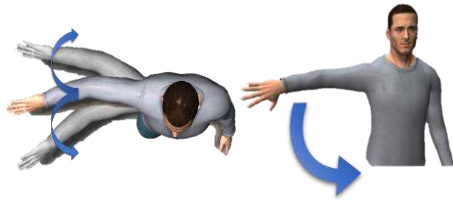


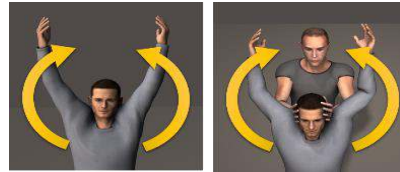
Lie face down with your head off the end of a table or a firm bed as shown in A. Make sure your chest is stable and hold your head straight as shown in B. Time your endurance. When your head begins to fall downward or extend due to fatigue (as shown in C and D), the clock stops.

Write down your time for the neck extensor test: \_\_\_/20 seconds



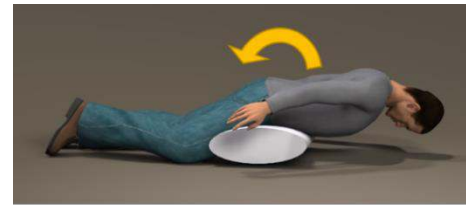
With arm out to the side with the **thumb down**, move the hand completely down and up in the three planes noted. Pass is at least 10 reps slowly (30 up-down movements).

- \_\_\_3-Able to do 30 reps easily w/o pain
- \_\_\_2-Much effort to get to 30 reps or pain with same
- \_\_\_1-Unable to finish 30 reps due to fatigue or pain
- \_\_\_0-Can't perform at all



Lift arms above head all the way. Then have someone hold head firmly and retest. Fail if it's easier to lift the arms with head hold.

- \_\_\_3-No difference between with and without the head hold
- \_\_\_2-Noticeable difference with arms all the way up
- \_\_\_1-Noticeable difference with arms above shoulder but not all the way up
- \_\_\_0-Can't get your arms over shoulder height



Lie on your stomach on a stiff pillow and extend your back so that your chest is off the floor and hold. Time how long you can hold this position.

Write down your time for the back extension test:  
Men: \_\_\_sec/208  
Women: \_\_\_sec/124



Tuck chin and lift head about 2-3 inches and time. If any loss of height or chin tuck occurs, then stop timing. Normal is 38 sec for men and 29 sec for women.

Write down your time for the deep neck flexor test:  
Men: \_\_\_sec/38  
Women: \_\_\_sec/29



Lie on your back with your hips and knees both at 90 degrees and lift your torso off the ground. Time how long you can hold this position.

Write down your time for the abdominal and hip flexor test:  
Men: \_\_\_sec/182  
Women: \_\_\_sec/85

## Regenexx Stability Test

Please take the above test by performing the movements listed. Write down your times or the categories of what you were able to achieve per the written instructions. For more information on this test, including detailed descriptions of how to perform these movements, see the "Stability" chapter in the book, *Orthopedics 2.0*. [Click here for the latest free copy.](#)



Stand and balance on one leg and then perform a single leg deep knee bend. Hold for 10 seconds.

Write down your time for the core stability test:  
Right: \_\_\_sec/10  
Left: \_\_\_sec/10



Stand on one leg as shown and try to balance while holding the ankle steady. Record the number of stable seconds for each side. The clock stops when you feel the wobble.

Write down your time for the ankle/single leg balance test:  
Right: \_\_\_sec/10  
Left: \_\_\_sec/10

