

# Mobility Tests



M.E.S.E.R.S.® Method



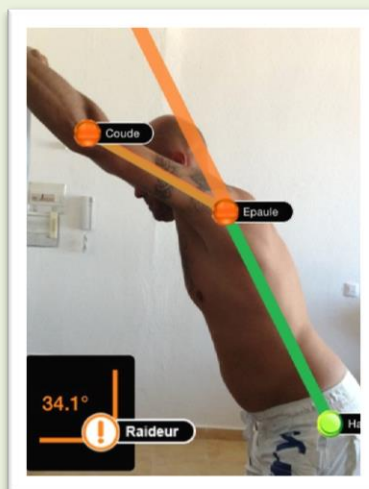
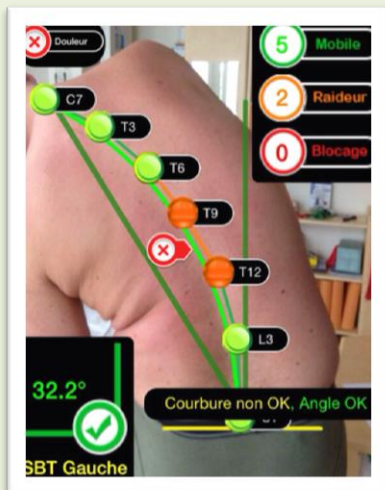
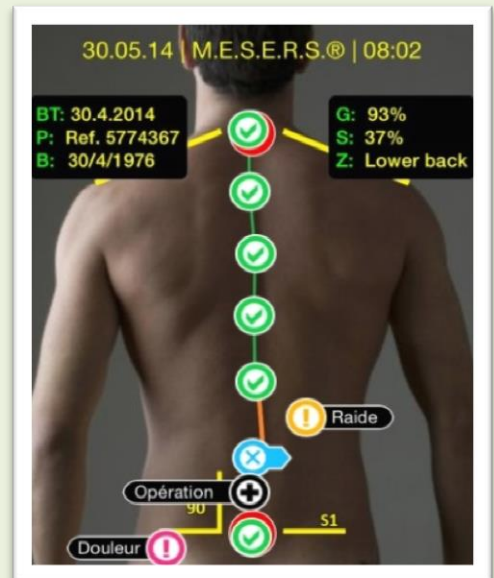
*Objectify and Compare*

Would you like to visualize body mobility ?  
Objectify modifications ?  
Then this application is for you !

## Spine & Tests M.E.S.E.R.S.®



For those seeking a rapid,  
non-invasive way of visualizing  
and objectifying spinal and body mobility.



Objectify and Compare

# Introduction



The Spine Tests application rapidly objectifies back and body alignment through the use of photos and specific mobility tests.

These tests highlight possible zones of reversible or non-reversible loss of mobility.

The application enables therapists to diagnose a patient's initial state of mobility (Before) and to objectify the results of treatment given or to be given (After).

After a short training session anyone can use these tests to observe the evolution of its mobility in general or its specific progress on a therapeutic or sports related program.

A strict protocol must be adhered to in order to guarantee the test's reliability and reproducibility.

Simple and easy tests in a few clicks

Spine Tests



includes:

7 mobility tests

Patient's basic data

Photos with date

Data upload from pre-existing  
photos

Data comparison before and  
after treatment, sports activity  
etc.

