

**BROOKS 5- Prone**

## Prone, p. 172

Unless otherwise specified, starting position is standard posture except for the following:

- Neck is rotated 90° in either direction or is midline in a faceplate.
- Pedal appendages are rotated medially 60°
- Feet are fully supinated on a flat surface.
- Forearms are fully supinated on a flat surface (palms facing fully **forward**).

## Figure 8-113, p.173

Hand holds for isolation of motion to the glenohumeral (GH) joint. Head and neck position for stage one. Grading position for the **90° forward bent 70° medially rotated straight cephalic appendage backward bending at the GH joint.**



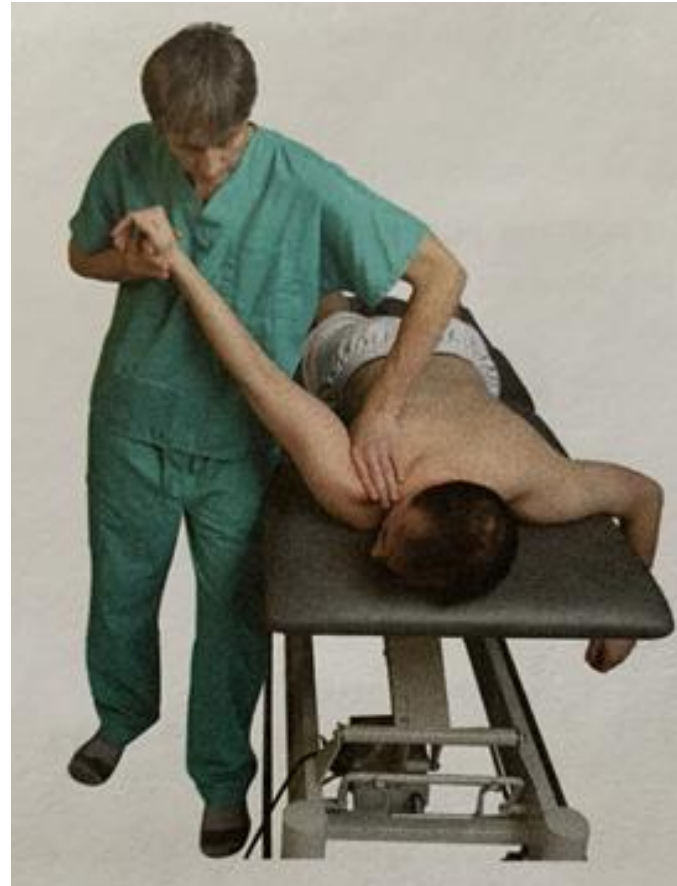
Figure 8-114, p173

**Backward  
bending of  
the 90°  
forward bent  
70° medially  
rotated  
straight  
cephalic  
appendage  
at the  
glenohumer  
al joint.**



## Figure 8-115, p.173

Head and neck position for stage two. **Backward bending of the 90° forward bent 70° medially rotated straight cephalic appendage at the glenohumeral joint.**



## Figure 8-116, p.174

Hand holds for **straight cephalad appendage backward bending at the glenohumeral joint**. Faceplate positioning in the photographs does not depict stage one or two.



## Figure 8-117, p.174

**Backward bending of the straight cephalad appendage at the glenohumeral joint.** Faceplate positioning in the photographs does not depict stage one or two.



## Figure 8-118, p.174

Holding the patient's **malleoli**  
**for talar glide at the**  
**tibiotalar/fibulotalar joints.**





