



Objective Assessment - Palpation (Pelvic Ax)

Palpation (increased tone/over-recruitment)

Select which exam has been performed and add additional information as needed:

- ☐ Paraspinals
- ☐ Quadratus lumborum (QL)
- ☐ Rectus abdominus
- ☐ Transverse abdominus (TA)
- ☐ Gluteus maximus/medius
- ☐ Piriformis
- ☐ Iliopsoas
- ☐ Lower abdomen
- ☐ Suprapubic
- ☐ Adductors
- ☐ Tensor fascia latae (TFL)
- ☐ Iliotibial band (ITB)
- ☐ Quadriceps
- ☐ Hamstring
- ☐ Gastrocnemius/soleus
- ☐ Other

Please provide more details for any of the above you've checked off.