Informations transfer



## Home Page



### BT: Basic Test

*general state of the back (pain, stiffness, alignment)*



### SBT: Side Bending Test **Before**

*left and right slope of the back before treatment*



### SBT: Side Bending Test **After**

*left and right slope of the back after treatment*



### SET: Suspended Extension Test **Before**

*relation of back to shoulders during extension before treatment*



### SET: Back Extension **After**

*relation of back to shoulders during extension after treatment*



### SAT: Scoliosis Analysis Tests

*horizontal state of back when in flexion, gibbosity*

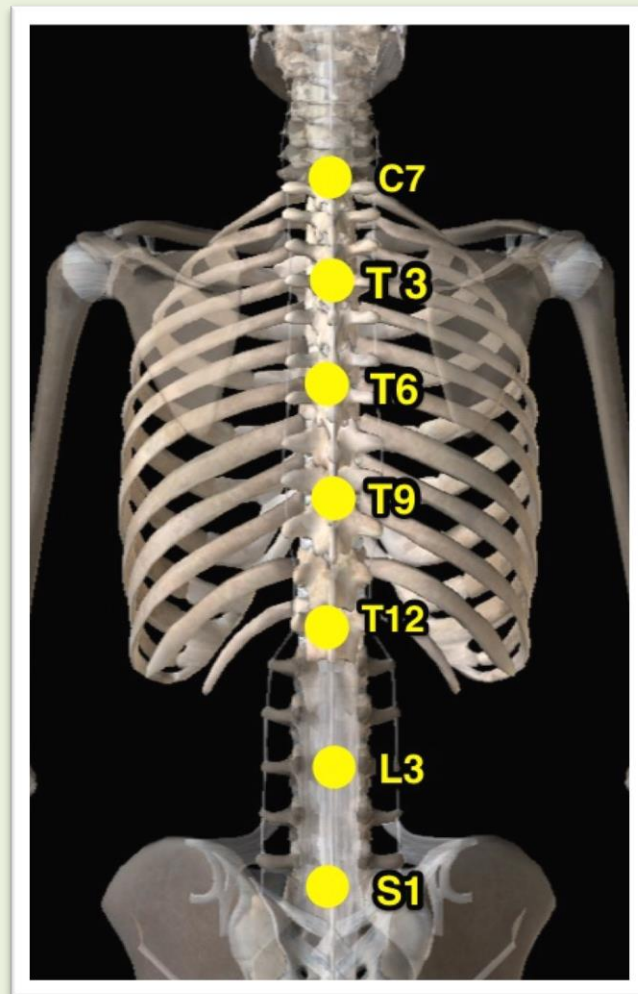


### AT : Angles Tests

*measurement of the body's joint angles*

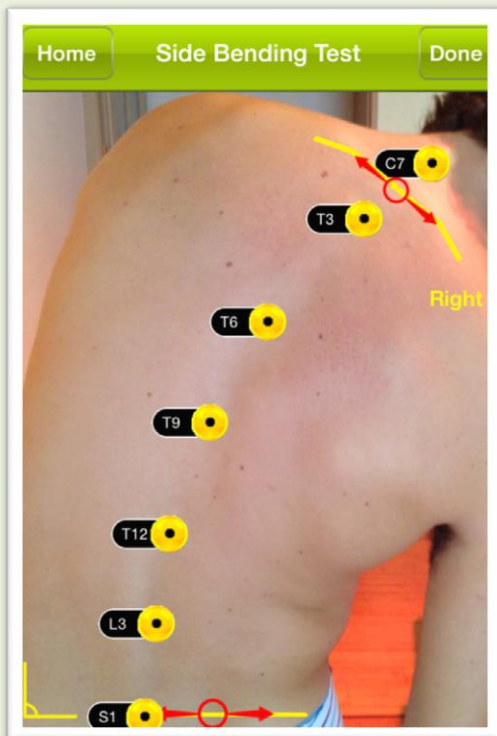
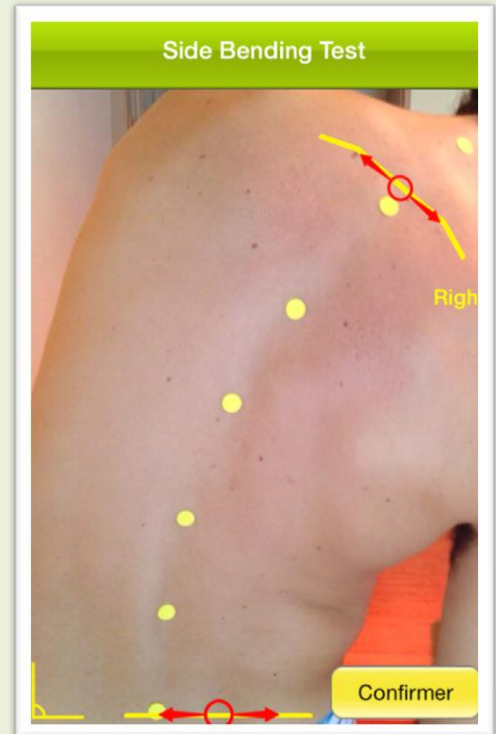


## 7 reference points to objectify BT and SBT



These 7 reference points provide data for objectification of the spine's verticality (BT), angle of inclination and quality of curvature (SBT).

1) For a more precise and objective test: place round stickers or use dermographic marker on the spinous apophysis of:  
**C7-Th3-Th6-Th9-Th12-L3--S1**  
vertical standing position.



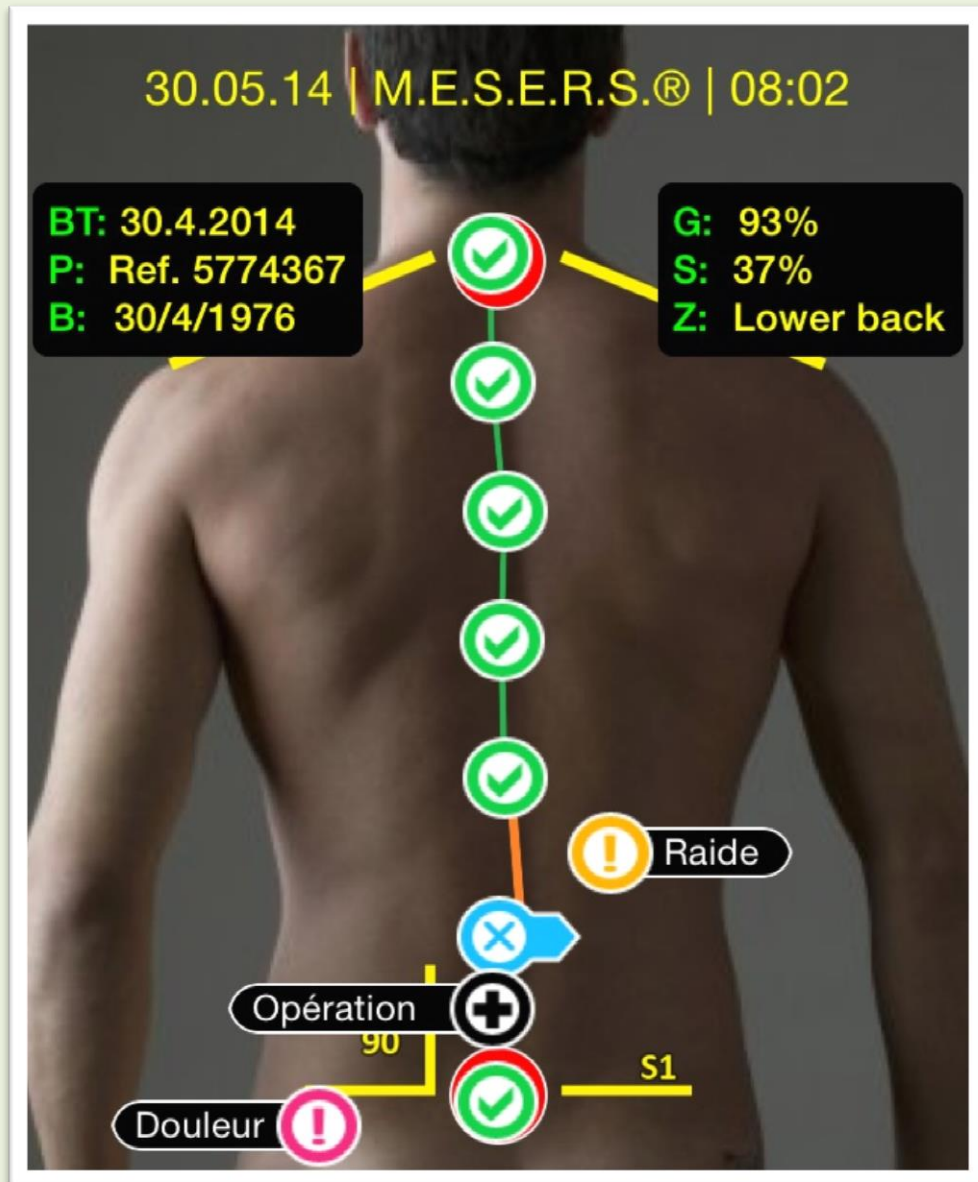
2) Application of points by superposition on the photo.  
**With experience you will save time by placing the points in the application directly onto the photo of the back along the central line and on the spinous apophysis.**

The tests can be done with or without stickers



BT

Basic Test



General state of the back  
Alignment, pain, stiffness, surgical operation...

# Basic Test



Shows patient data (optional): name, first name and/or patient code and date of birth.