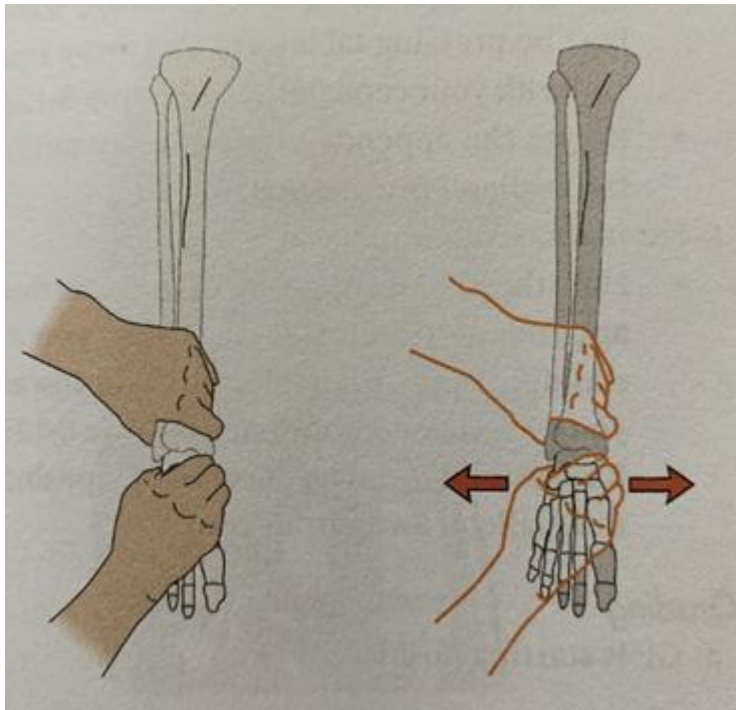
## Figure 8-119, p.175

Hand holds for **talar glide** at  
**the tibiotalar/fibulotalar**  
**joints.**



Figure 8-120, p. 175

**Glide the talus medial and lateral at the tibiotalar/fibulotalar joints.**



## Figure 8-121, p.175

Starting position for **wholefoot backward bending in supination.**



Figure 8-122, p.175

**Backward bending of the wholefoot.**



Figure 8-123, p.176

**Backward bending of the leg  
with the foot backward bent  
on the thigh.**

## Figure 8-124, p.177

Hand holds and **lateral rotation of the 90° bent pedal appendage.**



Figure 8-125, p.177

Hand holds and **medial  
rotation of the 90° bent pedal  
appendage.**

Figure 8-126, p.177

**90° Bent Pedal Appendage  
without Innominate  
Backward Bending.**

Bend the leg 90° and then  
cradle the bent pedal  
appendage.





## Figure 8-127, p.177

After 90° bend of leg, allow the pedal appendage to return to straight (starting position) for next step.



## Figure 8-128, p.178

Third step in **90° Bent Pedal Appendage without innominate backward bending.**

Press the patient's ischium tableward to prevent posterior tilt of the innominate.



## Figure 8-129, p.178

Fourth step in **90° Bent Pedal Appendage without innominate backward bending.**

While continuing to hold the ischium and cradle the pedal appendage, backward bend the leg to 90° at the tibiofemoral/patellofemoral joints.

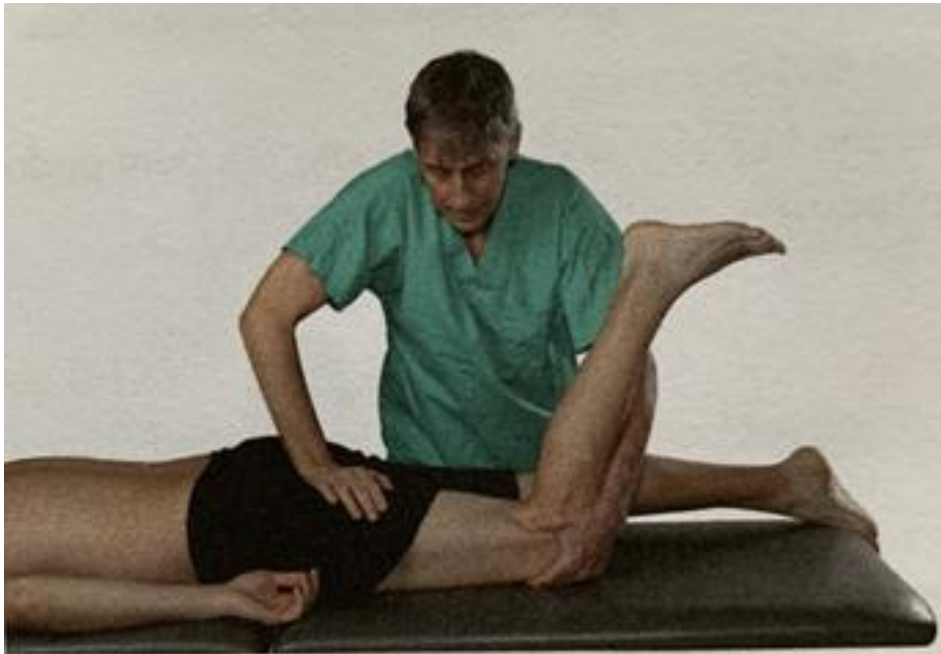


Figure 8-130, p.178

**Backward bending of the 90°  
bent pedal appendage.**



## Figure 8-131, p.179

**Prone** propped postural context with reversal of the thoracic kyphosis.

Instructions for patient:

- “Keep your feet on the table.”
- “Keep your toes pointed.”
- “Prop yourself up on your elbows.”
- “Put your elbows together directly under your chin.”
- “Rest your chin in your cupped hands.”



## Figure 8-132 and 8-133, p.179

### Sitting down on your heels

= Simultaneous sitting down on heels and straightening trunk.

