

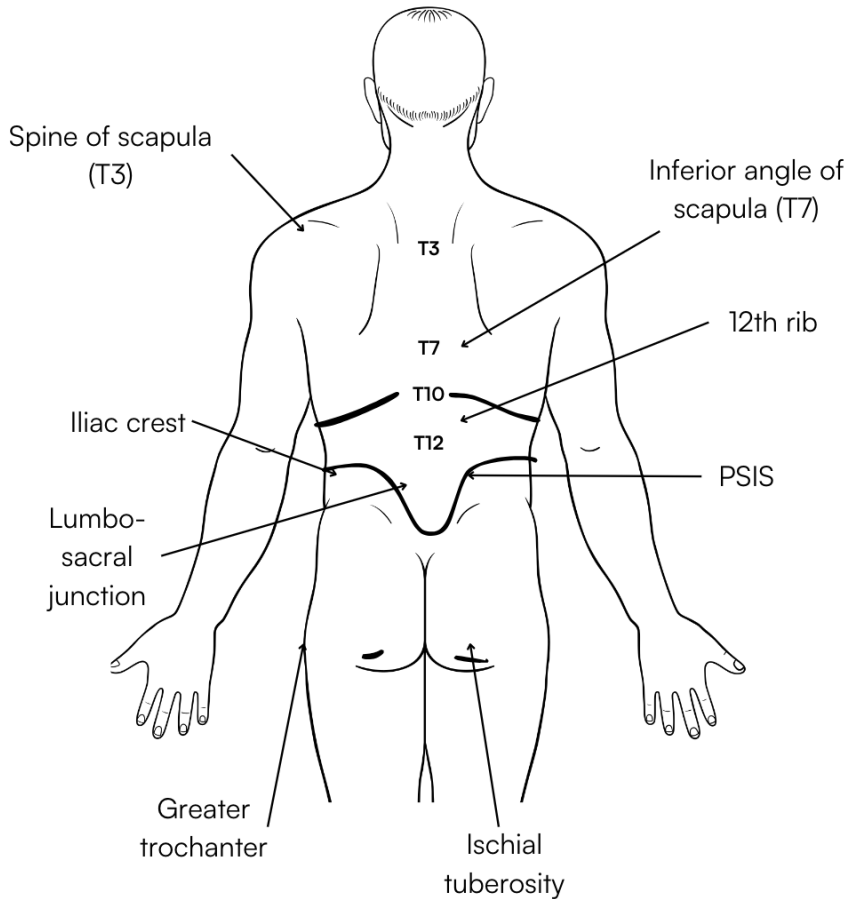
# Schober Test Report

## Patient Details:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Medical Record Number: \_\_\_\_\_ Date of Examination: \_\_\_\_\_

Examiner: \_\_\_\_\_



## Procedure:

1. **Initial Position:** Patient standing upright with feet together and legs straight.

### 2. Marking:

Initial mark at the level of the PSIS: \_\_\_\_\_ (Yes/No)

Mark 10 cm above the initial mark: \_\_\_\_\_ (Yes/No)

Mark 5 cm below the initial mark: \_\_\_\_\_ (Yes/No)

**Initial Distance Measurement:** \_\_\_\_\_ cm (Expected: 15 cm)

### 3. Flexion Measurement:

Patient instructed to bend forward: \_\_\_\_\_ (Yes/No)

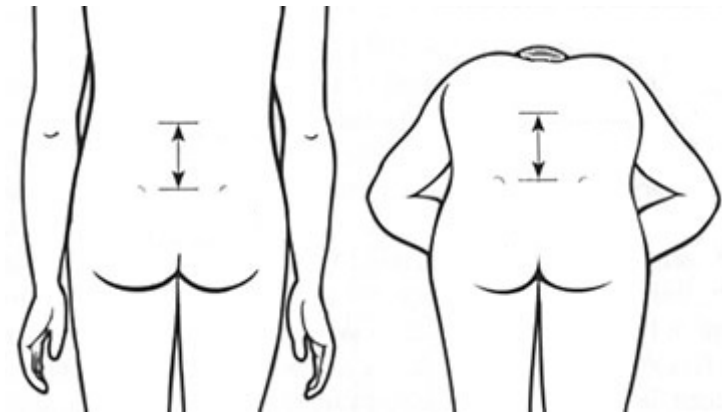
Measurement while bent forward: \_\_\_\_\_ cm

**Increase in distance:** \_\_\_\_\_ cm (Expected increase:  $\geq 5$  cm)

#### Results:

- Normal lumbar mobility.
- Reduced lumbar mobility.

#### Images/Scans:



Source: [Wikimedia Commons](#)

#### Notes:

#### Recommendations/Next Steps:

**Examiner's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

You can print this template and use it for the test.