Shows postular vertebral alignment:

**Green** = optimal

**Blue** = slight deviation

**Red** = significant deviation

Enable to register:

**BT**: date of Test / **P**: Patient reference nr (name)

**B**: date of birth / **G**: GS (general state of health as felt by the patient) 100% = optimal) / **S**: SE (specific state of the motive for consultation) 100% = optimal

**Z**: zone of the primary health complaint

**pain zones (purple points)**

defined by the patient

**stiffness zones: (orange points)**

defined by the therapist

operated zones: (black points)

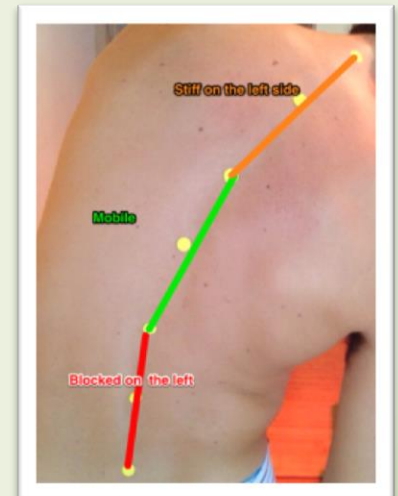
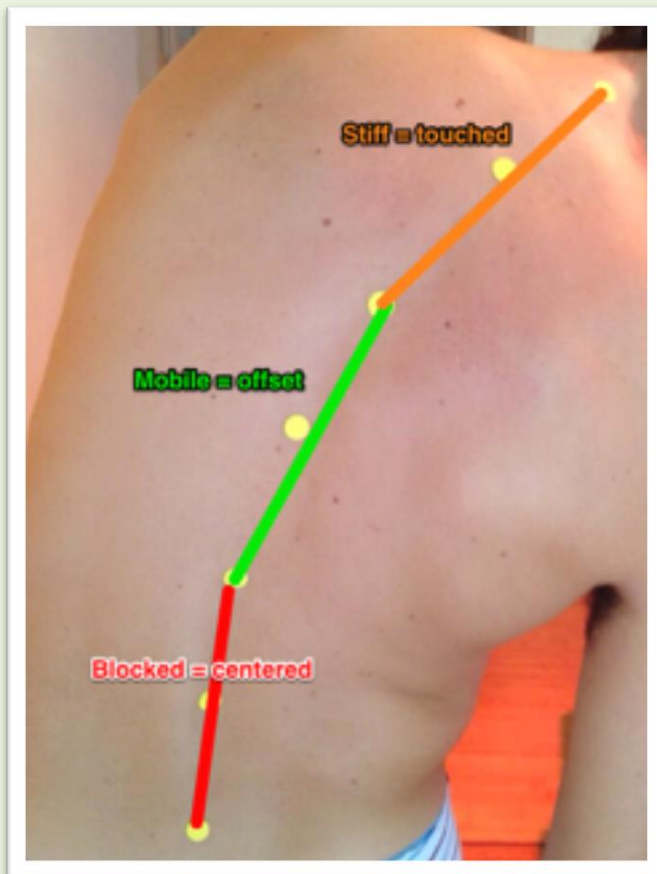
defined by the therapist and the patient

The stiffness zones (orange points) defined through palpation must be validated by the Side Bending Test. If these stiffness zones are present during palpation they will be found on the convex side in the SBT.

General state of the back and patient data



## Reference Points : mobile or not



The stiffness and blockages decrease the contralateral inclination angle

Rouge = centered on the point signifies blockage  
 Orange = not centered on the point signifies stiffness,  
 Green = eccentric from the point, signifies mobility

# The interest of SBT for therapy **Before** and **After** angulation and curvature



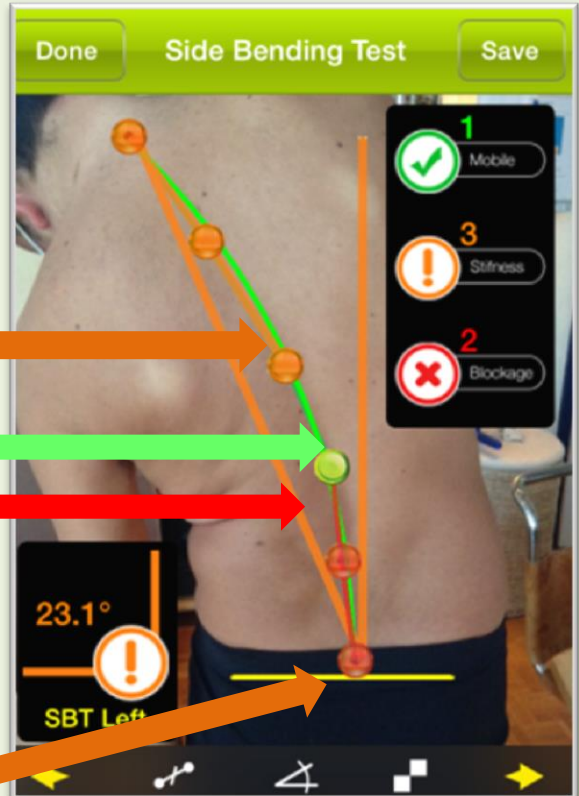
The SBT shows if the back bows sufficiently and smoothly

## The Curvature:

- **Lack of slope** = exercises necessary
- **Good slope**
- **Absence of slope** therapeutic check up

## Angle of inclination:

- **More than 30 degrees: ok**
- **Between 15 and 30 degrees** insufficient slope
- **Less than 15 degrees** low slope



## Therapeutic proposal:

- Therapeutic assessment
- Manual therapy
- M.E.S.E.R.S.® exercises

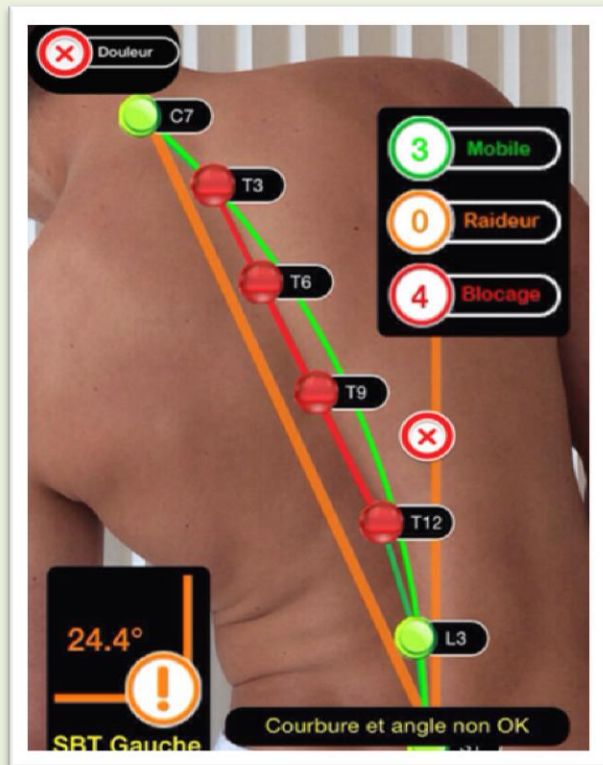
Allows to check the mobility in slope of the back and to direct the patient towards a specific therapeutic proposal.

# SBT

## Side bending Test

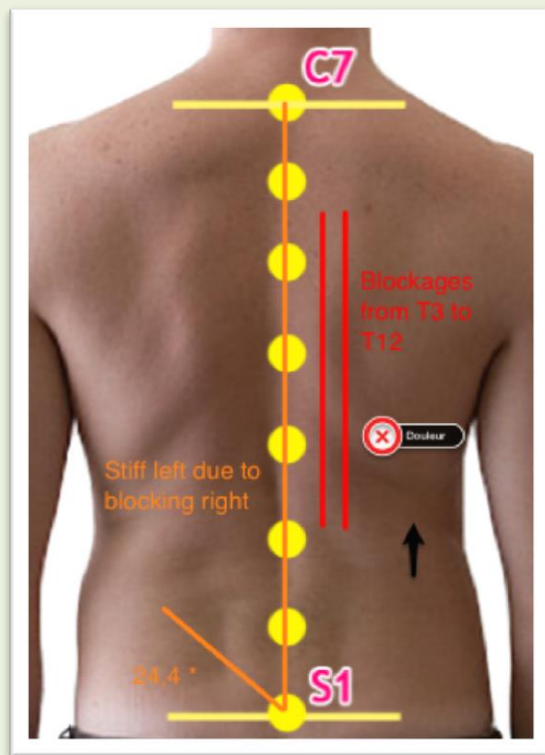


Before



Réf: 169135

SBT Spine Tests on file



Réf: 169135

SBT Spine Tests on



Curvature not ok, angle of inclination not ok



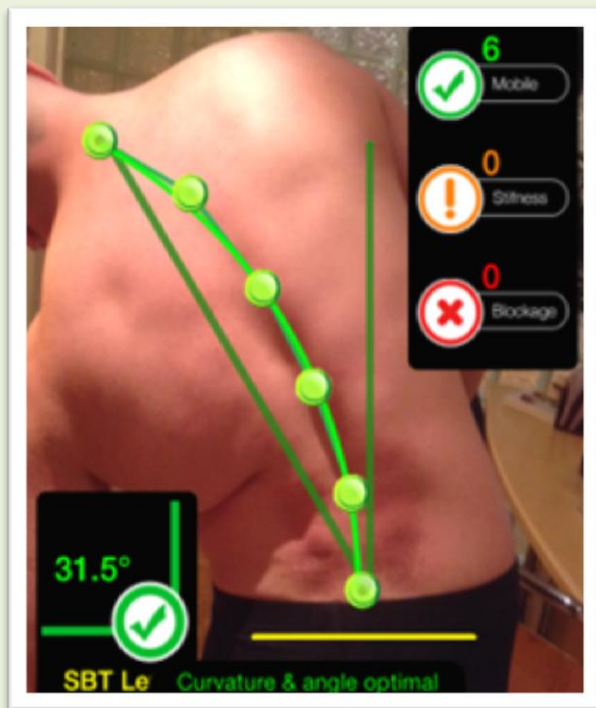
A non-smooth curvature (not ok) and a bilateral slope of less than 30 degrees (not ok) is usually a sign of a painful back.

# SBT

## Side Bending Test

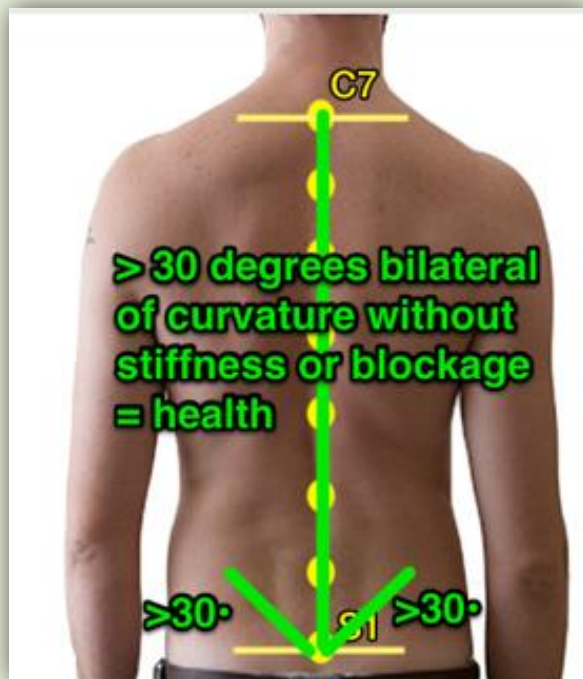


After



Réf: 169169

SBT Spine Tests on file



Réf: 169169

SBT on Spine Tests



Curvature ok and angle of inclination ok



A smooth curvature and slope (ok)  
of more than 30 degrees (ok) and absence of pain is  
usually the sign of a healthy back.

# SBT



## Side Bending Test

Before and After

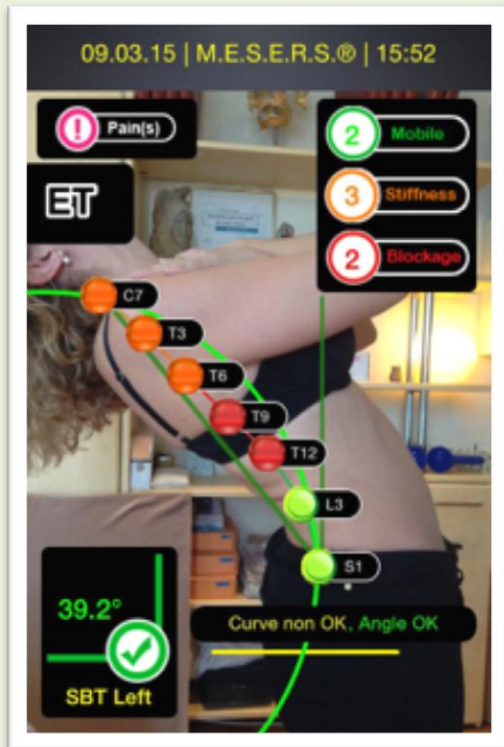


Réf: 169135

The superposition of the tests provides a quick overview of the improvements (or lack of) of the specific therapeutic sessions. If no improvement, the test results are used to support the decision to alter the course of treatment. The black background is used to transmit data anonymously.

# SBT en utilisation pour E/F

## Tests d'Extension et Flexion

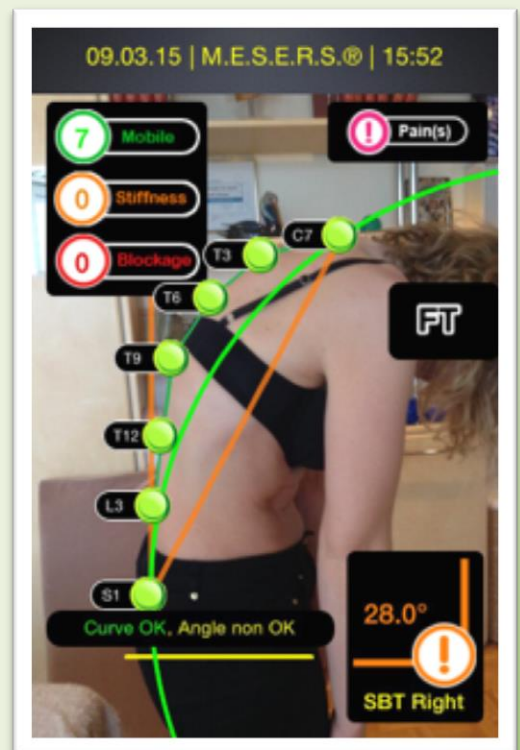


Réf: 2207615

Angle d'extension ok  
Blocages T9-T12  
Raideurs C7-T6

Angle de flexion ok  
Pas de blocage  
ni raideur

Réf: 2207616



Une courbure et une flexion harmonieuse (ok)  
antérieure et postérieure de plus de 30 degrés (ok),  
ainsi qu'une absence de douleur, signent en général un  
dos en pleine forme.

