



| DATE | | NAME | | | CARNEGIE SPORTS PHYSIO CLINIC | | |
|-------------------------|---|---|--|------------|-------------------------------|--|--|
| Test | Purpose of test | Description of test | Score criteria | Score Left | Score right | Test score | |
| Soleus Strength | Used to assess the endurance of the deep ankle plantarflexors in weightbearing. | Stand facing the wall, hands on wall for stability. Patient with bare feet and standing on one leg. Flex knee to 140°. Maintain knee flexion and slowly rise onto the ball of your foot and lower slowly. Repeat 20 times in a controlled manner. | 0 Unable/pain 1 Less than 10 2 15 3 20 stable | 3 | 3 | Left plus right 0-6 NB. If either side scores 0 then the total is 0 regardless of the good side | |
| Gastrocs Strength | Used to assess the endurance of the ankle plantarflexors in weightbearing. | One hand on the wall, keep knee straight. Slowly raise onto the ball of your foot and slowly back down, maintaining straight knee position. | 0 Unable/pain 1 Less than 10 2 15 3 20 stable | 3 | 3 | Left plus right 0-6 NB. If either side scores 0 then the total is 0 regardless of the good side | |
| Single Leg Dip Strength | Assesses control and mobility in the hip, knee and ankle in addition to proprioception. Good test of glute control. | No wall. Stand on one leg keeping hips level, dip down bending at the knee and do not allow knee to medially deviate (go inwards). Complete 10 repetitions on each leg | 0 Pain 1 Reduced knee/pelvis control 2 Able to do 10 with hand on wall 3 Stability for 10 repetitions | 3 | 3 | Left plus right 0-6 NB. If either side scores 0 then the total is 0 regardless of the good side | |

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| Glute Max Strength | Assesses glut/hamstring activation and firing pattern. To assess possible over use/dominance of hamstrings | Prone lying. Ask the athlete to keep their knee straight and lift leg just off the floor. Palpate hamstring and glute on the same side and erector spinae on the opposite. Glut should fire first, hamstring second, and the hips should not move forward. | 0 Unable/pain 1 Slow glute activation (secondary to hamstring) 2 Over active erector spinae 3 Glute first, then hamstring, pelvis stable | 3 | 3 | Left plus right 0-6 NB. If either side scores 0 then the total is 0 regardless of the good side |
| Glute Med Strength | To test the strength of glut medius, which helps with pelvic stability. If weak, the QLs will tend to be overactive and stability of the pelvis is reduced | Lie on side, bottom knee bent up. Top leg straight, knee behind hip. Reach away with top foot, to lengthen top waist. Toes turned towards the floor Operator test resisted abduction (ie instruction don't let me push your leg down) | 0 Very poor 1 medium resistance- tires quickly 2 strong resistance | 1 | Right shingen 2 | Left plus right 0-4 NB. If either side scores 0 then the total is 0 regardless of the good side |
| Dynamic Balance | Assesses balance reactions without using non-functional bracing strategies (Joanne Elphinston) Vital for sport | Stand on one leg, turn head left and right, and say days of the week. Watch for bracing and toes curling | 0 Very poor, braces with arms and trunk, and toe curls. 1 Two days 2 Five days 3 One week plus | 3 | 3 | Left plus right 0-6 NB. If either side scores 0 then the total is 0 regardless of the good side |

Back

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| Sitting Rotation Mobility | Assesses the ability to counter-rotate through the spine. Vital for healthy rotation in normal walking and running gait | Sitting, hands on lap, facing forwards. Rotate through the rib cage without moving the head or hips | 0 Unable to move rib cage without moving head 1 Small movement of rib cage before head moves 2 Good movement of the rib cage without moving head NB may be different left to right | 3 | 3 | Left plus right 0-4 NB. If either side scores 0 then the total is 0 regardless of the good side |
| Sitting Hamstring Flexibility | Assesses pure spinal stability and pure hamstrings flexibility and the involvement of the lumbar spine. Direct observation of the lumbar spine. | Sit up right on edge of bed, athlete actively straighten the knee without any spinal movement. Using a goniometer to measure knee angle at point where back stays in neutral. NB. Patient's spine is in neutral. This gives an indication of pure hamstring length. | 0 Pain 1 Unable to perform movement - less than 100° 2 Compensatory movement pattern 3 Optimal movement pattern 180° | ✓ | ✓ | Left plus right 0-6 NB. If either side scores 0 then the total is 0 regardless of the good side |
| Quads Flexibility | Flexibility of quadriceps, looking at the amount of compensation through the lumbar spine and pelvis. | 1. Side lying, with hips and lumbar spine in neutral, bottom knee bent up to belly button height. 2. Take top foot in hand and keeping back flat, pull top leg back behind you without moving hips. 3. Assess angle at hip and top thigh. Should be able to get thigh in line with trunk | 0 Pain 1 Within first 10° lumbar movement 2 Within first 45° lumbar movement 3 Thigh in line with trunk, no back movement | 3 | 3 ✓ | Left plus right 0-6 NB. If either side scores 0 then the total is 0 regardless of the good side |

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| Calves Flexibility | Flexibility in long calf muscles. Poor flexibility in these muscles will encourage overpronation, especially in lax (floppy) feet. | 1. Stand facing the wall, hands on the wall. Feet pigeon toed and arches lifted. 2. Move hips towards the wall, keeping the arches up, and knees straight, feeling the stretch in the back of the calves. | 0 Pain/less than 90° at the ankles 1 Ankles at 90° 2 Ankles 5° past 90° 3 Ankles 10° past 90° | | | Left plus right 0-6 NB. If either side scores 0 then the total is 0 regardless of the good side |
| Pecs Major | Flexibility of pectoral muscles in front of shoulders. Will tighten upper back and can cause shoulders to become rounded, and affect breathing | 1. Stand facing the wall, with the arm on the wall, out to the side, elbow at 90, and level with shoulder 2. Turn upper body away from the wall. Feel how tight in the front of the shoulder. Repeat with elbow slightly higher than shoulder | 0 Pain 1 Unable tight ++ 2 Compensatory- tight 3 Optimal | 3 | 3 | Left plus right 0-6 NB. If either side scores 0 then the total is 0 regardless of the good side |
| Latissimus dorsi length | Assesses length of latissimus dorsi to enable full arms over head position, without back movement. Important for good posture | Lie on the floor, with the knees bent and the back flat on the floor. Palms facing the ceiling and arm by sides, elbows straight. Take arms up and over head, towards the floor above head, as far as possible but keeping elbows straight and close to ears | 0= Pain 1= more than 10 inches off floor 2= more than a wide hand width off floor 3= hands to floor with elbows straight | 3 | 3 | 0-6 |
| | | | | | | TOTAL SCORE |