

# Rehabilitation Evaluation

<b>Motion</b>	<b>1 rep max</b>	<b>75% of 1RM</b>	<b>50% of 1RM</b>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Note: If the patient feels **pain** or an increase in symptoms, **STOP** the evaluation immediately.

1. Determine the 1 rep max. Perform 1 rep with the weight at the lowest weight. Make sure the machine is set up properly, the patients back and neck should be straight, the machine should give resistance throughout the range of motion. Make sure the patient uses only the joints of the involved area during the exercise, discourage recruitment of other muscle groups.
2. Once the machine is set up properly and the patient is comfortable performing the specific range of motion, move the weight up 1 increment and perform 1 repetition with each weight increment until the patient cannot perform the range of motion due to weakness or increased pain. The examiner must be aware at all times of the effort and potential for further injury from patients that exhibit aggressive behavior. If there is any indication the patient is compensating heavily with other muscle groups, accept the lower weight as the 1 rep max.
3. Once the 1 rep max is determined, perform endurance strength tests at 75% and 50% of the 1 rep max respectively. Perform the repetitions at a 2 second contract / 2 second relax interval until the patient cannot perform because of fatigue or pain in the immediate or surrounding areas. If the patient can perform 30 or more repetitions, for time sake and risk of further injury, it is best to stop at or around 30 reps.