# Therapeutic interest of BT

V: Green angle = good slope  
V: Orange angle = spinal stiffness  
V: Red angle = serious spinal stiffness

C: Green curvature = probable absence of a blockage  
C: Orange curvature = restricted mobility on convex side  
C: Red curvature = absence of mobility on convex side

Green angle and green curvature = optimal slope  
Orange angle and partial or total orange curvature = stiffness and decreased mobility  
Red angle and partial or total red curvature = serious stiffness and loss of mobility

In most cases: with some exceptions  
V + C bilateral = everything is fine if no pain  
V + C = medical consultation + and or manual therapy ++  
V + C = medical consultation +++

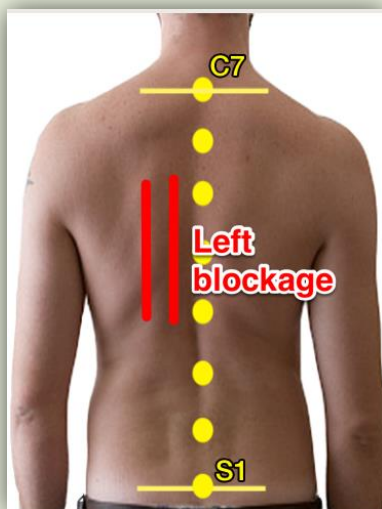
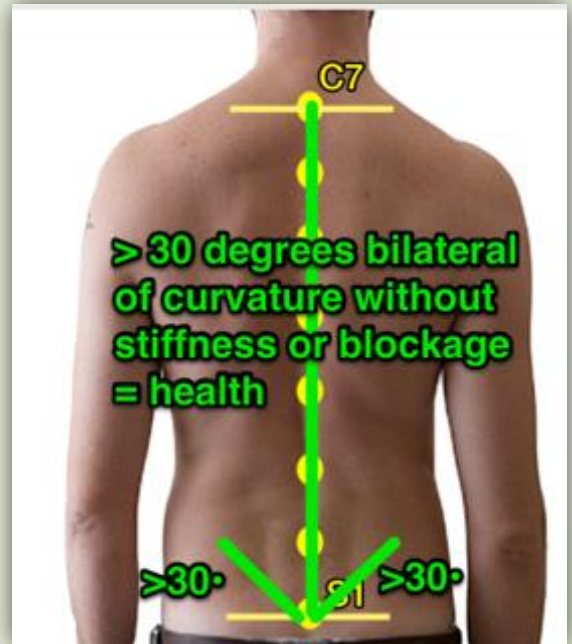
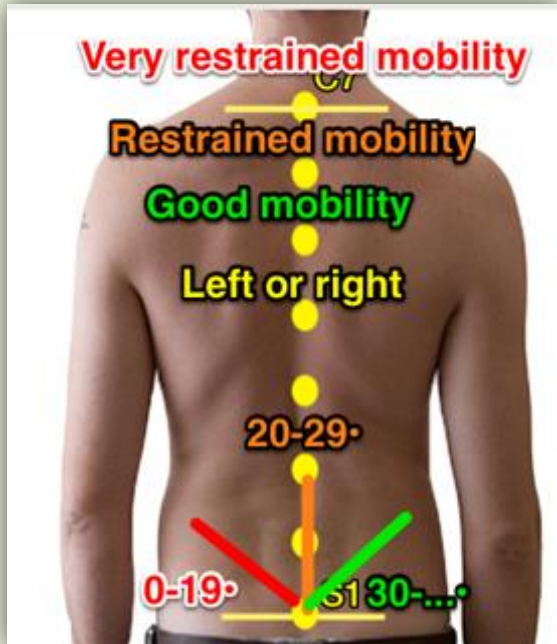
Comment: all combinations are possible for example  
V + C, V + C, V + C, bilateral or not etc.

SBT defines optimal mobility or referral to the appropriate therapy.

# Illustrations

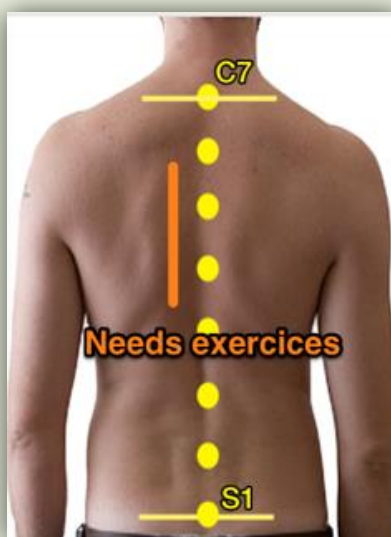
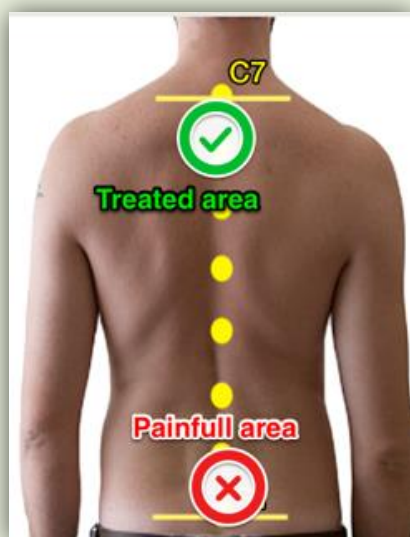
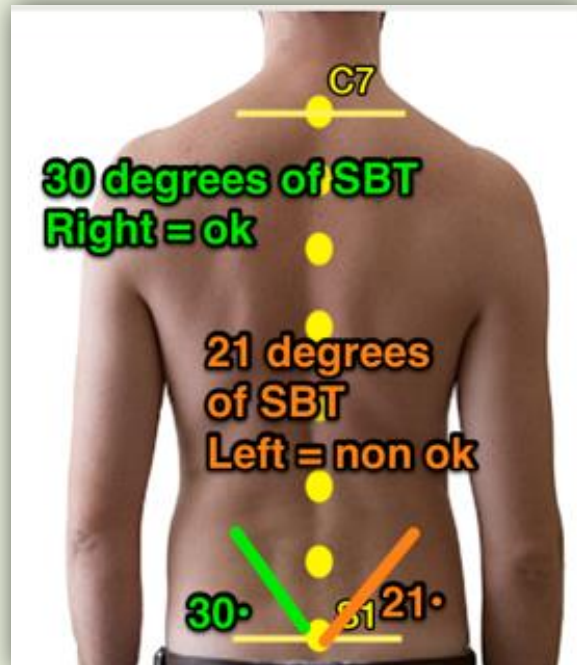
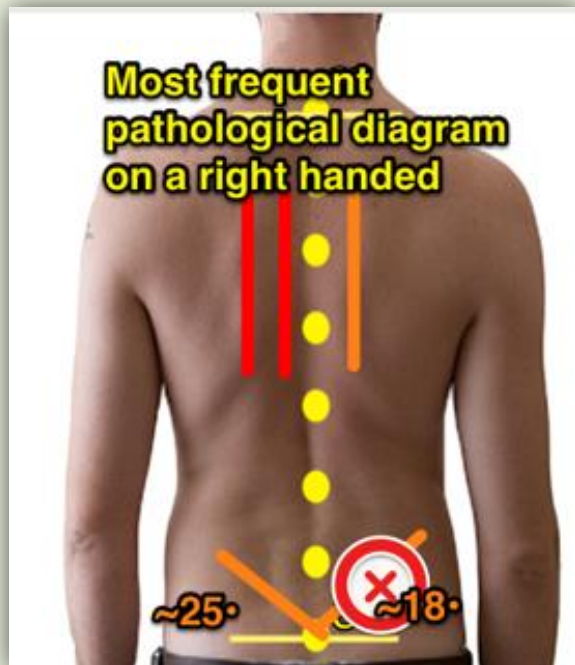


# Diagrams



The SBT of the mesers method allows for the transmission of data about the patient onto visual diagrams.

# Diagrams



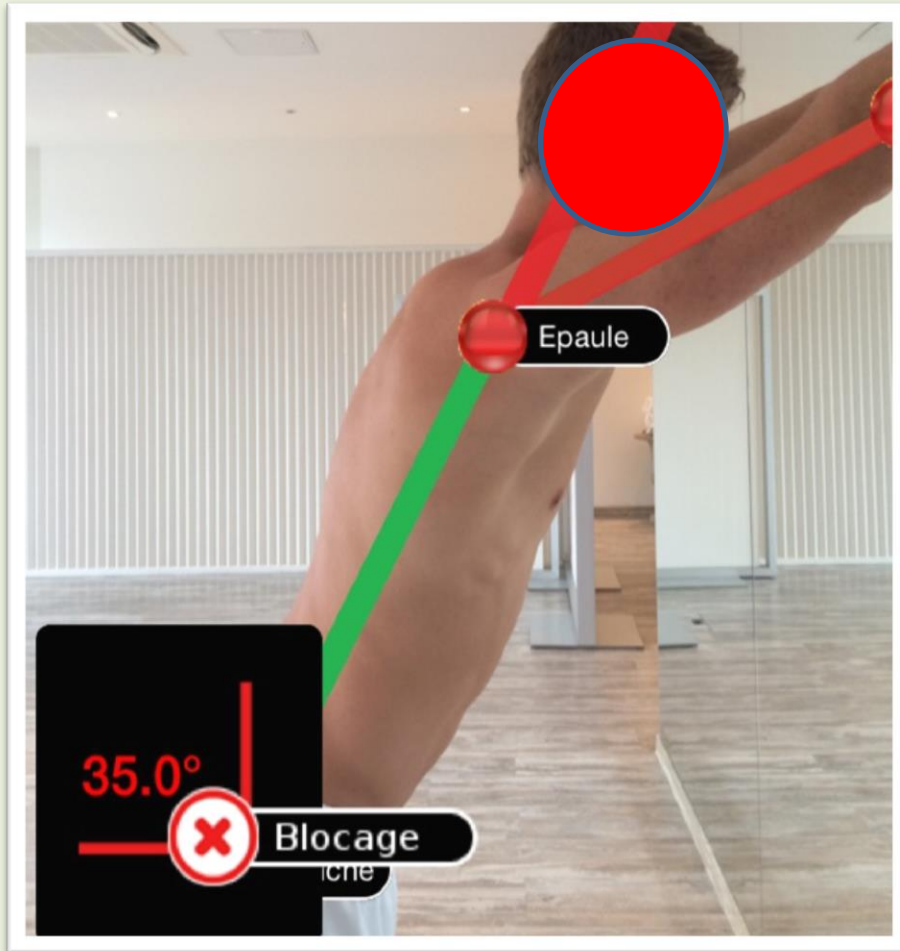
Mesers diagrams providing quick access to information for treatment purposes.

# SET



## Suspended Extension Test

Before



Réf: 1209134

(red) extension angle not ok



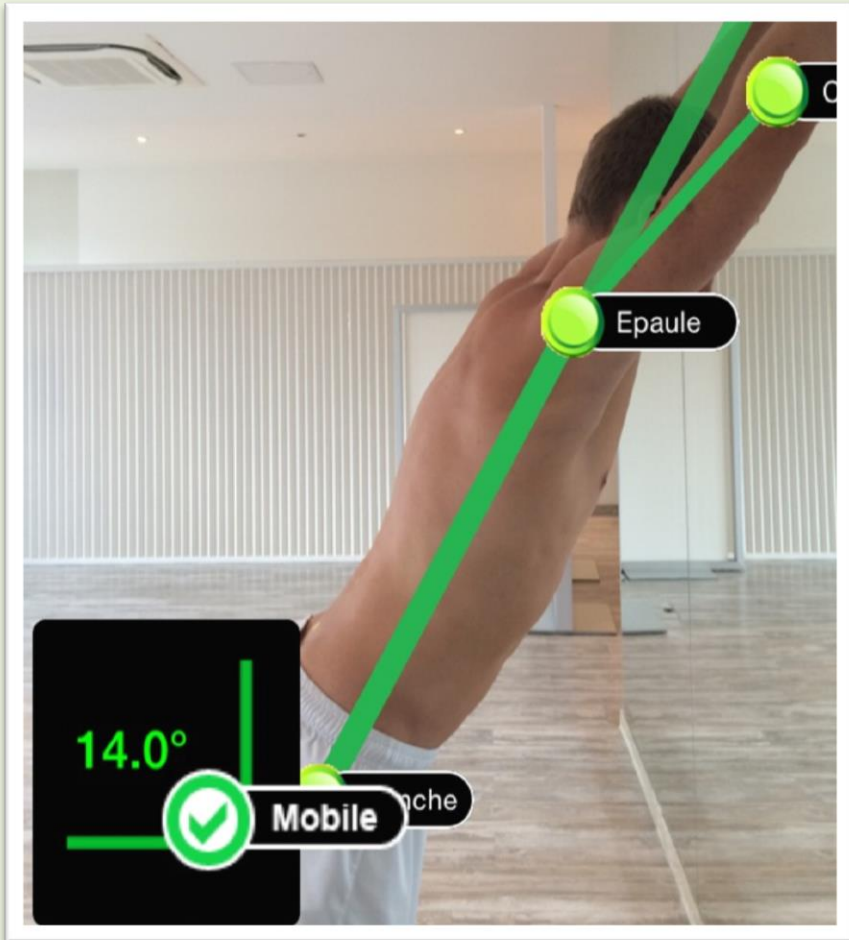
An angle of more than 25 degrees between the back and shoulder indicates a **more or less serious (orange)** or **serious (red)** decrease of the spine and shoulder mobility (**not OK**) in extension.

# SET



## Suspended Extension Test

After

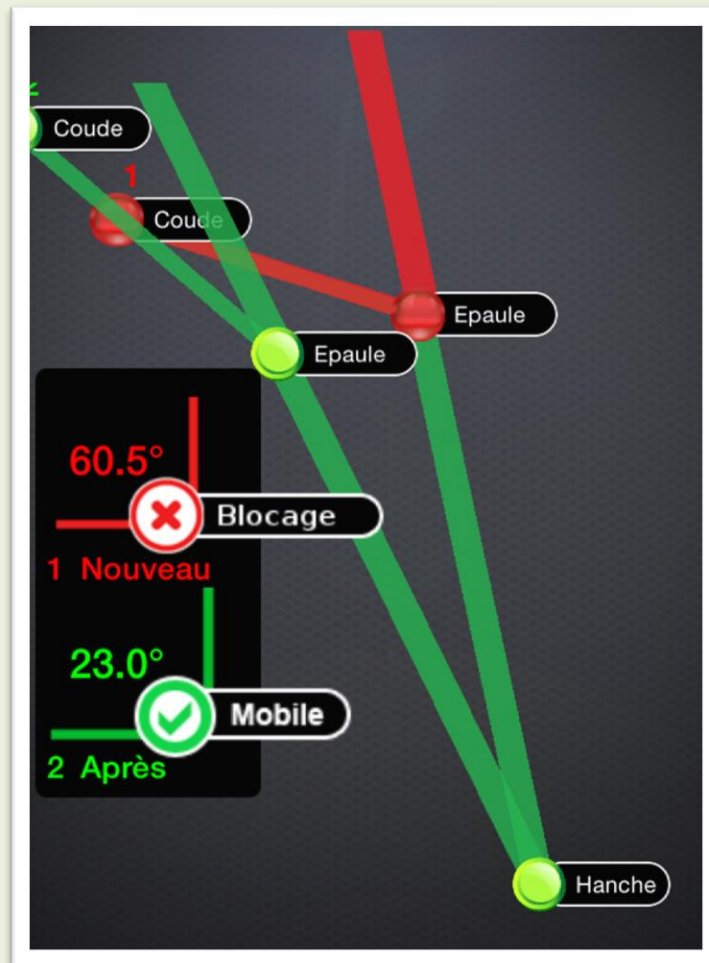


Réf: 1208139

(green) extension angle ok



An angle of less than 25 degrees between the back and shoulder indicates **correct mobility of the spine and shoulder (OK)** in extension.

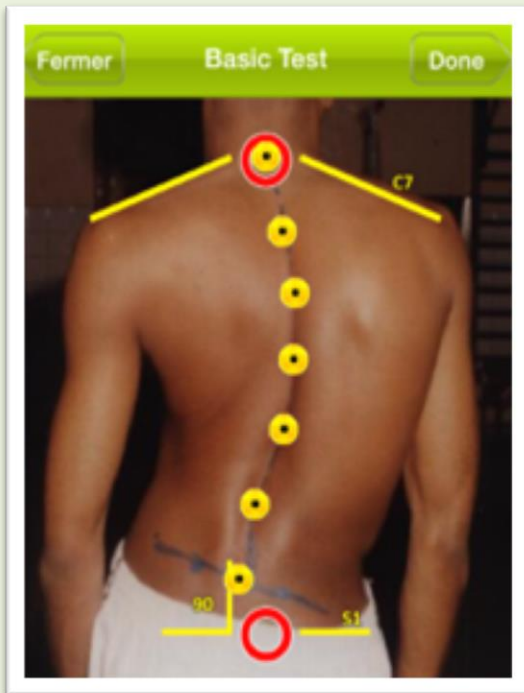
Suspended Extension Test **Before** and **After**

Réf: 1209134

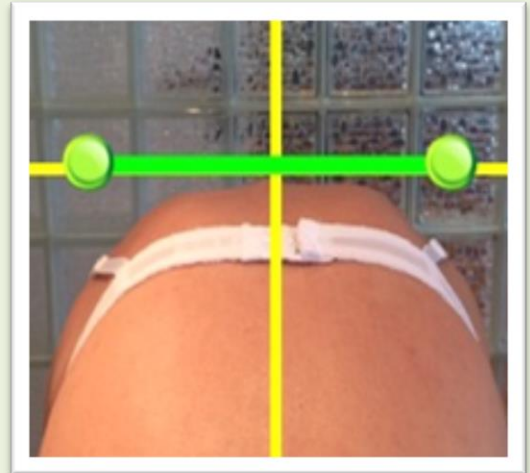
The superposition of the tests provides a quick overview of the improvements (or lack of) of the specific therapeutic sessions. If no improvement, the test results are used to support the decision to alter the course of treatment. The black background is used to transmit data anonymously.

# SAT

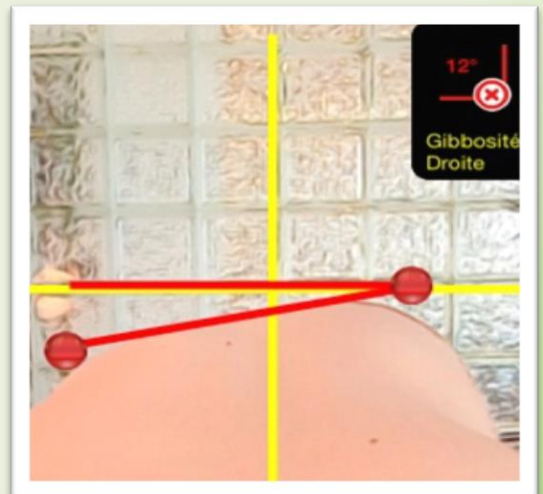
## Scoliosis analysis Test



Réf: 1209256



Réf: 142366



Réf: 121678

Provides the angle of left or right gibbosity during back lack of horizontality at the time of anterior flexion.

Green (ok) = horizontal, orange = low gibbosity, red = significant gibbosity

# AT Angle Tests

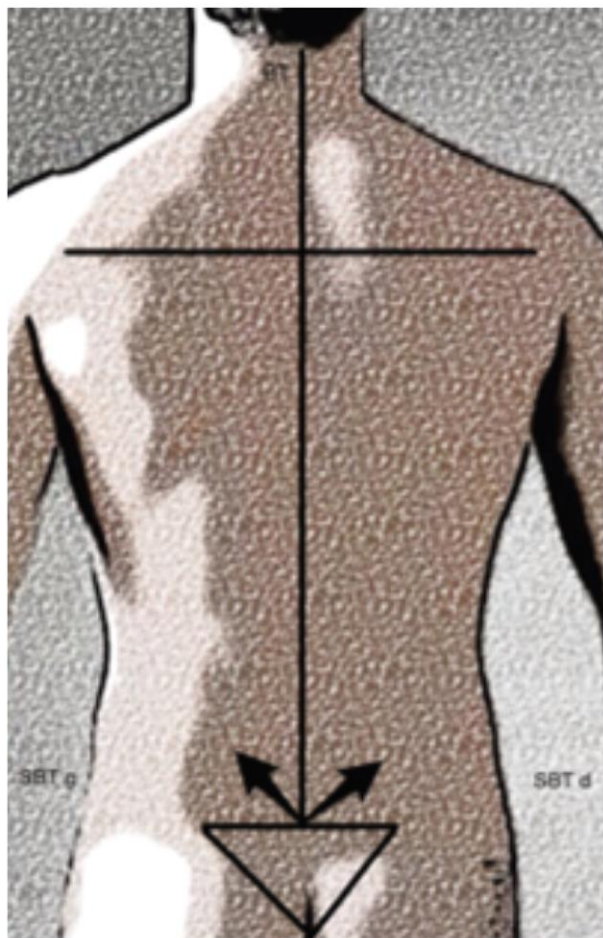


Provides measurement of joint angles of the whole body and allows the therapist and patient to observe the evolution and improvements obtained after surgical treatment, manual therapy or sports activity. It can also be used to track the evolution of a pregnancy.

Patient file



reference number:

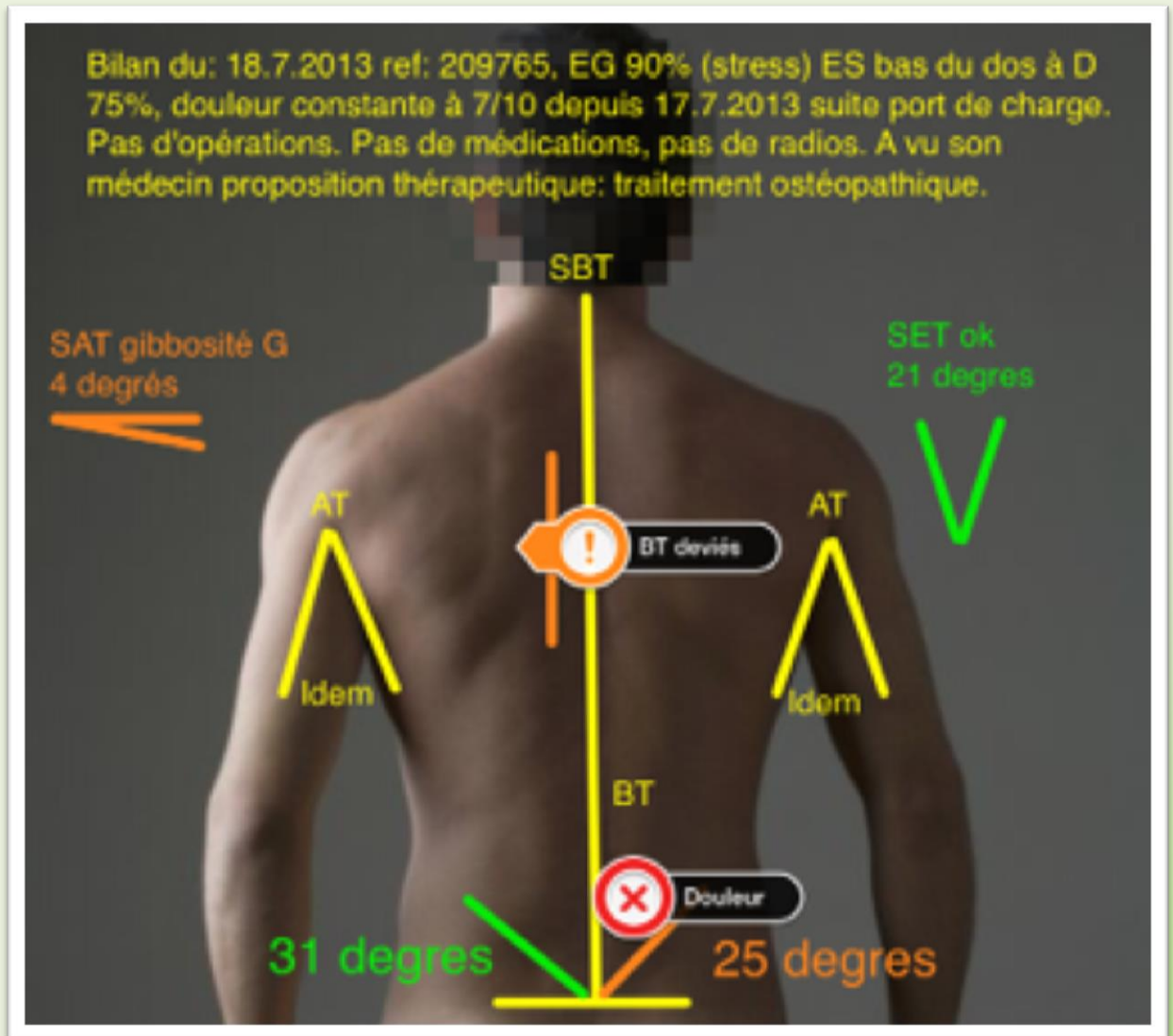


Date:	Before	After
BT Global : G Specific: S G 1. S 2.		
SBT left right blockage (s) stiffness		
SET		
SAT		
AT		

History:

diagnosis:

Example of a patient file on paper which incorporates the data from the Spine & Tests



Example of patient data provided on paper or a picture which can integrate the data from the Spine & Tests

# Warning



This summary is designed for therapists and patients who have followed the training provided by a licensed MESERS® professor.

Only a MESERS® licensed therapist will be able to provide the correct interpretation of these tests.

Only strict adherence to the test protocol, instructions and daily practice of the tests will allow the user to obtain reliable and interpretable results.

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[www.mesers.ch](http://www.mesers.ch)