

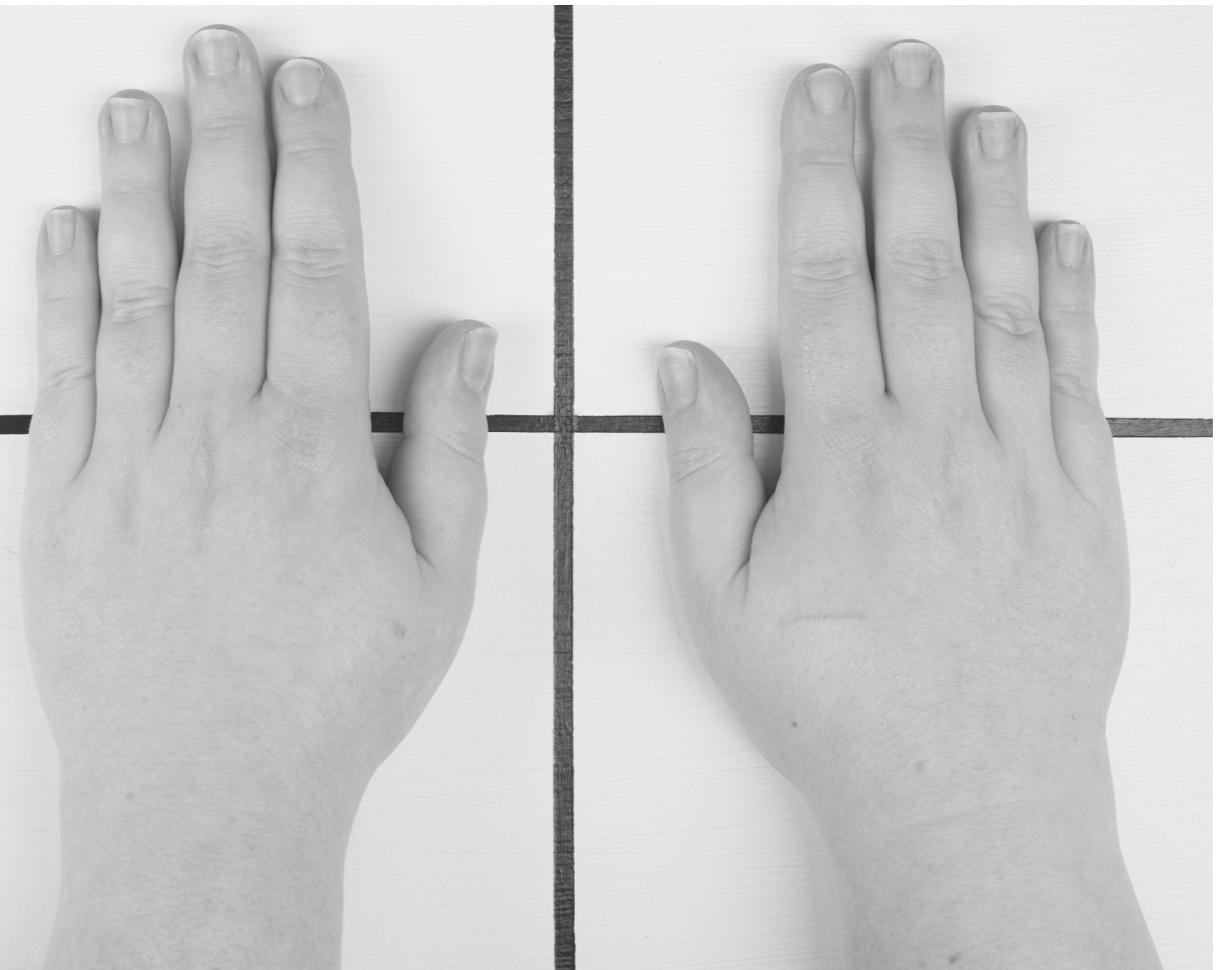
# The Performance of an X-Ray

Marianna Robins



## Both Hands

Please can you place both hands onto the X-ray board.  
Move your fingers closer together please.  
Bring your hands closer to the middle of the board.  
Stay as still as you can.  
All finished.



Bilateral PA view

## Left Humerus (Upper Arm)

Face forward, with your back to the X-ray board.

Stay as still as you can.

