.1–11.4
Quadruped Rock Back	Part 1:
	Forward Head correction: 19.1–19.4
	Thoracic Spine corrections: 13.1–13.5
	Increased lumbar curve correction: 3.1–3.4, 4.5, 8.1–8.4
	Decreased lumbar curve correction: 2.1,11.1–11.2, 13.4, 16.2
	Part 2:
	2.1–2.4, 3.3–3.4
Prone Knee Flexion	3.1–3.4, 8.1–8.2
Thomas Test	Rectus femoris: 3.1–3.2, 8.1
	Psoas: 1.2, 1.4, 3.3, 4.3, 4.5, 8.3
	Tensor Fascia Latae: 3.4, 6.2, 8.4
Supine Hip Abduction and Adduction	Abduction: 5.1–5.5
	Adduction: 6.1–6.2, 7.1, 8.4
Seated Hip Internal Rotation	5.4, 6.1, 7.1–7.3
Seated Hip External Rotation	5.1–5.5
Prone Hip Internal Rotation	5.4, 7.2–7.4
Prone Hip External Rotation	5.1–5.5
Closed Chain Ankle Dorsiflexion	12.1–12.3
Single-Leg Squat	4.1, 5.5, 9.1–9.4, 10.1–10.2
Single-Leg Bridge	8.1–8.4