

AGE SPECIFIC TESTS FOR YOUR BACK



IF YOU ARE UNABLE TO AGREE TO ALL OF THE TASKS LISTED IN YOUR AGE COLUMN YOU SHOULD GET YOUR BACK PAIN ASSESSED BY ONE OF OUR **MUSCULOSKELETAL PHYSIOTHERAPISTS**

	AGE	<35	36-59	60- 79	80+
	1. MY BACK DOESN'T WAKE ME UP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. I CAN BEND WITHOUT PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		TO ANKLES	TO MID SHIN	TO MID SHIN	BELOW KNEES
	3. I CAN ARCH BACK WITHOUT PAIN	<input type="checkbox"/>	<input type="checkbox"/>		
	4. I CAN SIT WITHOUT PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		>60 MINS	UP TO 60MINS	45 MINS	45 MINS
	5. WALKING DURATION WITHOUT BACK DISCOMOFRT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		5KMS OR MORE	5KMS OR MORE	3KMS OR MORE	1KMS OR MORE
	6. DURATION OF WALL SIT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		60 SEC	45 SEC	30 SEC	20 SEC
	7. I CAN RAISE MY LEG WITHOUT BACK PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	8. NUMBER OF CALF RAISES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		30 +	25+	20+	15+
	9. SIT TO STAND WITHOUT USING YOUR HANDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		20 +	20	15 +	10 +



OUR TEAM AT PHYSICA IS HERE TO HELP YOU REGAIN YOUR HEALTH AND ACTIVITY. CONTACT ONE OF OUR TEAM FOR A CHECKUP FROM ONE OF OUR **PHYSIOTHERAPISTS**

RINGWOOD | CHIRNSIDE PARK | KNOXFIELD