

The core Biomechanical Assessment and Symmetry Evaluation (BASE) tests can be reviewed on [YouTube](https://www.youtube.com/playlist?list=PLvc57rglqZF9_BOqsFoZ4cWHD25hdQn31) ([https://www.youtube.com/playlist?list=PLvc57rglqZF9\\_BOqsFoZ4cWHD25hdQn31](https://www.youtube.com/playlist?list=PLvc57rglqZF9_BOqsFoZ4cWHD25hdQn31)).

For persons living with chronic pain and mobility impairment these videos provide a glimpse into some of the movement tests that a myoActivation clinician will ask a client to perform. Determining the movement test that stands out as being the most uncomfortable or restricted is the aim of these tests. This directs the myoActivation clinician to inspect a particular area of the body for soft tissue painful points and scars. The movement test results and areas of soft tissue dysfunction will be distinctive for each individual. If discomfort or restriction in movements prevents a person from being able to do the movements, as seen on these videos, the myoActivation clinician can make appropriate accommodations and still be able to help.

The videos outline only basic movement tests and are not intended to replace formal myoActivation<sup>®</sup> training provided by the Anatomic Medicine Foundation (<https://www.anatomicmedicine.org>). The information provided does not constitute professional medical advice nor a complete course of training. Users should not perform myoActivation based solely upon the content presented in these videos.

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