Stand with your back to the X-ray board.

Now turn to your right, with your shulder touching the board.

This may be a little tricky and uncomfortable.

Bend your arm backwards, behind you.

Move your top out of the way please.

Keep it as straight as you can.

Stay as still as you can.

All finished.



AP view



Lateral view

## Right Foot

Lay down or sit on the bed, whatever is more comfortable.

Bend your right knee and place your foot flat on the X-ray board.

Stay as still as you can.

Thats the first one done.

For the second one, place your foot on its side and straighten your foot.

Stay as still as you can.

All finished.



AP view



Lateral view

## Left Thumb

Place your left hand onto the X-ray board.

Tilt your hand up slightly, so this part of your thumb is facing upwards.

Keep it as straight as you can.

Stay as still as you can.

For the next one, it may be a little tricky and uncomfortable.

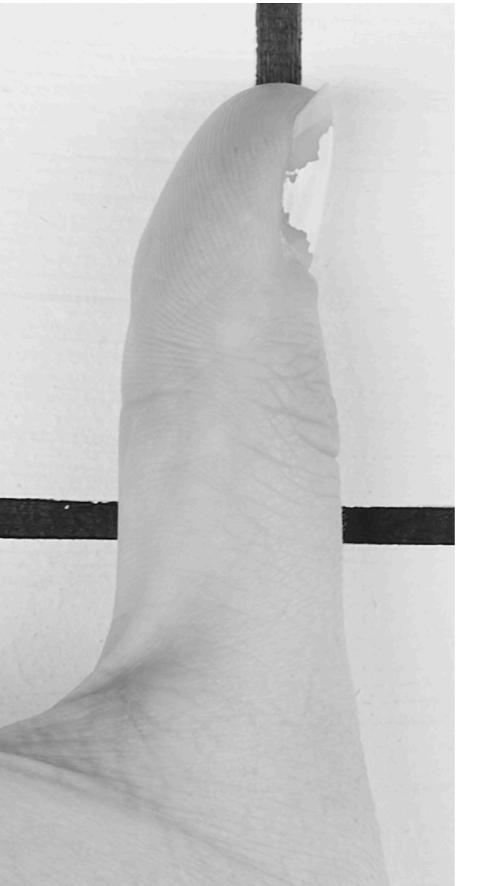
We will need you to place your hand like this, so twist your hand, so this part of your thumb faces

upwards.

Like this.

Stay as still as you can.

All finished.



Lateral view



PA view

## Right Shoulder

Sit facing forward for me, this may be uncomfortable.

Lean to your right over the X-ray board, keeping your arm and shoulder inline.

Let me move the board quickly.

Stay as still as you can.

Thats the first one done.

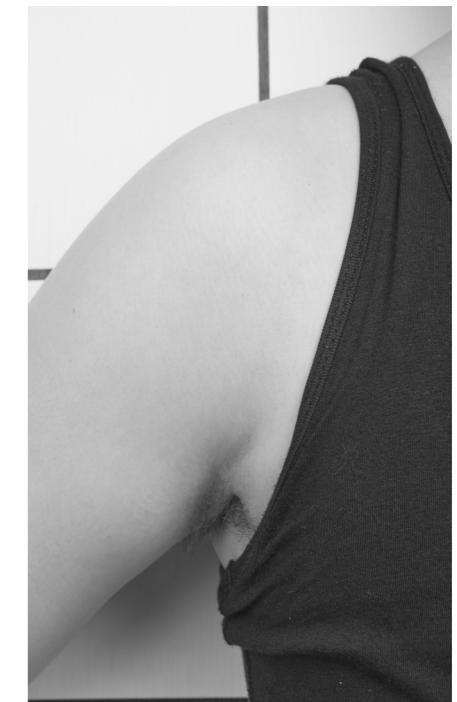
For the second one can you stand against my X-ray board, move your arm slighting away from your side.

Stay as still as you can.

All finished.



Supero-inferior (Axial)



AP view

## Left Forearm (Lower Arm)

Please can you place your left forearm onto the X-ray board with your palm facing up.

A little further along.

Stay as still as you can.

For the second one, bend your elbow, with your hand on its side.

Your elbow will be level with your shoulder.

Stay as still as you can.

All finished.



