

SFMA TOP TIER



SFMA SCORING		FN	FP	DP	DN
Cervical Flexion					
Cervical Extension					
Cervical Rotation	L				
	R				
Upper Extremity Pattern 1(MRE)	L				
	R				
Upper Extremity Pattern 2 (LRF)	L				
	R				
Multi-Segmental Flexion					
Multi-Segmental Extension					
Multi-Segmental Rotation	L				
	R				
Single-Leg Stance	L				
	R				
Arms Down Deep Squat					

SFMA TOP TIER CHECKLIST



Name:

Date:

Total Score:

Cervical Flexion

☐ Painful

- ☐ Can't touch sternum to chin
- ☐ Non-uniform spine curve
- ☐ Excessive effort and/or lack of motor control

Cervical Extension

☐ Painful

- ☐ Not within 10 degrees of parallel
- ☐ Non-uniform spine curve
- ☐ Excessive effort and/or lack of motor control

Cervical Rotation

☐ Painful Right

☐ Painful Left

- ☐ Right ☐ Left Chin/Nose not in line with mid-clavicle
- ☐ Right ☐ Left Excessive effort and/or appreciable asymmetry or lack of motor control

UE Pattern #1 – MRE

☐ Painful Right

☐ Painful Left

- ☐ Right ☐ Left Does not reach inferior angle of scapula
- ☐ Right ☐ Left Excessive effort and/or appreciable asymmetry or lack of motor control

UE Pattern #2 – LRF

☐ Painful Right

☐ Painful Left

- ☐ Right ☐ Left Does not reach spine of scapula
- ☐ Right ☐ Left Excessive effort and/or appreciable asymmetry or lack of motor control

Multi-Segmental Flexion

☐ Painful

- ☐ Cannot touch toes
- ☐ Sacral angle <70 degrees
- ☐ Non-uniform spine curve
- ☐ Lack of posterior weight shift
- ☐ Excessive effort and/or appreciable asymmetry or lack of motor control

Multi-Segmental Extension

☐ Painful

- ☐ Upper extremity does not achieve or maintain 170
- ☐ ASIS does not clear toes
- ☐ Spine of scapula does not clear heels
- ☐ Non-Uniform spine curve
- ☐ Excessive effort and/or lack motor control

Multi-Segmental Rotation

☐ Painful Right

☐ Painful Left

- ☐ Right ☐ Left Pelvis Rotation <50 degrees
- ☐ Right ☐ Left Torso rotation <50 degrees
- ☐ Right ☐ Left Excessive effort and/or lack of symmetry or motor control

Single-Leg Stance

☐ Painful Right

☐ Painful Left

- ☐ Right ☐ Left Eyes open <10 seconds
- ☐ Right ☐ Left Eyes closed < 10 seconds
- ☐ Right ☐ Left Loss of Height
- ☐ Right ☐ Left Excessive effort or lack of symmetry or motor control

Arms Down Deep Squat

☐ Painful

- ☐ Hips do not break parallel
- ☐ Cannot reach fists to ground within footprint
- ☐ Loss of sagittal plane alignment: Right ____ Left ____
- ☐ Excessive effort, weight shift, or motor control

CERVICAL SPINE BREAKOUTS



Limited Cervical Spine Patterns

Active Supine Cervical Flexion Test (Chin to Chest)



DN, DP or FP

FN

Passive Supine Cervical Flexion Test



FN

DN, DP or FP



There is a postural SMCD affecting Cervical Flexion. This includes cervical spine, thoracic spine and shoulder girdle postural dysfunction.

Active Cervical Spine Flexion SMCD

Active Supine OA Cervical Flexion Test (20°)

FN
Bilateral

DN

DP or FP

If Passive Supine Cervical Flexion (PSCF) was DP or DN then treat as Cervical Spine Flexion MD. If PSCF was FP can also be SMCD - perform segmental testing and soft tissue appraisal.

OA/Upper Cervical Flexion MD and/or possible Cervical Spine Flexion MD.

OA/Upper Cervical Flexion Pain/Dysfunction

Active Supine Cervical Rotation Test (80°)



FN



DN, DP or FP

There is a Postural SMCD affecting Cervical Rotation. This includes cervical spine, thoracic spine and shoulder girdle postural dysfunction.

Passive Supine Cervical Rotation Test (80°)

FN



DN, DP or FP

Active Cervical Spine Rotation SMCD

C1-C2 Cervical Rotation Test (40°)

