

# Athlete Evaluation

## Static Posture Tests

### Side View

1cm Anterior to ankle bone

Yes      No

--	--

Slightly Anterior to knee midline

Yes      No

--	--

Approx. in line with femur

Yes      No

--	--

Midway between back and abdomen

Yes      No

--	--

Midway through chest

Yes      No

--	--

Through the shoulder

Yes      No

--	--

Through the ear lobe

Yes      No

--	--

### Rear View

Ears level

Yes      No

--	--

Shoulders level

Yes      No

--	--

Hips level

Yes      No

--	--

Knees level

Yes      No

--	--

Spine straight

Yes      No

--	--

## Flexibility Tests

### Neck Side Flexion Test

**Move your ear towards your shoulder keeping your shoulders level** If no, how much?

Between 25 - 40 degrees of bend?

Right                      Left

Yes      No                  Yes      No


### Neck rotation test

**Sit in a chair with good posture. Rotate your neck to the left and right** If no, how much?

Between 70 (older) - 90 (young) degrees?

Right                      Left

Yes      No                  Yes      No


*Sweetheart Test*

Place your arm around a partner and relax your arm and shoulder. Rotate your head away from the relaxed arm. Switch arm and repeat.

Rotation the same as neck rotation test			
Right		Left	
Yes	No	Yes	No
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
If no, the difference?		<input type="text"/>	<input type="text"/>

*Apley Scratch Test*

Reach over your shoulder and attempt to touch the top inside of the opposite shoulder blade (external shoulder rotation)

Can you touch?			
Right		Left	
Yes	No	Yes	No
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
If no, how far away?		<input type="text"/>	<input type="text"/>

Reach behind your back and attempt to touch the lower part of the opposite shoulder blade (internal shoulder rotation)

Can you touch?			
Right		Left	
Yes	No	Yes	No
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
If no, how far away?		<input type="text"/>	<input type="text"/>

*Pectoralis Minor and Major Test*

Lie on your back with your hands behind your head. Let your elbows fall towards the floor.

Both arms on the floor?	
Yes	No
<input type="text"/>	<input type="text"/>

If no, which arm is off the ground?					
Right	How Far	Left	How Far	Both	How Far
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

*Spinal Rotation Test*

Lie on your back and raise your knees to 90 degrees. Slowly lower your legs to the right hand side. Repeat on the left hand side.

Can legs touch the floor with opposite shoulder on the ground?					
Right			Left		
Yes	No		Yes	No	
<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>	
If no, how far from floor?			<input type="text"/>	<input type="text"/>	

### Thomas Test

Lie on a bed or table with your legs hanging from the end. Place one hand under back opposite your belly button. Use the other hand to raise your knee towards your chest until you feel your spine begin to press on your hand behind your back

Did the other leg rise?

Right		Left	
Yes	No	Yes	No
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
If no, how much?			

Did the other leg rise?

Right		Left	
Yes	No	Yes	No
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Is the other leg hanging straight?

Right		Left	
Yes	No	Yes	No
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

### Supine Knee Extension Test

Lie on your back with legs extended. Place a blood pressure cuff inflated to 70 mmHg under your spine behind your belly button. Raise one leg, bent at the knee, until your thigh is 90 degrees. Slowly straighten your leg until the pressure on the gauge increases.

What angle was reached?

Right Leg	Left Leg
<input type="text"/>	<input type="text"/>

### Waiter's Bow Test

Take a pinch of skin on your back behind your belly button. Bend forward with your knees locked straight.

Can bend 50 degrees while holding pinch of skin?

Yes	No
<input type="text"/>	<input type="text"/>

### Cigarette Butt Test

Stand against a wall with your feet hip width apart and legs straight. Rotate your toes outwards making sure pelvis stays square and legs are locked

What angle was reached?

Right Foot	Left Foot
<input type="text"/>	<input type="text"/>

Stand against a wall with your feet hip width apart and legs straight. Rotate your toes inwards making sure pelvis stays square and legs are locked

What angle was reached?

Right Foot	Left Foot
<input type="text"/>	<input type="text"/>

### Side Bend Test

Stand with feet together and your heels, gluteals, back and head against a wall. Slide down one side as far as you can while keeping body against the wall and your opposite heel down. Repeat other side.

		Can you reach the knee joint?			
		Right		Left	
		Yes	No	Yes	No
If no, how far short?	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

### Arm Raise Test

Stand with your buttocks, back and head against a wall with your feet 30cm away from the wall. Have a partner check the amount of lower back curve you have. Raise your arms and bring them towards the wall. Recheck the lower back curve.

Curve Increased?	
Yes	No
<input type="text"/>	<input type="text"/>

### Thoracic Extension Test

Stand with your buttocks, back and head against a wall with your feet 30cm away from the wall. Raise your arms and move them until they are touching the wall above your head

Head, back or buttocks off wall?	
Yes	No
<input type="text"/>	<input type="text"/>

### McKenzie Press Up

Lie face down on the ground with your hands placed just outside the top of your shoulders. Breathe in and exhale as you begin pressing your body up like a push up.

Can straighten arms?	
Yes	No
<input type="text"/>	<input type="text"/>

Pelvis stays on ground?	
Yes	No
<input type="text"/>	<input type="text"/>

## Fitness Tests

### *Sit and reach Test*

After a full body warm up, sit with a ruler between your feet. Keeping your legs straight, lean forward with your hands outstretched and measure the distance you reach down the ruler. Your toes are the 0 point so short of your toes results in a negative result. Complete three times and record the best result

First	Second	Third
<input type="text"/>	<input type="text"/>	<input type="text"/>
Best		
<input type="text"/>		

### *VO2 Max Test*

Walk 1760 yards on level ground as fast as possible without running. Record the time taken and your heart rate for one minute immediately after finishing the walk

Time Taken	Heart Rate
<input type="text"/>	<input type="text"/>
VO2 Max	
<input type="text"/>	

### *Lower Body Strength Test*

Jump as far as possible from a two legged standing start. Complete three times and record the best result.

First	Second	Third
<input type="text"/>	<input type="text"/>	<input type="text"/>
Best		
<input type="text"/>		

### *Core Strength Test*

Complete as many sit ups as possible in two minutes. Keep good form throughout the test.

Number

### *Upper Body Strength Test*

Complete as many push ups as possible in two minutes. Keep good form throughout the test.

Number

### *Shoulder Flexibility Test*

Hold a rope between two hands. Keeping your arms straight, rotate them over your head. As you feel resistance, slide your hands further apart until you can lay the rope flat against your lower back.

Shoulder Width	Distance Between Hands
<input type="text"/>	<input type="text"/>
Difference	
<input type="text" value="0"/>	

### *Balance Test*

Balance on one leg with your hands on your hips. Place the foot of the other leg against the knee of the balancing leg. Close your eyes and hold this position for as long as possible. The test is over when either your hands come away from your hips or the foot comes away from the knee. Repeat on the other leg.

Left Leg	Right Leg
<input type="text"/>	<input type="text"/>

### *Core Endurance Test*

Lie on the ground and raise yourself up onto your toes and forearms. Hold this "bridge" position for as long as possible.

Time
<input type="text"/>

### *Lower Body Endurance Test*

Place your back flat against a wall. Lower your body until your legs are at 90 degrees and your thighs are parallel to the floor. Hold this position for as long as possible.

Time
<input type="text"/>