AP view



Lateral view

## Right Hand

Please can you place your right hand onto the X-ray board.

More to the middle.

Stay as still as you can.

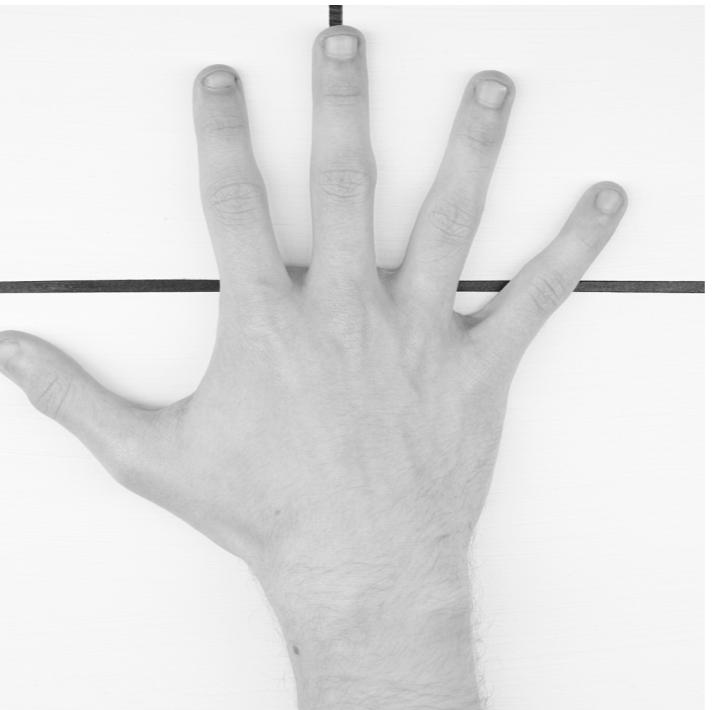
Thats the first one done.

For the second one can you move your hand onto its side, with your thumb facing upwards.

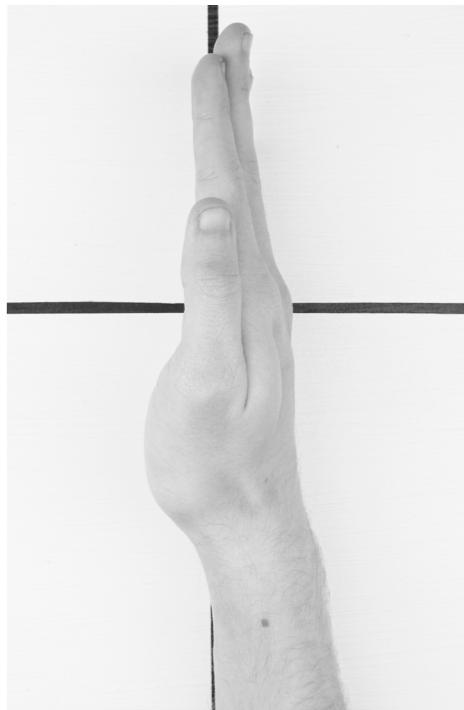
Fingers close together and straight.

Stay as still as you can.

All finished.



PA view



Lateral view

## Both Feet

Take a seat.

Place both feet on the X-ray board.

Move your feet closer together.

Sit back.

Stay as still as you can.

All finished.



AP view

## Left Knee

I'm going to slide the X-ray board underneath your left knee.

Lift your knee up quickly.

Get your knee as straight as you can, and as close to the board as possible.

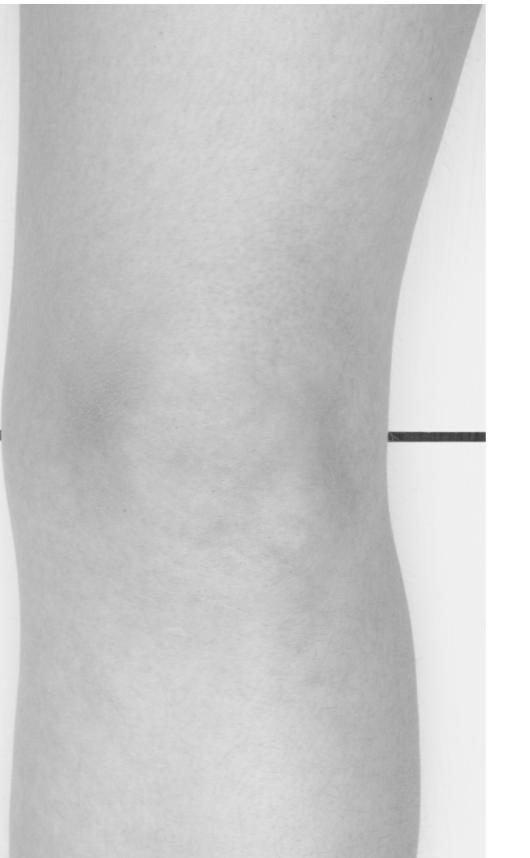
Stay as still as you can.