Getting from prone prop to kneeling posture “**Sit Up Straight**”:

- “Get up on your hands and knees (on ‘all fours’).”
- “Keep your toes pointed.”
- “Bring your knees together.”
- “Bring your feet together.”
- “**Sit down on your heels.**” [Figure 8-132]
- “**Sit up straight.**” [Figure 8-133]



Left: Figure 8-132;



Right: Figure 8-133

## Figure 8-134 and 8-135, p.180

Preferred initial motions for **fold-up postural context**.

Instructions for patient:

- “Place your forehead on the table” “as much as possible.”
- “Place your hands flat on the table beside your head.”
- “Place your elbows snugly at your sides.” [Figure 8-134]
- “Allow your pelvis to drop down onto your heels completely while keeping your forehead and hands on the table.” [Figures 8-135 and 8-136 consecutively ]



Left: Figure 8-135

Right: Figure 8-136



Figure 8-137 and  
8-138, p.181

**AXIAL SKELETON: SACRUM  
AT THE SACROILIAC JOINTS**  
evaluation positions

- Use to examine 3 panspinal **sagittal plane** postural contexts:  
1. Starting position, 2. propped, 3. fold-up



Figure 8-137 starting position or propped



Figure 8-138 fold-up used for  
Examining S1



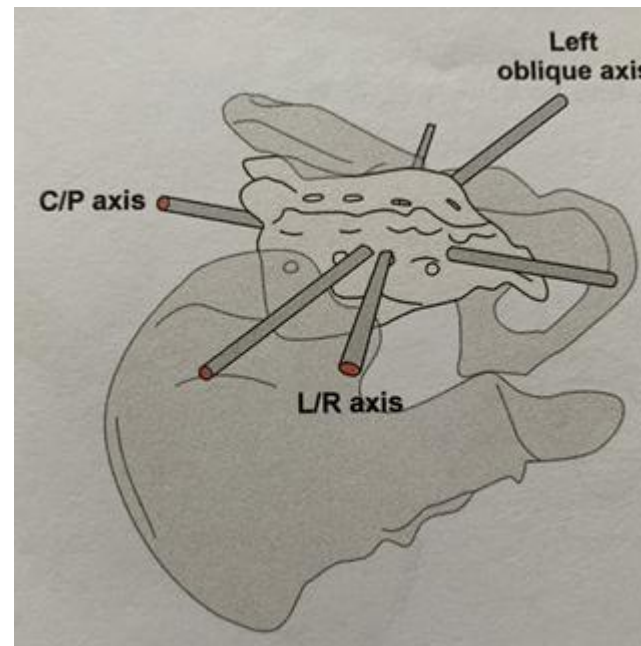
## Figure 8-139, p.181

Basic **coronal plane** axes:

- Central cephalic/pedal (**C/P**) axes.
- Central left/right (**L/R**) axes.
- **Oblique axes** are also located in Coronal Plane

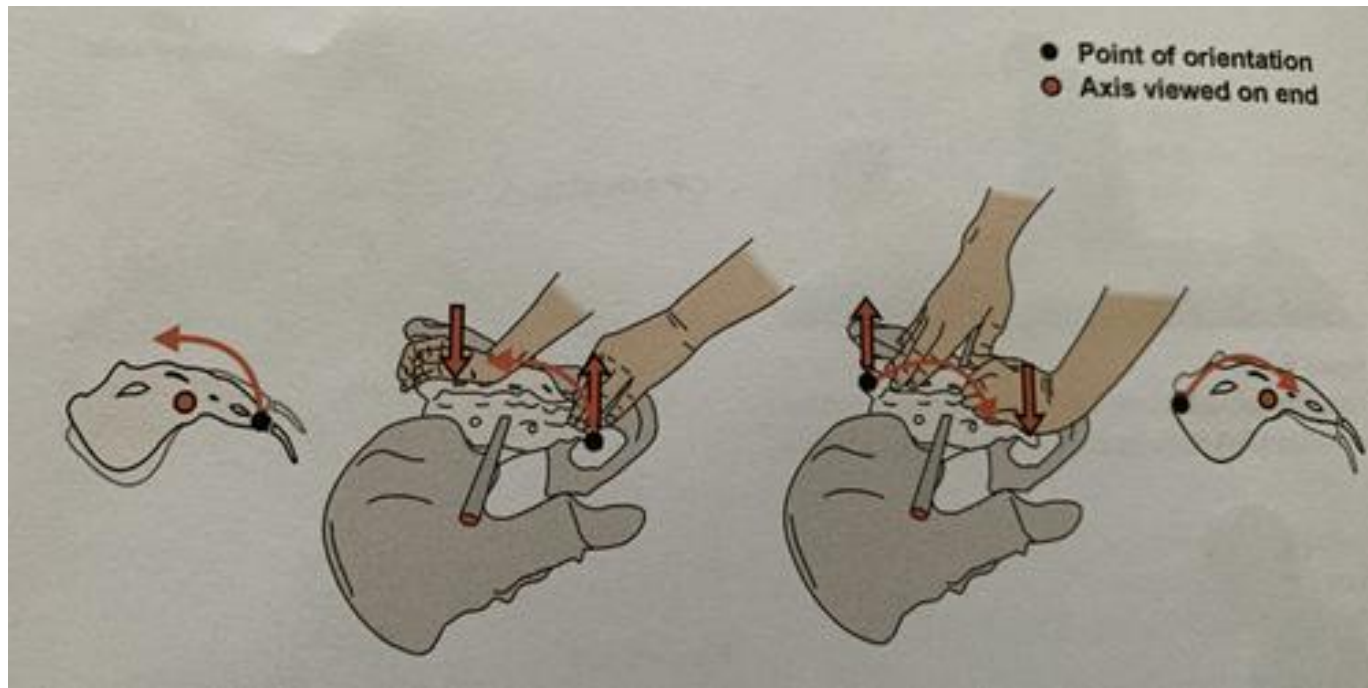
Note that cephalic and pedal glides of the sacrum at the SI joint probably vary in the starting, propped, and fold-up postures in relation to the ilia.

