

INJURY HISTORY:

REGION	LEFT/RIGHT	CURRENT INJURY	Past 12 months	Resolved	Injury
		Yes/No	Yes/No	Yes/No	Specify
SHOULDER					
ELBOW					
WRIST					
HAND/FINGER					
NECK					
THORACIC SPINE					
LOWER BACK					
SACRO ILIAC JOINT					
HIP/GROIN					
QUADRICEPS					
HAMSTRING					
KNEE					
SHIN/LOWER LEG					
ANKLE					
ACHILLES TENDON					
FOOT					
OTHER					

POSTURAL ASSESSMENT:

MARK WITH A TICK

POSTURE COMPONENT	RATING SCALE		
	NORMAL	MILD ASYMMETRY	SIGNIFICANT ASYMMETRY
SHOULDER SYMMETRY			
SHOULDER ROUNDNESS			
HIP SYMMETRY			
SPINAL CURVATURE	NORMAL	SCOLIOSIS CONVEX LEFT	SCOLIOSIS CONVEX RIGHT
THORACIC KYPHOSIS	INCREASED KYPHOSIS/LORDOSIS	NORMAL	DECREASED KYPHOSIS/LORDOSIS
LUMBAR LORDOSIS			
KNEE HYPEREXTENSION	NORMAL		KNEES HYPEREXTENDED

FLEXIBILITY TESTS:

PASSIVE STRAIGHT LEG RAISE:

LEFT DEGREES
 RIGHT DEGREES

ACTIVE KNEE EXTENSION:

LEFT DEGREES
 RIGHT DEGREES

MODIFIED THOMAS TEST:

KNEE LEFT DEGREES
 RIGHT DEGREES
 HIP LEFT DEGREES
 RIGHT DEGREES

ACTIVE INTERNAL AND EXTERNAL ROM:

INTERNAL	LEFT	<input type="text"/>	DEGREES
	RIGHT	<input type="text"/>	DEGREES
EXTERNAL	LEFT	<input type="text"/>	DEGREES
	RIGHT	<input type="text"/>	DEGREES

ANKLE DORSIFLEXION LUNGE:

LEFT	<input type="text"/>	CM
RIGHT	<input type="text"/>	CM

SIT AND REACH:

<input type="text"/>	CM
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LUMBAR SPINE EXTENSION:

<input type="text"/>	CM
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LUMBAR FORWARD FLEXION:

<input type="text"/>	CM
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	LEVEL OF SEGMENTAL STIFFNESS	YES	NO
	LUMBAR STIFFNESS (L1-5)		
	LOWER THORACIC (T7-T12)		

COMBINED ELEVATION TEST:

<input type="text"/>	CM
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SHOULDER ROTATION:

INTERNAL	LEFT	<input type="text"/>	DEGREES
	RIGHT	<input type="text"/>	DEGREES
EXTERNAL	LEFT	<input type="text"/>	DEGREES
	RIGHT	<input type="text"/>	DEGREES

POSTERIOR SHOULDER TIGHTNESS:

LEFT	<input type="text"/>	DEGREES
RIGHT	<input type="text"/>	DEGREES

NEURAL MOBILITY TESTS:

ACTIVE SLUMP TEST

LEFT	<input type="text"/>	DEGREES
RIGHT	<input type="text"/>	DEGREES

ULTT1

LEFT	<input type="text"/>	DEGREES
RIGHT	<input type="text"/>	DEGREES

STABILITY AND STRENGTH:

4 POINT HOLD

<input type="text"/>	MIN/SECS
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BRIDGING HOLD

Left	<input type="text"/>	MIN/SECS	Right	<input type="text"/>	MIN/SECS
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CALF HEEL RAISE

LEFT	<input type="text"/>	REPS
RIGHT	<input type="text"/>	REPS

DEEP NECK FLEXORS

20-22mmHg and hold for 10sec	<input type="text"/>	Yes	<input type="text"/>	No
24mmHg and hold for 10 sec	<input type="text"/>	Yes	<input type="text"/>	No
26mmHg and hold for 10sec	<input type="text"/>	Yes	<input type="text"/>	No
28mmHg and hold for 10sec	<input type="text"/>	Yes	<input type="text"/>	No
30mmHg and hold for 10 sec	<input type="text"/>	Yes	<input type="text"/>	No

PROPRIOCEPTION:

Y Lower Quarter BALANCE TEST

Lower limb length	Left (cm)	Right (cm)	Difference
Anterior	<input type="text"/>	<input type="text"/>	<input type="text"/>
Posteriormedial	<input type="text"/>	<input type="text"/>	<input type="text"/>
Posteriorlateral	<input type="text"/>	<input type="text"/>	<input type="text"/>
Composite	<input type="text"/>	<input type="text"/>	<input type="text"/>

Composite = $\frac{(A+PM+PL)}{3 \times LL} \times 100$

SPECIAL TESTS:

ULTRASOUND OF LATERAL ABDOMINAL WALL

CONTRACTED				RELAXED			
LEFT	TA	<input type="text"/>	MM	LEFT	TA	<input type="text"/>	MM
RIGHT		<input type="text"/>	MM	RIGHT		<input type="text"/>	MM
LEFT	IO	<input type="text"/>	MM	LEFT	IO	<input type="text"/>	MM
RIGHT		<input type="text"/>	MM	RIGHT		<input type="text"/>	MM
LEFT	EO	<input type="text"/>	MM	LEFT	EO	<input type="text"/>	MM
RIGHT		<input type="text"/>	MM	RIGHT		<input type="text"/>	MM

ADDUCTOR SQUEEZE TEST

1	<input type="text"/>	mm/Hg
2	<input type="text"/>	mm/Hg
3	<input type="text"/>	mm/Hg
Average	<input type="text"/>	mm/Hg