Thats the first one done.

For the second one can you move onto your right side, so your knee is on its side.

Stay as still as you can.

All finished.



AP view



Lateral view

## Right Elbow

Please can you place your right elbow onto the X-ray board.  
Place your arm facing upwards and get it as straight as you can.  
Let me move the board further up.  
Stay as still as you can.  
Bend your elbow, with your hand on its side.  
Your elbow will be level with your shoulder.  
Stay as still as you can.  
All finished.



AP view



Lateral view

## Left Middle Finger

Please can you place your left hand onto the X-ray board.

Move your fingers apart please.

Stay as still as you can.

Thats the first one done.

For the second one can you move your hand onto its side, with your middle finger sticking out.

Stay as still as you can.

All finished.



PA view



Lateral view

## Right Wrist

Please can you place your right hand onto the X-ray board.

Bring your fingers closer together.

Stay as still as you can.

For the second one can you move your hand onto its side, with your thumb facing upwards.

Stay as still as you can.

All finished.



PA view



Lateral view

## Left Ankle

Place your left foot onto the X-ray board.

Toes pointing upwards as far as you can.

Stay as still as you can.

For the second one turn your foot onto the outside edge, again toes pointing up.

Stay as still as you can.

For the third one, stand and on this step for me and get as close to the board as you can.

Place as much weight as you can through that ankle.

Stay as still as you can.

All finished.



AP view



Lateral view



Weight Bearing

## Pelvis/Hips

Lay on the bed for me, as flat as you can, as if you were in bed at home.

I'm going to have a feel for your hips ok.

Stay as still as you can.

All finished.



AP view

## Left Hand

Please can you place your left hand onto the X-ray board.

Bring your fingers closer together.

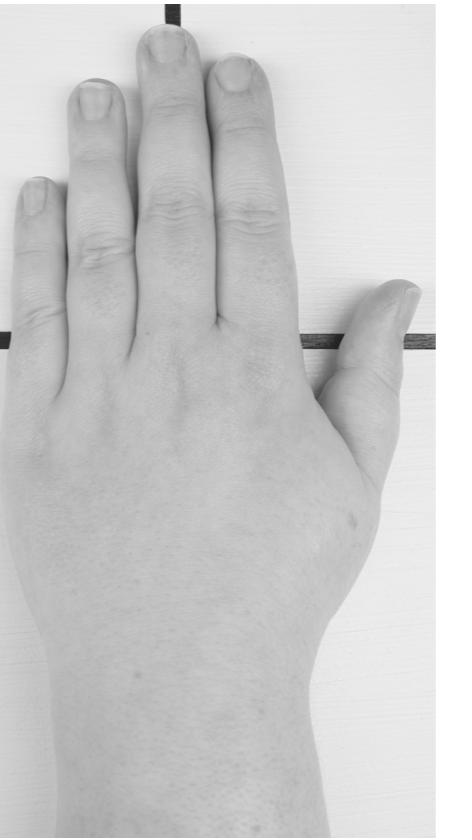
Stay as still as you can.

For the second one can you move your hand onto its side, with your thumb facing upwards.

Bring your fingers closer together.

Stay as still as you can.

All finished.



PA view



Lateral view

## Right Ring Finger

Please can you place your right hand onto the X-ray board.

Move your fingers apart please.

Stay as still as you can.

Thats the first one done.

For the second one can you move your hand onto its side, with your ring finger sticking out, we will use this block to help, so it might be a little uncomfortable.

Stay as still as you can.

All finished.



