

# Latissimus Dorsi Test for Muscle Length

Patient's full name:

Date assessed:

Conductor's full name:

## What you need:

A comfortable examination bed or table

## Instructions:

There are two ways to perform this test. We recommend that you do both to cover all bases. This requires the patient to lie down on the examination bed or table, so have them lie down. Make sure they are in supine position.

## Method One

- Tell your patient to fully extend their legs and keep them extended for the whole duration of this method.
- Have your patient raise their arms until their arms hit the table or up to as far as they can possibly reach (if they can't reach the table).
- The Latissimus Dorsi is fine if they can raise their arms 180 degrees or higher, which means their arms should hit the examination bed or table.
- If they can't fully reach the examination bed or table, have them continue trying or provide support by pushing their arms down. If you opt for the latter, do it gently so as not to hurt the patient or cause discomfort.
- If their lumbar spine goes into extension when they attempt to have their arms hit the examination bed or table, they are positive for this test.

Positive

Negative

## Method Two

- The patient must assume a hook line position. This means that they should flex their knees. This means their knees should point upward while their feet are planted on the examination bed or table.
- Have the patient raise their arms again and try to have them reach the examination bed or table. They don't necessarily have to hit them for this test. But if they are able to without support, they are negative.
- Once they have raised their arms as far as they can, bring their legs up and push them into a posterior tilt.
- If their arms come up a bit while pushing their legs up, they are positive for this test.

Positive

Negative

## Additional Comments