**YOUR CLINIC…**

**SPORTING DOG - BASE LINE ASSESSMENT DAY**

1. **Measurements**

Proximal Thigh Circumference – horizontal as high up as the tape measure will go medially

RH:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm LH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm

Distal Thigh Circumference – Just above lateral femoral epicondyle

RH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm LH:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm

Forearm Circumference – Just below radial head

RF:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm LF:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm

Upper Arm Circumference –Just above the lateral humeral epicondyle

RF:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm LF:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm

Chest circumference - just behind front limbs:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm

Waist circumference – Just ahead of the pelvis:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cm

Weight: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in pounds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in Kg

Height:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Infrared Thermography**

(Pictures / Images will be e-mailed when compiled.)

**check: record:**

\_\_\_\_\_\_ Each side File Numbers\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ Close up each leg to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_ Chest / Front Legs

\_\_\_\_\_\_ Rear / Back Legs

\_\_\_\_\_\_ Back / Topline

1. **GAIT & STANCE**

**Video**

\_\_\_\_\_\_ Left view: x 2 Walk x 2 Trot

\_\_\_\_\_\_ Right view: x 2 Walk x 2 Trot

 **STANCE Photo**

\_\_\_\_\_\_ Left view \_\_\_\_\_\_ Right view

\_\_\_\_\_\_ Front view \_\_\_\_\_\_ Back view

1. **STANCE ANALYZER**

Weight bearing on all 4 limbs. Normal weight bearing should be 30% on each front limb and 20% on each rear limb

Average (of at least 4 trials) Weight bearing

LF:\_\_\_\_\_\_\_\_\_\_ RF:\_\_\_\_\_\_\_\_\_\_ LH:\_\_\_\_\_\_\_\_\_\_ RH:\_\_\_\_\_\_\_\_\_\_

1. **BALANCE TESTS**

Timed X-Leg stands on flat (40 seconds max):\_\_\_\_\_\_\_\_\_\_

Timed X-Leg stand on unstable surface (40 seconds max):\_\_\_\_\_\_\_\_\_\_

Motor Control & timing 3-Leg ‘slide’ (Rate as good or poor):

LH slide:\_\_\_\_\_\_\_\_\_\_ RH slide:\_\_\_\_\_\_\_\_\_\_

Timed Plank (40 seconds max):\_\_\_\_\_\_\_\_\_\_

 Note distance beyond a comfortable ‘stand’ compared to distance planked:\_\_\_\_\_\_\_\_\_\_

 (i.e. 2, 4, 6, 8, 10, 12 inches / centimeters: less for shorter dogs, more for taller dogs)

1. **Jt. Palpation & Soft Tissue Stretches & Palpation – FRONT LIMB**

Note if there is pain, dysfunction, crepitus, thickening. Measurements if restricted.

Note tenderness on palpation, MFTrP, restrictions, or abnormalities

**RIGHT FRONT**

SHLD (flex, ext, abd):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goniometric shld abduction:\_\_\_\_\_\_\_\_\_\_

SHLD GLIDES & Pure G-H ext:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scapular mobility:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Shoulder Palpation – SS, IS, Subscap, Biceps, TMaj, Triceps:

Elbow (flex, ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Elbow Palpation – biceps, triceps, carpal flexors/extensors, MCL, LCL:

Carpus – (flex – ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Carpus – tendons in general, LCL, MCL:

Digits – (flex – ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Digits MCL-LCL at PIP & DIP:

Sesamoids:

**Joint Palpation & Soft Tissue Stretches & Palpation - FRONT LIMB**

Note if there is pain, dysfunction, crepitus, thickening. Measurements if restricted.

Note tenderness on palpation, MFTrP, restrictions, or abnormalities

**LEFT FRONT**

SHLD (flex, ext, abd):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goniometric shld abduction:\_\_\_\_\_\_\_\_\_\_

SHLD GLIDES & Pure G-H ext:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scapular mobility:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Shoulder Palpation – SS, IS, Subscap, Biceps, TMaj, Triceps:

Elbow (flex, ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Elbow Palpation – biceps, triceps, carpal flexors/extensors, MCL, LCL:

Carpus – (flex, ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Carpus – tendons in general, LCL, MCL:

Digits – (flex, ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Digits MCL-LCL at PIP & DIP:

Sesamoids:

1. **Jt. Palpation & Soft Tissue Stretches & Palpation – HIND LIMB**

Note if there is pain, dysfunction, crepitus, thickening. Measurements if restricted.

Note tenderness on palpation, MFTrP, restrictions, or abnormalities

**RIGHT HIND**

Hip (flex, ext, rots, abd):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hip (Ortolani):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hips – Deep Glute, iliopsoas TFL, Sartorius, Pectineus, Gracilis, Hamstrings:

Stifle (flex, ext, Drawer test):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stifle (Postero-med jt line sulcus, Patella):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stifle – Patellar tendon, MCL, LCL, Long head digital extensor tendon:

Tarsus (flex, ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tarsus (Calcaneus wobble, Palpate behind malleoli):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tarsus (Note thickness of distal hock):

Tarsus – Gastrocs, DDFT, peronei, MCL, LCL:

Digits (flex, ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Digits – MCL LCL, of PIP & DIP:

Sesamoids:

**Joint Palpation & Soft Tissue Stretches & Palpation – HIND LIMB**

Note if there is pain, dysfunction, crepitus, thickening. Measurements if restricted.

Note tenderness on palpation, MFTrP, restrictions, or abnormalities

**LEFT HIND**

Hip (flex, ext, rots, abd):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hip (Ortolani):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hips – Deep Glute, iliopsoas TFL, Sartorius, Pectineus, Gracilis, Hamstrings:

Stifle (flex, ext, Drawer test):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stifle (Postero-med jt line sulcus, Patella):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stifle – Patellar tendon, MCL, LCL, Long head digital extensor tendon:

Tarsus (flex, ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tarsus (Calcaneus wobble, Palpate behind malleoli):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tarsus (Note thickness of distal hock):

Tarsus – Gastrocs, DDFT, peronei, MCL, LCL:

Digits (flex, ext, deviations):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Digits – MCL LCL, of PIP & DIP:

Sesamoids:

1. **Spinal Palpation –**

**Neck**:

Adjacent muscle tone

**Thoracic Spine:**

Adjacent muscle tone

**Ribs**:

**L/S:**

Adjacent muscle tone

**Pelvis**:

Adjacent muscle tone (piriformis & glutes)

**Fascial mobility over spine/rib cage/pelvis:**

**Tail**: