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
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
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
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.
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 postural 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
The stiffness and blockages decrease the controlateral inclinaison 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.
Réf: 169135
SBT Spine Tests on file

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

Réf: 1209134

(red) extension angle not ok 😞
An angle of less than 25 degrees between the back and shoulder indicates correct mobility of the spine and shoulder (OK) in extension.

Réf: 1208139

(green) extension angle ok 🧡

M.E.S.E.R.S.®
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

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:**

<table>
<thead>
<tr>
<th>Date:</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Global : G</td>
<td></td>
<td></td>
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<tr>
<td>Specific: S</td>
<td></td>
<td></td>
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<tr>
<td>G 1.</td>
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<tr>
<td>S 2.</td>
<td></td>
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<tr>
<td><strong>SBT</strong></td>
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<tr>
<td>left</td>
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<tr>
<td>right</td>
<td></td>
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<tr>
<td>blockage (s)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>stiffness</td>
<td></td>
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<tr>
<td><strong>SET</strong></td>
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<td></td>
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<tr>
<td><strong>SAT</strong></td>
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<tr>
<td><strong>AT</strong></td>
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</tbody>
</table>

**History:**

**Diagnosis:**

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

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M.E.S.E.R.S.®
Example of patient data provided on paper or a picture which can integrate the data from the Spine & Tests
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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