## Sacral Tilting/Turning at the SI Joints around the Coronal Plane Axes



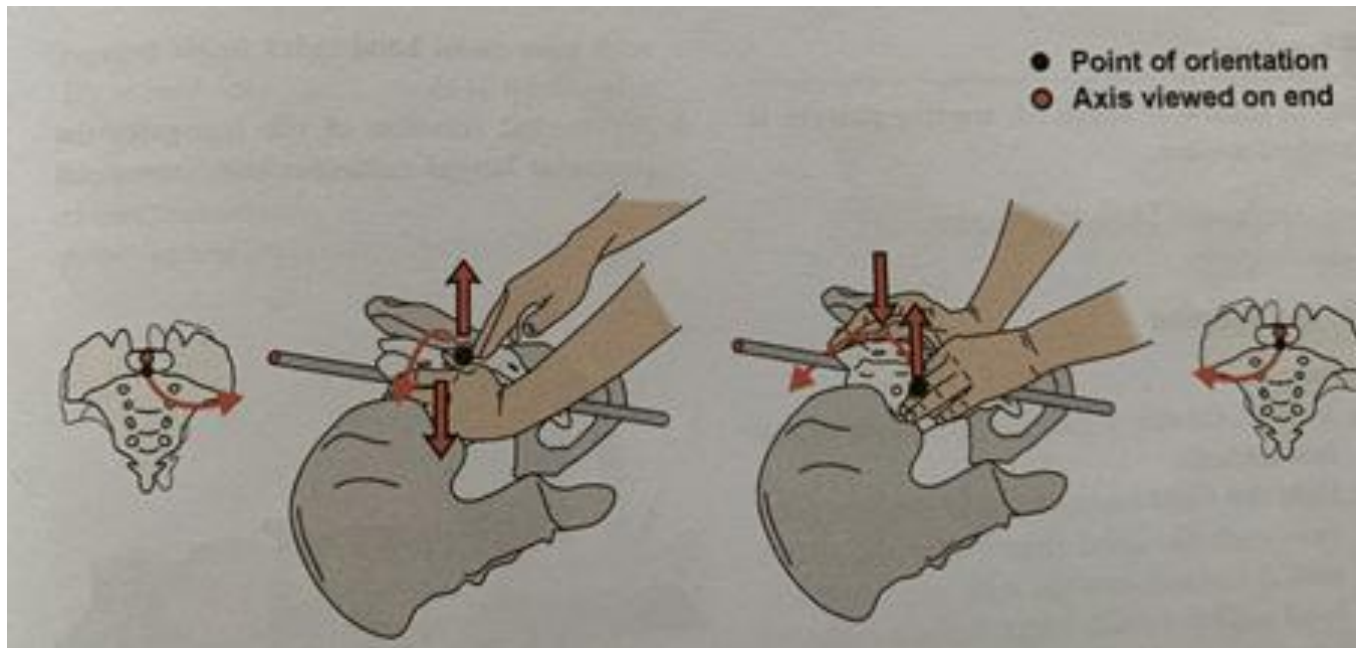
## Figure 8-140, p.182

**Sacral Tilting at the SI Joints**  
**around the Central Left/Right Axis –**  
**Sagittal Plane.** Sacral base defined  
as a contact medial to the posterior  
cephalic iliac spine (PCIS) at  
approximately S2, but it includes  
both S1 and S2.



## Figure 8-141, p.183

Sacral Turning at the SI Joints around the Central **Cephalic/Pedal Axis**



## Figure 8-142, p.183

Biplanar tilt around the **left oblique axis**.