PA view



Lateral view

## Left Elbow

Please can you place your right elbow onto the X-ray board.

Place your arm facing upwards and get it as straight as you can.

Let me move the board further up.

Stay as still as you can.

For the second one, bend your elbow, with your hand on its side.

Your elbow should be level with your shoulder.

Stay as still as you can.

All finished.



AP view



Lateral view

## Right Index Finger

Please can you place your right hand onto the X-ray board.

Move your fingers apart please.

Stay as still as you can.

Thats the first one done.

For the second one can you move your hand onto its side, with your index finger sticking out, like you are pointing.

Stay as still as you can.

All finished.



PA view



Lateral view

## Left Clavicle

Please can you stand with your back to the X-ray board.

Move slightly to your right.

Move your arm away from your side slightly, with your palm facing outwards.

Stay as still as you can.

All finished.



AP view

## Left Tib/Fib (Lower Leg)

I'm going to slide the X-ray board underneath your leg, try and get your leg as flat as you can.

Stay as still as you can.

For the second one, roll onto your right side. you can bend your other leg and move it out the way so you are more comfortable.

Stay as still as you can.

All finished.



AP view



Lateral view

## Right Calcaneus

Please can you place your right foot onto the X-ray board with your foot facing upwards.

We will use this to move your toes closer to you so we can see your heel better.

Stay as still as you can.

For the second one, twist your foot onto its side.

Stay as still as you can.

All finished.



Axial view



Lateral view

## Left Wrist

Please can you place your left hand onto the X-ray board.

Bring your fingers closer together.

Stay as still as you can.

For the second one can you move your hand onto its side, with your thumb facing upwards.

Bring your fingers closer together.

Stay as still as you can.

All finished.



PA view



Lateral view

## Right Thumb

Place your Right hand onto the X-ray board.

Tilt your hand up slightly, so this part of your thumb is facing upwards.

Keep it as straight as you can.

Stay as still as you can.

For the next one, it may be a little tricky and uncomfortable.

We will need you to place your hand like this, so twist your hand, so this part of your thumb faces upwards.

Stay as still as you can.

All finished.



Lateral view



PA view

## Left Foot

Lay down or sit on the bed, whatever is more comfortable.

Bend your left knee and place your foot flat on the X-ray board.

Stay as still as you can.

Thats the first one done.

For the second one, tilt your foot so it is slightly on its side, its a little bit of a strange posititon.

Stay as still as you can.

All finished.



AP view



Oblique view

## Neck

Please can you stand with your back to the X-ray board.

Tilt your head up slightly.

Stay as still as you can.

For the second one can you turn to your side, look forward.

Stay as still as you can.

All finished.



AP view



Lateral view

## Right Forearm (Lower Arm)

Please can you place your right forearm onto the X-ray board with your palm facing up.

Move further along.

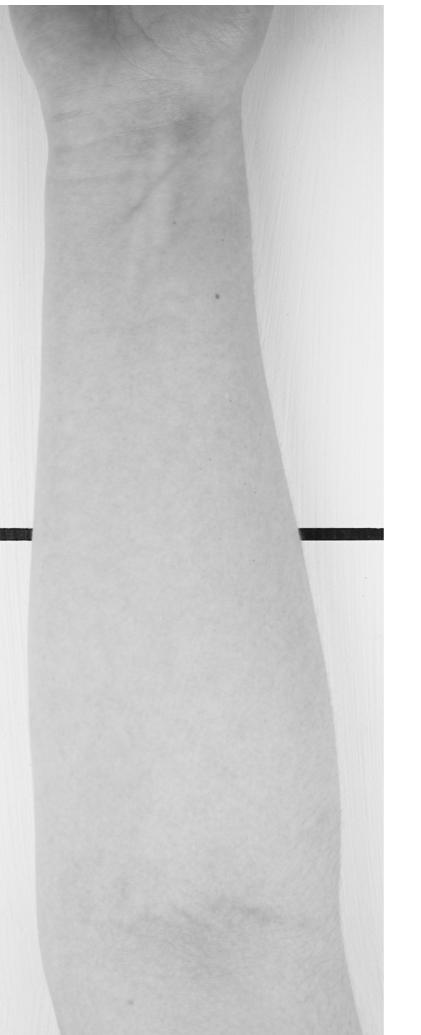
Stay as still as you can.