FN

DP or FP

DN

Supine Cervical Extension

DN

DP or FP

FN

Cervical Extension MD

Cervical Extension Pain/Dysfunction

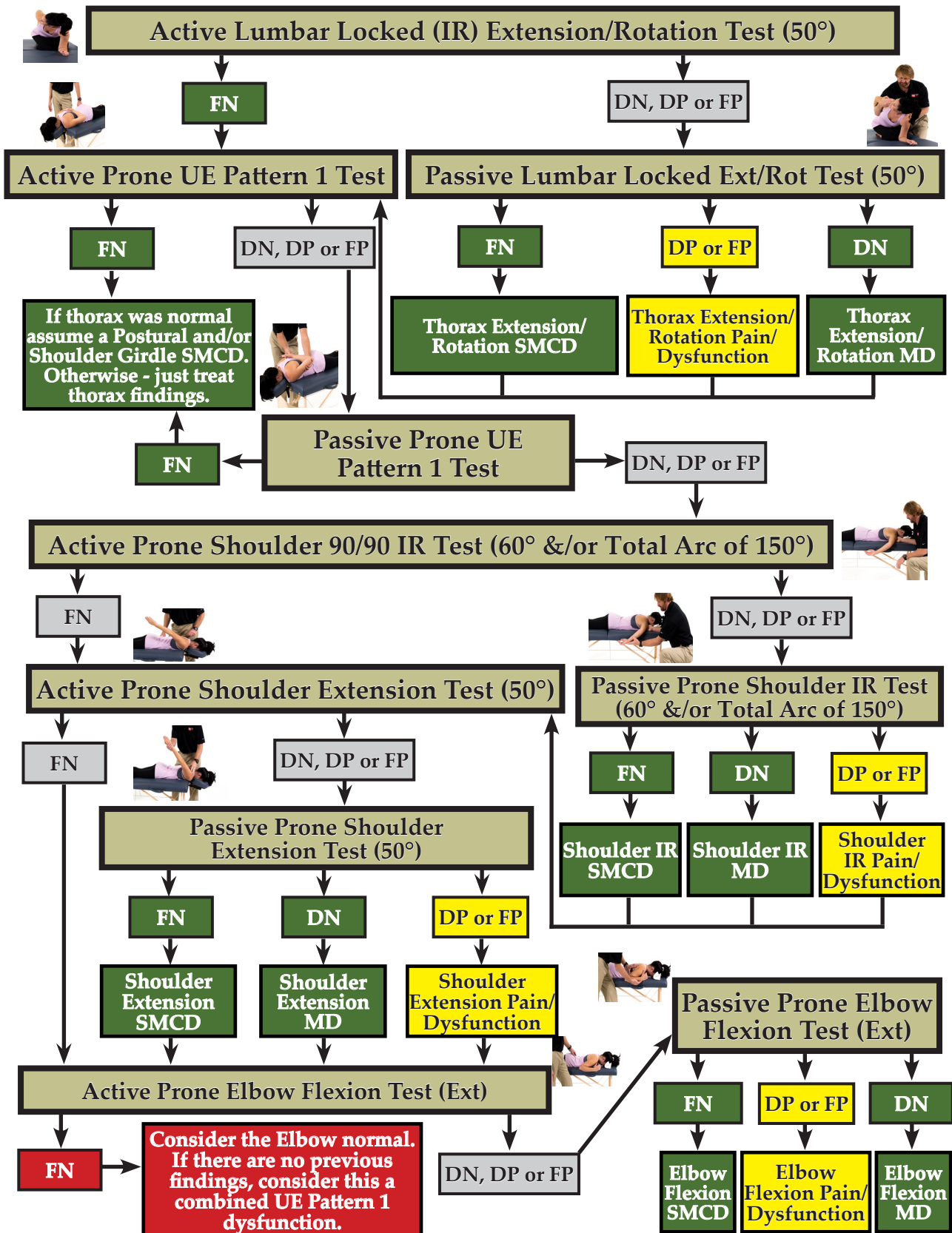
Postural and/or Active Cervical Extension SMCD

If Passive Supine Cervical Rotation (PSCR) was DP or DN then treat as Lower Cervical Rotational MD. If PSCR was FP can also be SMCD - perform segmental testing and soft tissue appraisal.

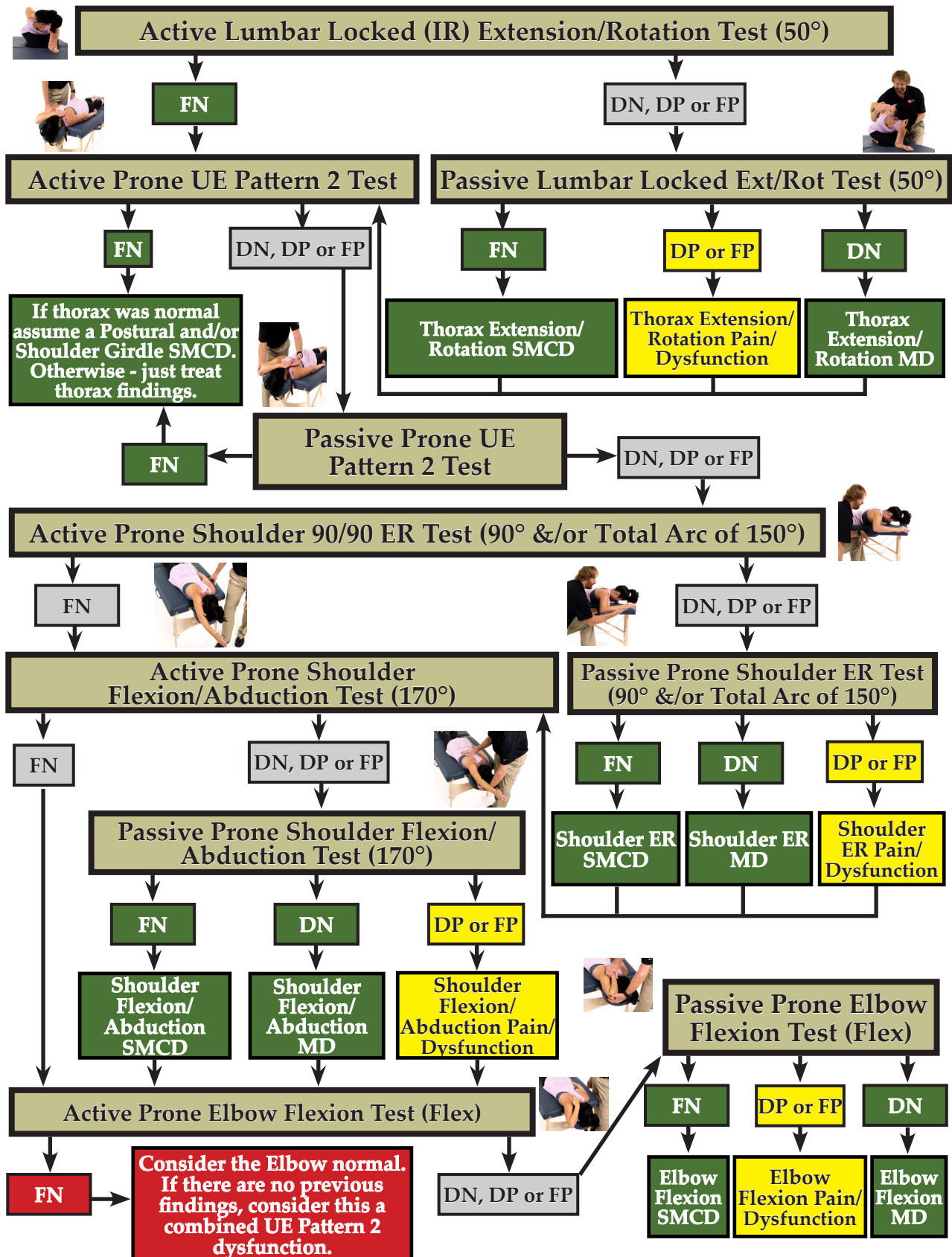
C1-C2 Cervical Rotation Pain/Dysfunction

