

# DynaROM Training

How to set-up and perform a lumbar & cervical exam

## Before Testing:

- ✓ Have patient remove their shoes.
- ✓ Make sure cell phones are at least 5 ft away.
- ✓ Prep skin by wiping down with alcohol and a paper towel. (Avoid cotton towels or anything that will leave residue.)
- ✓ Use dry paper towel to dab skin dry before attaching electrodes.

## QUICK TIPS:

- Always have patient perform 2 practice motions before gathering data for each motion.
- Hands lay flat on the patient to stabilize the devices
- "Red is Right." Red lead wires attach on the right. White lead wires: left. Black is the ground.
- When measuring ROM, FlexVisions are always held perpendicular to the floor with the labels facing you.
- Each test screen is 30 seconds long. Perform 3 motions per screen. 6 markers each.
- Markers: Flexion & extension: Mark at the end of ROM & neutral. Count 2 seconds, press & release button to mark. Lateral flexion & rotation: Mark at peak. In neutral only, count 2 seconds and mark.



Place electrodes equal distances on left & right side from the center of the spine (belly of muscle).



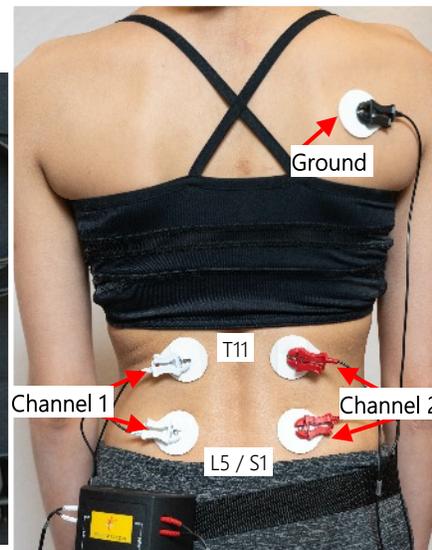
Have patient bend forward, or lean on surface, so skin is stretched to ensure electrodes stick well.



Place the DynaVision comfortably on the hip - you don't want to restrict movement.

## Lumbar Setup

### LUMBAR ELECTRODE PLACEMENT:



Channel 1: left side  
Channel 2: right side  
Ground - bony prominence of shoulder

**IMPORTANT:** Clip lead wires to electrode w/ metal side DOWN.

# Performing the Lumbar Exam



Quick Tip: Extension (#2), switch your hand position with the lower hand on top. This makes it easier for you and the patient to move.

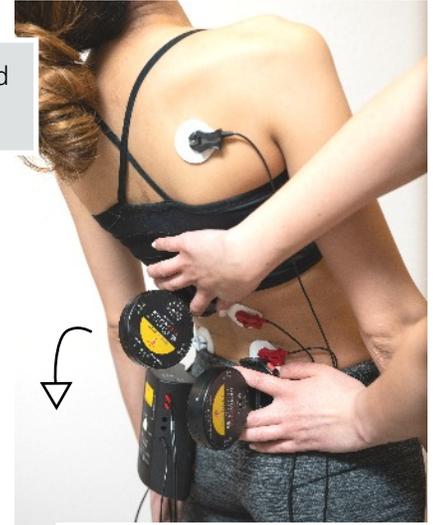
**Lumbar Test:** Complete 3 motions per screen



Flexion Device Placement

1

Flexion: Place hands on low back, Bend forward. "Drop & hang naturally."



2

Extension: Bend backwards. (Stagger the devices so they don't hit.)



Lateral Device Placement

3

Left Lateral Bend: "Slide fingers down leg to left knee."



4

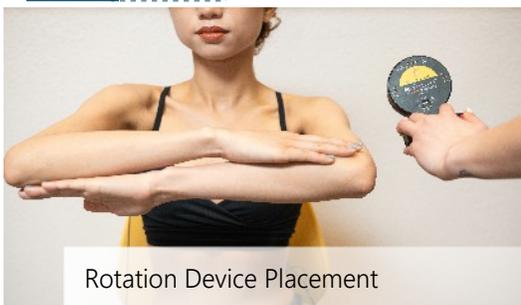
Right Lateral Bend: "Slide fingers down leg to right knee."



ROM is not measured in first set of rotation measures. FlexVision not held on patient. Press button to initiate test & place markers.

5

Left Rotation: Rotate left, leading with elbows. "Genie position"



Rotation Device Placement

6

Right Rotation: Rotate right, leading with elbows. "Genie Position"

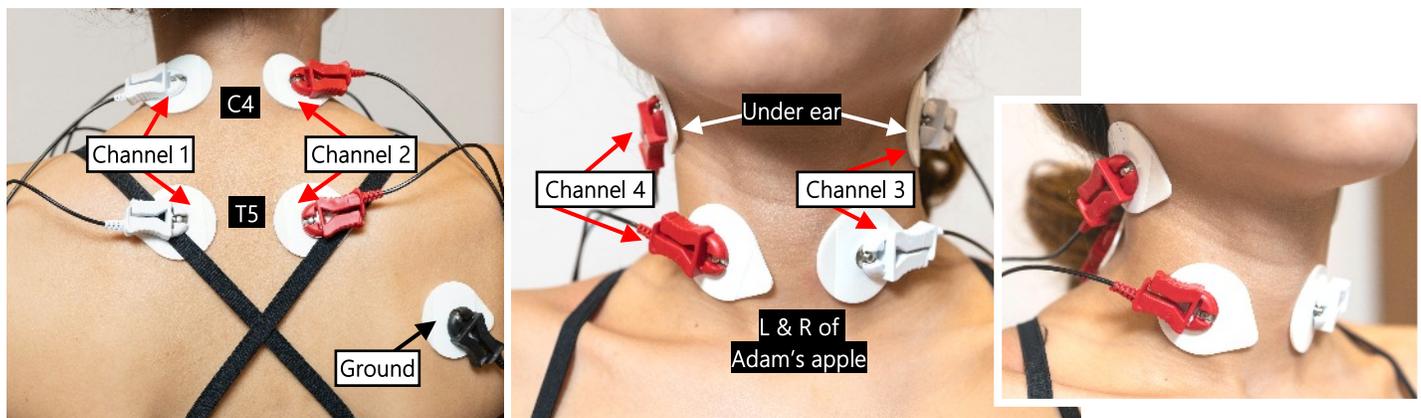


Use flat, stationary chair.