For the second one, bend your elbow, with your hand on its side.

Your elbow will be level with your shoulder.

Stay as still as you can.

All finished.



AP view



Lateral view

## Left Big Toe

Please can you place your left foot onto the X-ray board.

Place it flat.

Stay as still as you can.

For the second one can you move your foot onto its side, we will use this to move the other toes out of the way.

Hold this.

Stay as still as you can.

All finished.



AP view



Lateral view

## Right Knee

I'm going to slide the X-ray board underneath your knee, try and get your knee as flat as you can.

Stay as still as you can.

For the second one, roll onto your left side.

Stay as still as you can.

For the last image bend your knee slightly, and hold the X-ray board on your lap.

Stay as still as you can.

All finished.



AP view



Lateral view



## Chest

Face my X-ray board for me.

Get as close as you can, it may be cold.

A little closer.

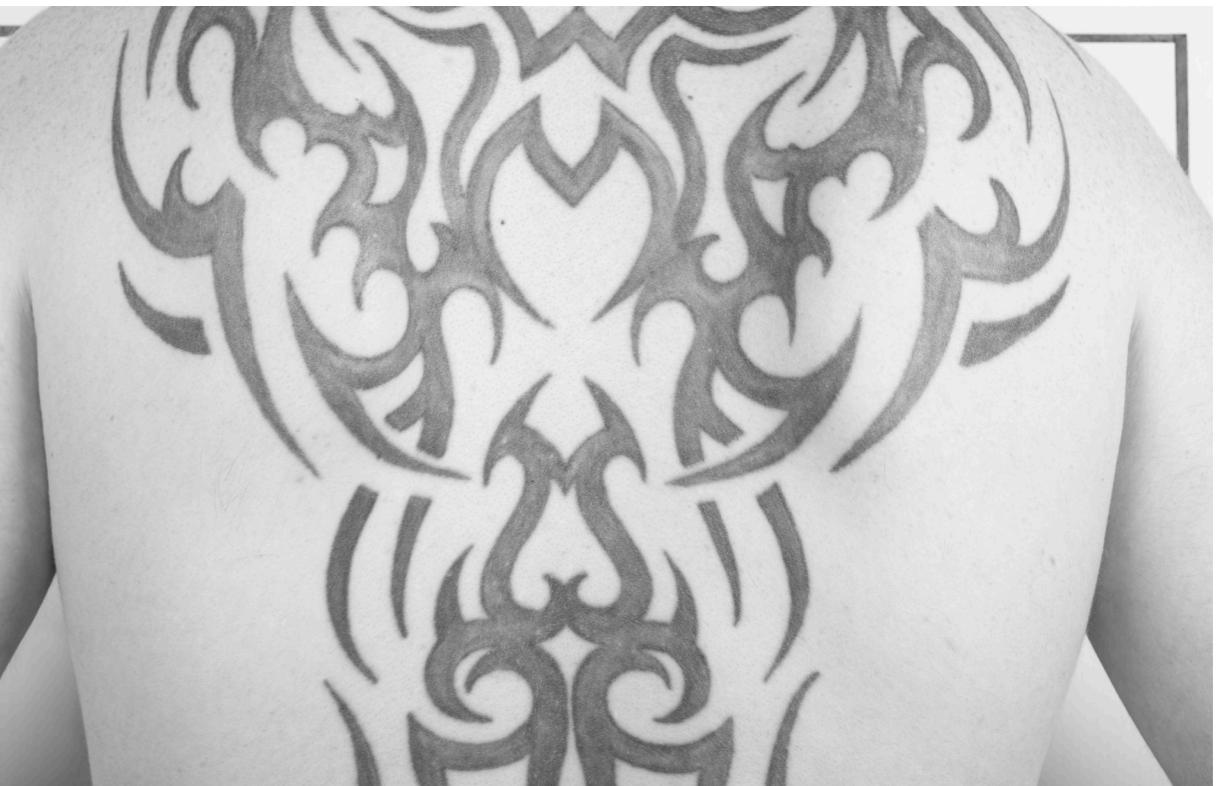
Now roll your shoulders forward, and act as though you are giving the board a big hug.

Deep breath in.

Hold.

Breath normally.

All finished.



PA view



