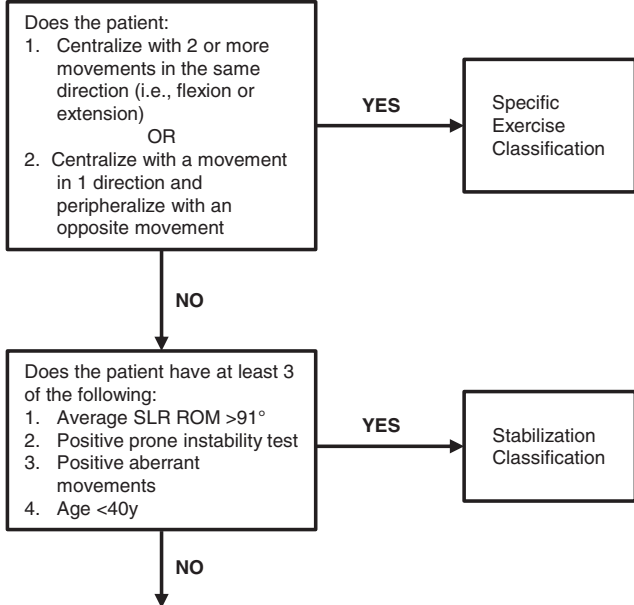




Which subgroup does the patient best fit?

Stabilization		Specific Exercises	
Factors Favoring	Factors Against	Factors Favoring	Factors Against
Younger Age	Discrepancy in SLR ROM (>10°)	Strong preference for sitting or walking	LBP only (no symptoms)
Positive prone instability test	Low FABQ scores (FABQPA score <9)	Centralization with motion testing	Status quo with all movements
Aberrant motions present		Peripheralization in direction opposite centralization	
Greater SLR ROM			
Hypermobility with spring testing			
Increasing episode frequency			
3 or more prior episodes			