## CERVICAL ELECTRODE PLACEMENT:



- Channel 1: Left cervical paraspinals (back)
- Channel 2: Right cervical paraspinals (back)
- Channel 3: Left side SCM (front)
- Channel 4: Right side SCM (front)
- Ground - Bony prominence of shoulder



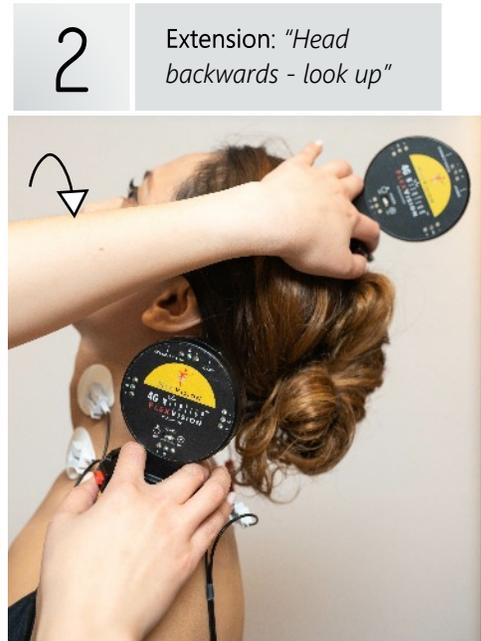
 Lead wires hang behind patient

## Performing the Cervical Exam

**CERVICAL TEST:** Complete 3 motions per screen



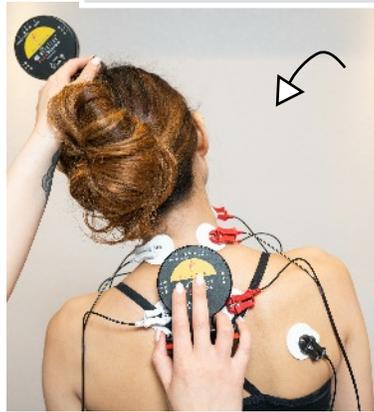
Flexion / Extension Placement



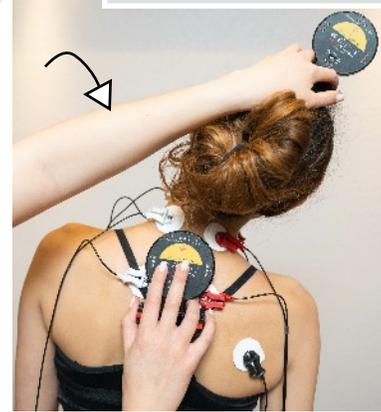


Lateral Device Placement

**3** Left Lateral Flexion: "Tilt head to the left - Ear to shoulder."



**4** Right Lateral Flexion: "Tilt head to the right - Ear to shoulder."



**5** Left Rotation, standing: "Look towards the left."

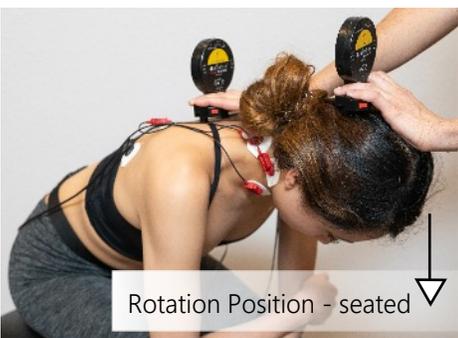


**6** Right Rotation, standing: "Look towards the right."



 ROM is not measured in first set of rotation measures. FlexVision not held on patient. Press button to initiate test & place markers.

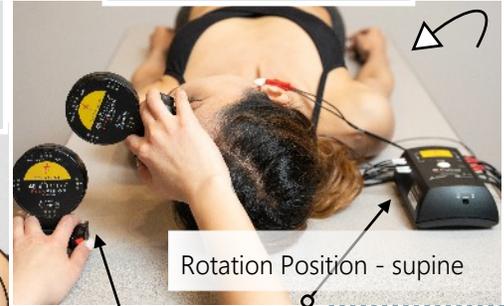
**7a** Left Rotation, supine: "Look towards the left"



Rotation Position - seated

 You can perform this motion either seated, or supine. In seated, elbows on knees, looking directly at floor

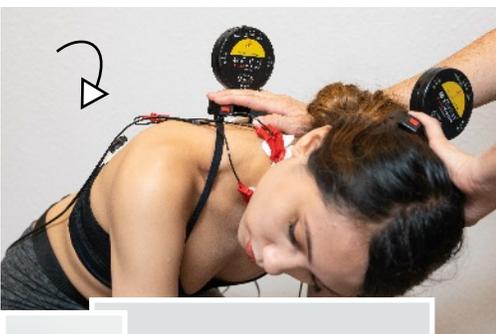
**7** Left Rotation, seated: "Look towards the left."



Rotation Position - supine

DynaVision is laying next to patient.

FlexVision is on a flat surface.



**8** Right Rotation, seated: "Look towards the right."



**8a** Right Rotation, supine: "Look towards the right"

 For training videos, visit the training page at [www.myovision.com](http://www.myovision.com)