C1-C2 MD and possible Lower Cervical Spine MD for rotation.

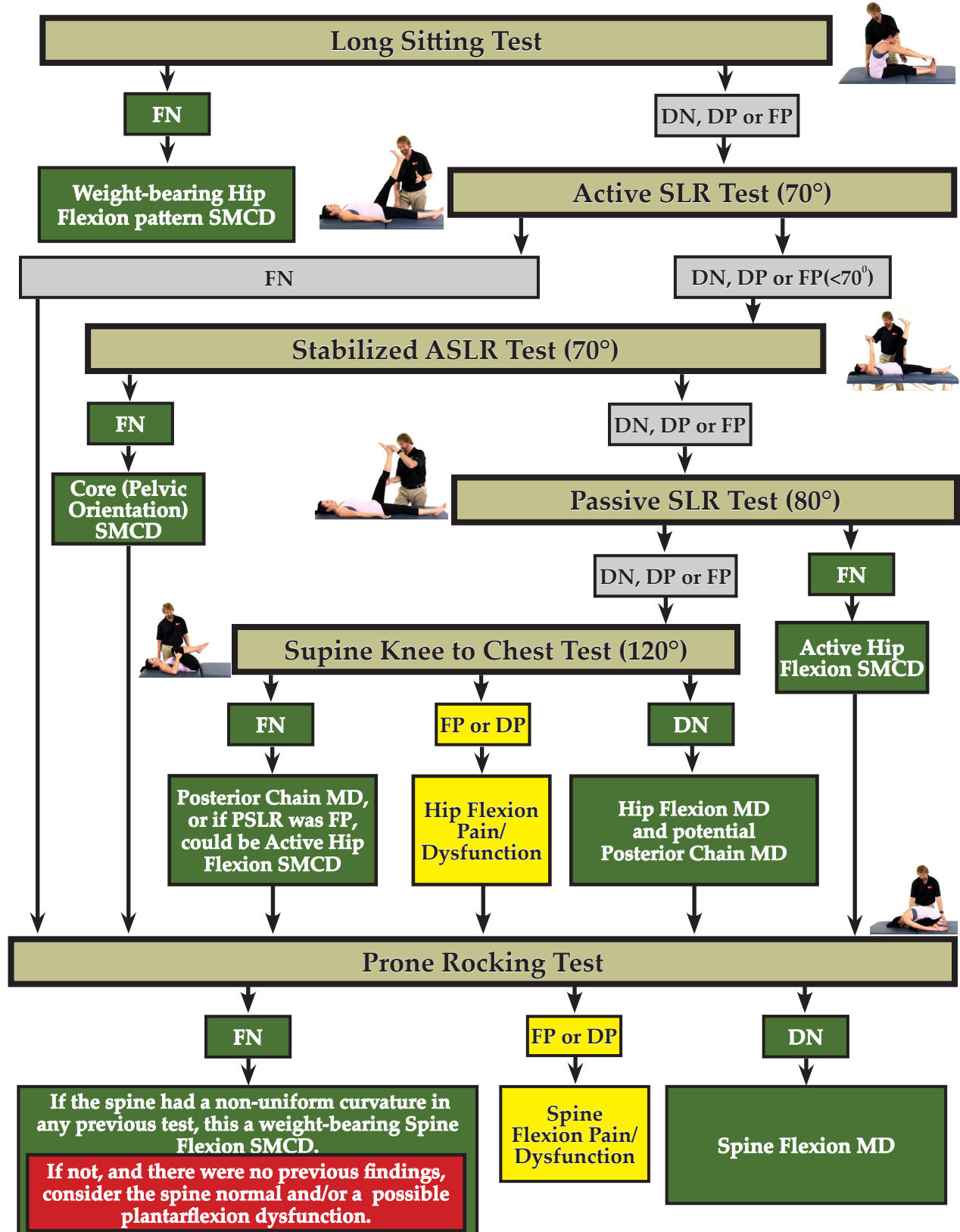
UPPER EXTREMITY PATTERN 1 BREAKOUT



UPPER EXTREMITY PATTERN 2 BREAKOUT



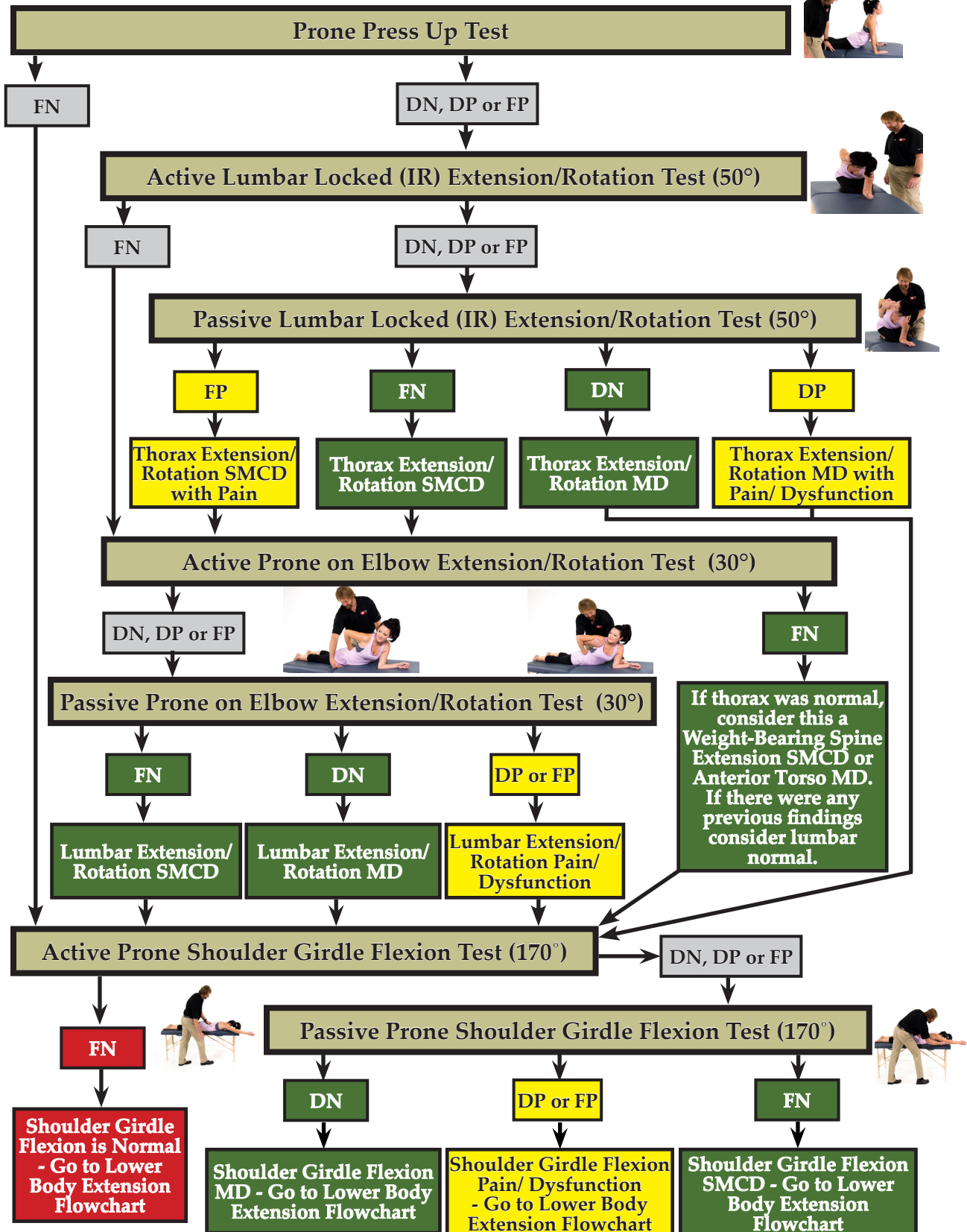
MULTI-SEGMENTAL FLEXION BREAKOUT



MULTI-SEGMENTAL EXTENSION BREAKOUT



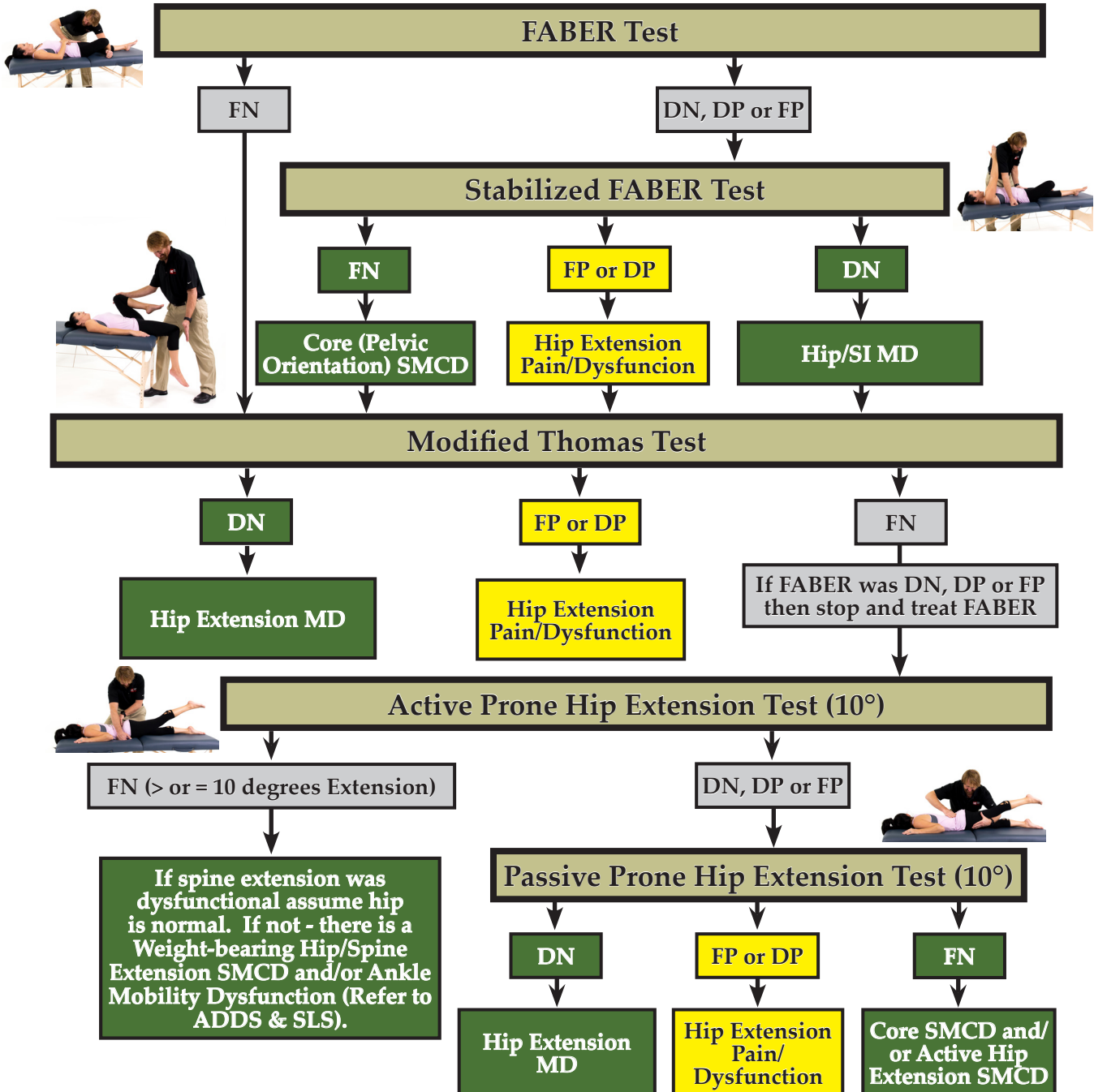
