

# Injury Prevention Biomechanical Screen

## INJURY PREVENTION – BIOMECHANICAL SCREENING

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **GENDER** \_\_\_\_\_

**Do you stretch?** \_\_\_ No \_\_\_ Yes \_\_\_ /7 days per week

**Activities:** Running \_\_\_\_\_ miles /wk      Cycling \_\_\_\_\_ miles /wk  
 Golf \_\_\_\_\_ holes /wk      Hiking \_\_\_\_\_ miles/wk  
 Walking \_\_\_\_\_ miles /wk      Swimming \_\_\_\_\_ hrs /wk  
 Other \_\_\_\_\_

**Current Symptoms: None – prevention only** \_\_\_\_\_

Low back \_\_\_\_\_ Hip \_\_\_\_\_  
 Knee \_\_\_\_\_ Ankle \_\_\_\_\_  
 Heels \_\_\_\_\_ Arches \_\_\_\_\_  
 Feet \_\_\_\_\_ Other \_\_\_\_\_

**Running/walking shoe (brand)** \_\_\_\_\_ **Orthotics: none /store/custom made**

### FLEXIBILITY

MUSCLE TESTED		EXCELLENT 90-100%	GOOD 70-90%	FAIR 50-70%	POOR 30-50%	SEVERELY LIMITED <30%
<b>HIP FLEXORS</b>		-10-0	0	0-10	10-20	>20
Thomas Test	L	_____	_____	_____	_____	_____
(front of hip)	R	_____	_____	_____	_____	_____
<b>QUADRICEPS</b>		100-120	90-100	70-90	50-70	<50
Thomas Test	L	_____	_____	_____	_____	_____
(front of thigh)	R	_____	_____	_____	_____	_____
<b>Iliotibial Band</b>		To table 30-45	15-30	0-15	0-(-10)	>(-10)
Ober's test	L	_____	_____	_____	_____	_____
(side of hip)	R	_____	_____	_____	_____	_____
<b>HAMSTRINGS</b>		90-100	70-90	50-70	30-50	<30
SLR	L	_____	_____	_____	_____	_____
(back of thigh)	R	_____	_____	_____	_____	_____
<b>Gluteal Muscles</b>		Pass	Fail			
Adduction/IR test	L	_____	_____			
(Buttocks)	R	_____	_____			
<b>HIP JOINT</b>		Pass	Fail			
Patrick's test	L	_____	_____			
Abduction/ER	R	_____	_____			
<b>HIP INTERNAL ROTATION</b>		40-45	32-40	23-32	13-23	<13
90/90	L	_____	_____	_____	_____	_____
(Deep Buttock)	R	_____	_____	_____	_____	_____
<b>HIP EXTERNAL ROTATION</b>		40-45	32-40	23-32	13-23	<13
90/90	L	_____	_____	_____	_____	_____
(Deep buttock)	R	_____	_____	_____	_____	_____
<b>ADDUCTORS</b>		45-50	35-45	25-35	15-25	<15
Abduction-knee ext.	L	_____	_____	_____	_____	_____
(Inner thigh)	R	_____	_____	_____	_____	_____
<b>GASTROCNEMIUS</b>		10+	8-10	6-8	4-6	<4
Prone Dorsiflexion	L	_____	_____	_____	_____	_____
(calf muscle)	R	_____	_____	_____	_____	_____

