



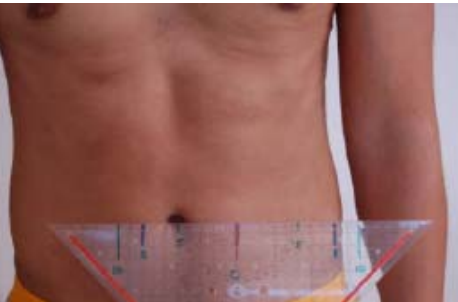
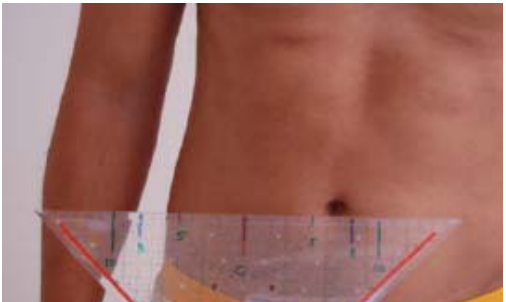



Test	Correct	Not correct
<p>Test 1. "Waiters bow": Flexion of the hips in upright standing without movement (flexion) of the low back</p>	<p>Forward bending of the hips without movement of the low back (50-70° Flexion hips).</p> 	<p>Angle hip Flexion without low back movement less than 50° or Flexion occurring in the low back.</p> 
<p>Test 2. Pelvic tilt Dorsal tilt of pelvis actively in upright standing.</p>	<p>Actively in upright standing; keeping thoracic spine in neutral, lumbar spine moves towards Flexion.</p> 	<p>Pelvis does not tilt or low back moves towards Extension or compensatory Flexion in thoracic spine.</p> 
<p>Test 3. One leg stance: From normal standing to one leg stance: measurement of lateral movement of the belly button. (Position: feet one third of trochanter distance apart).</p>	<p>The distance of the transfer is symmetrical right and left. Not more than 2 cm difference between sides.</p> 	<p>Lateral transfer of belly button more than 10 cm. Difference between sides more than 2 cm.</p> 
<p>Test 4. Sitting knee extension. Upright sitting with neutral lumbar lordosis; extension of the knee without movement (flexion) of low back</p>	<p>Upright sitting with neutral lumbar lordosis; extension of the knee without movement of low back (30-50° Extension of the knee is normal).</p> 	<p>Low back is moving in flexion. Patient is not aware of the movement of the back.</p> 