Spine/Upper Body Flowchart



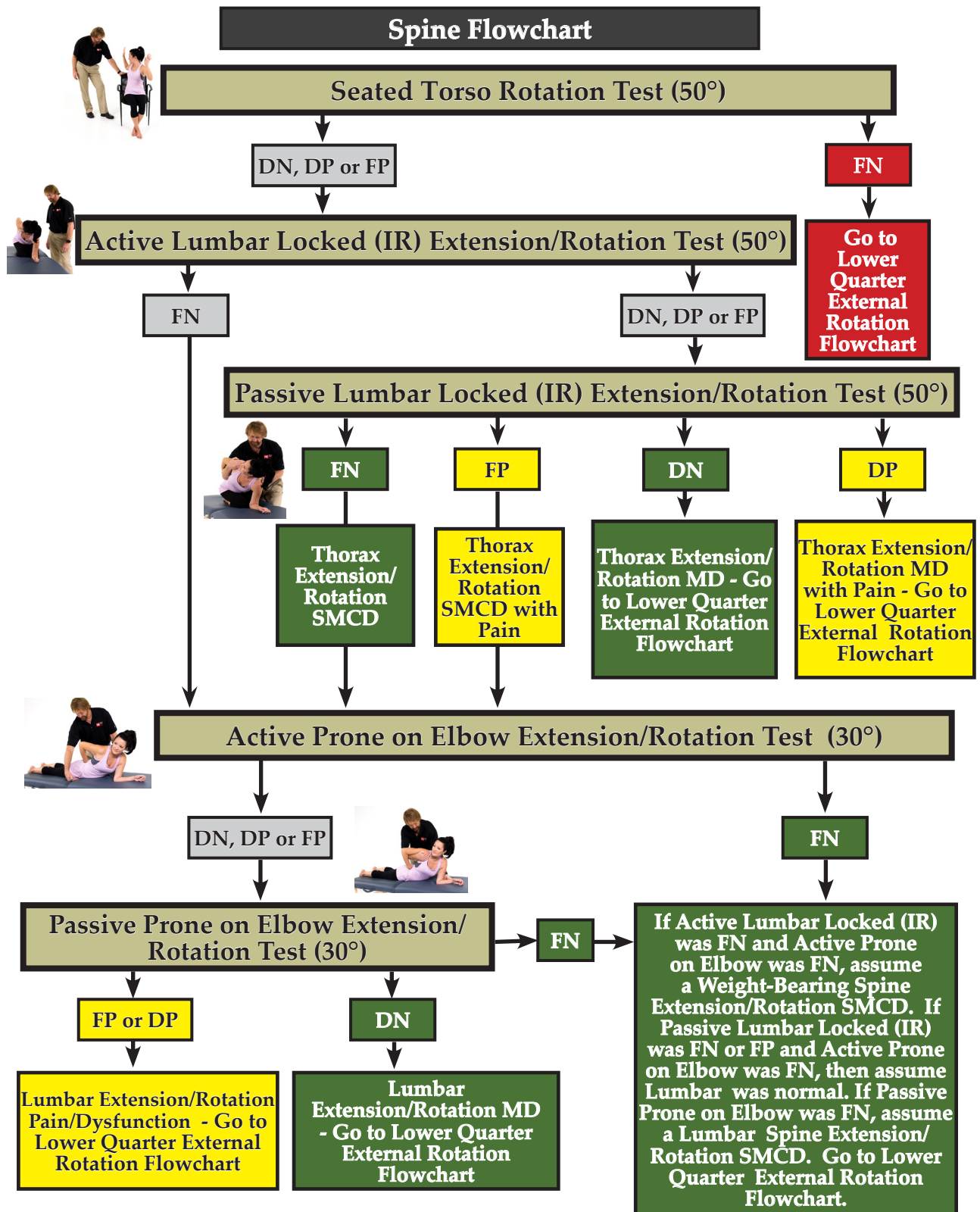
MULTI-SEGMENTAL EXTENSION BREAKOUTS



Lower Body Flowchart



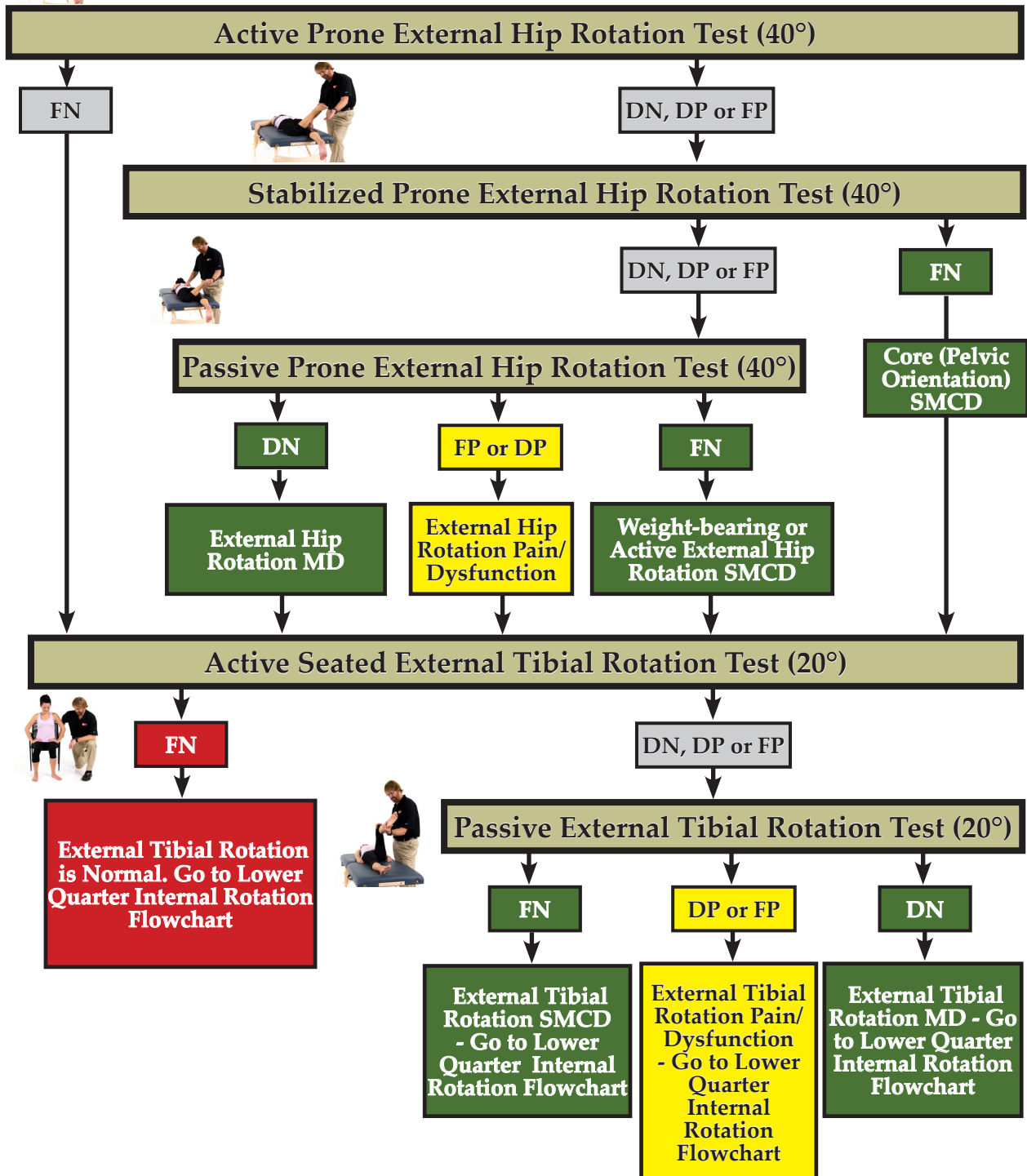
MULTI-SEGMENTAL ROTATION BREAKOUTS



MULTI-SEGMENTAL ROTATION BREAKOUTS



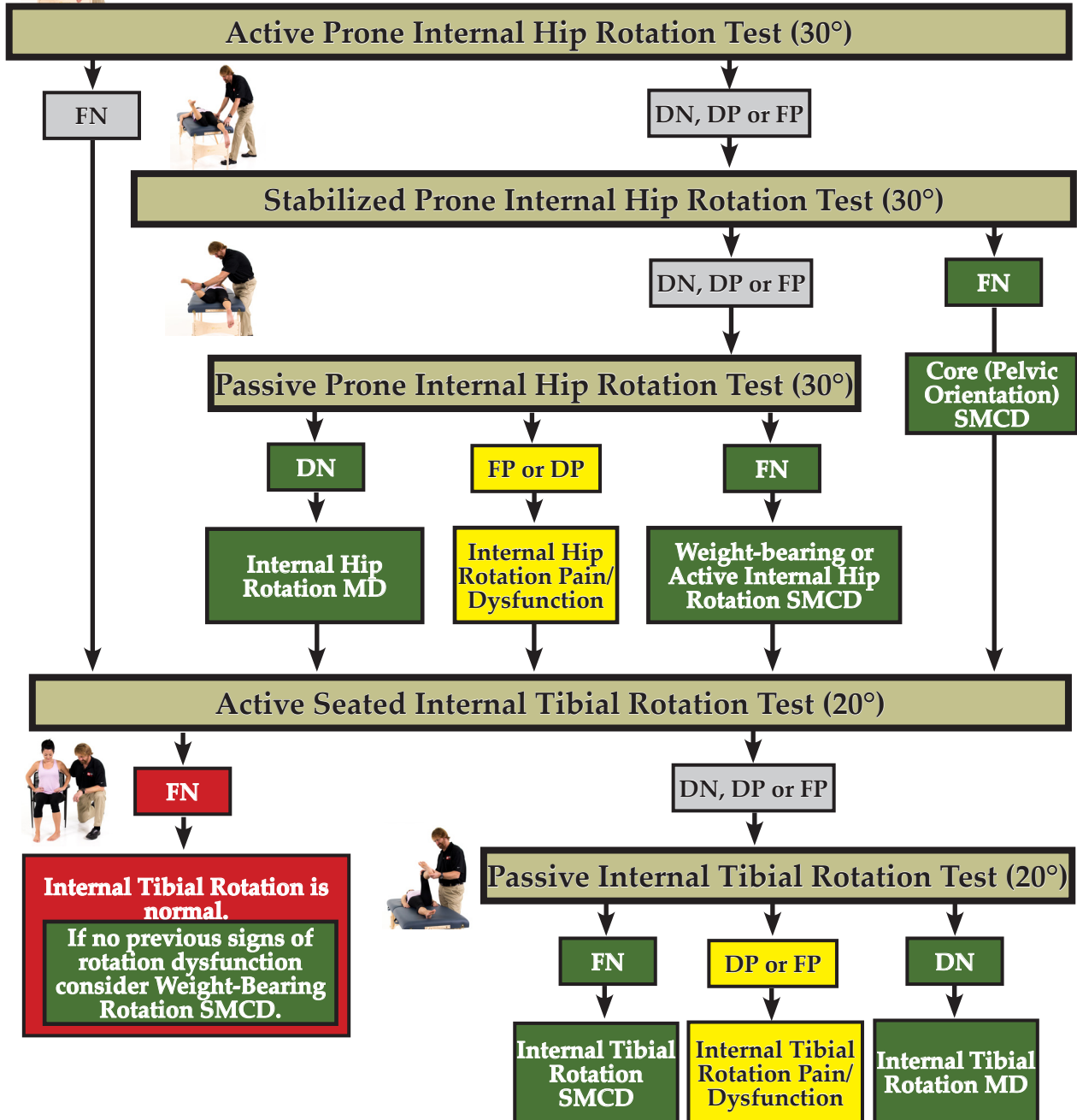
Lower Quarter External Rotation Flowchart



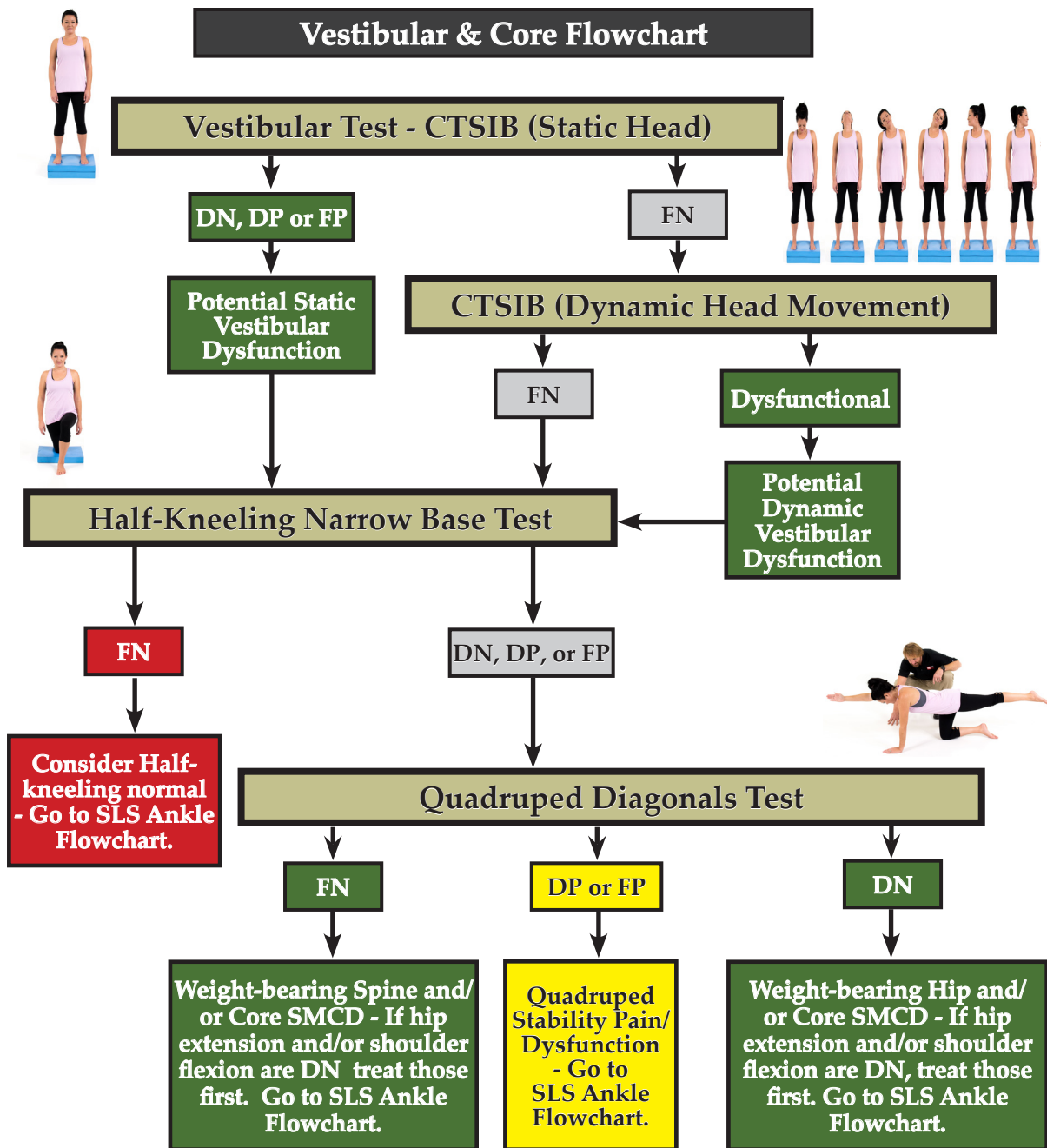
MULTI-SEGMENTAL ROTATION BREAKOUTS



Lower Quarter Internal Rotation Flowchart



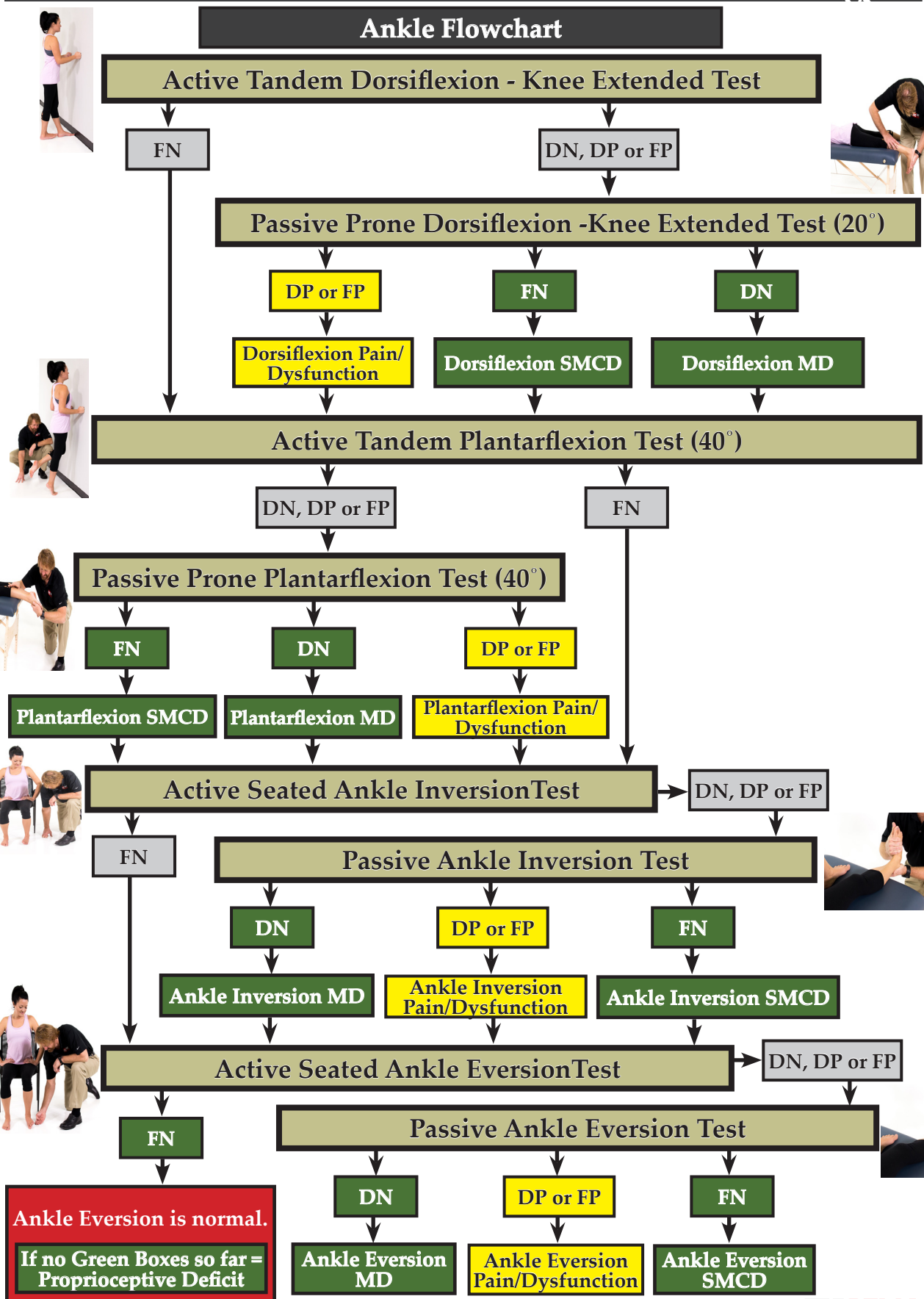
SINGLE-LEG STANCE BREAKOUTS



SINGLE-LEG STANCE BREAKOUTS



Ankle Flowchart



ARMS DOWN DEEP SQUAT BREAKOUT



Active Tandem Dorsiflexion - Knee Flexed Test (40°)

DN, DP or FP

FN

Passive Prone Dorsiflexion Test - Knee Flexed Test (30°)



DP or FP

FN

DN

Dorsiflexion Pain/
Dysfunction

Dorsiflexion SMCD

Dorsiflexion MD



Active Seated Ankle Inversion/Eversion Test

DN, DP or FP

FN

Passive Ankle Inversion/Eversion Test



DP or FP

FN

DN

Ankle Inversion and/or
Eversion Pain/Dysfunction

Ankle Inversion and/or
Eversion SMCD

Ankle Inversion and/or
Eversion MD



Supine Knees to Chest Holding Shins Test (120°)

DN, DP or FP

FN

Supine Knees to Chest Holding Thighs Test (120°)

FN

DP or FP

DN

Knee
Flexion MD

Hip Flexion Pain/
Dysfunction

Hip Flexion MD and
possible Knee Flexion MD



Active Seated Internal Hip Rotation Test (30°)

DN, DP or FP

FN

Passive Seated Internal Hip Rotation Test (30°)



FN

DP or FP

DN

Active Internal Hip Rotation
SMCD with hip flexed

Internal Hip Rotation
Pain/Dysfunction

Internal Hip Rotation
MD with hip flexed



Active Seated External Hip Rotation Test (40°)

DN, DP or FP

FN

Passive Seated External Hip Rotation Test (40°)



FN

DP or FP

DN

If no previous findings
- Weight-bearing Ankle,
Knee and/or Hip SMCD
and/or Normal
Anatomical Variances.

Active External Hip Rotation
SMCD with hip flexed

External Hip Rotation
Pain/Dysfunction

External Hip Rotation
MD with hip flexed

