

Gippsland Sports Academy
Musculoskeletal Physiotherapy Screening

Name:

DOB:

Sex:

Date of Assessment:

Sport:

Physiotherapist:

POSTURE

Height:

SAGITTAL PLANE		CORONAL PLANE	
Sway Back	1. Mild 2. Moderate 3. Severe	Scoliosis LEVEL: Cx Tx Lx	1. Mild 2. Moderate 3. Severe
Kyphosis	1. Mild 2. Moderate 3. Severe	Shoulder Height L>R R>L	1. Mild 2. Moderate 3. Severe
Flat Lumbar Spine	1. Mild 2. Moderate 3. Severe	Pelvic Alignment PSIS level L higher than R L lower than R	1. Mild 2. Moderate 3. Severe
Forward Head posture	1. Mild 2. Moderate 3. Severe	Hip position IR ER FLEX EXT ADD ABD	1. Mild 2. Moderate 3. Severe
Rounded Shoulders L>R R>L L=R	1. Mild 2. Moderate 3. Severe	Leg Length L >R R>L	1. Mild 2. Moderate 3. Severe
Pelvic Tilt ANTERIOR POSTERIOR	1. Mild 2. Moderate 3. Severe	Weight Transfer L R FWD BWD	1. Mild 2. Moderate 3. Severe

Score

SPORT SCREENING

STANDING:

LUMBAR EXTENSION

Score	Performance	Fitness
1	No pain, no hinge, good range	Excellent
2	Pain, hinge, or restricted range	Good
3	2 of the above	Fair
4	All of the above	Poor

SINGLE LEG BALANCE

Score	Performance	Fitness
R 0.5 L 0.5	SL balance eyes closed >20secs	Excellent
R 1.0 L 1.0	SL balance eyes closed >10secs	Good
R 1.5 L 1.5	SL balance eyes open > 10secs	Fair
R 2.0 L 2.0	SL balance eyes open <10 secs	Poor

SINGLE LEG SQUAT

Score	Performance	Fitness
R 0.5 L 0.5	Single leg squat with knee over 2 nd toe and pelvis level	Excellent
R 1.0 L 1.0	Controlled knee, but pelvic instability	Good
R 1.5 L 1.5	Loss of control of knee	Fair
R 2.0 L 2.0	Loss of control of pelvis and knee	Poor

LANDING TECHNIQUE 2 FEET TO ONE FOOT

Score	Performance	Fitness
R 0.5 L 0.5	Pelvis level, knee/hip in alignment maintain ankle stability	Excellent
R 1.0 L 1.0	Loss of control of one of the above	Good
R 1.5 L 1.5	Loss of control of two of the above	Fair
R 2.0 L 2.0	Loss of control of all of the above	Poor

CALF LENGTH

Score	Performance	Fitness
R 0.5 L 0.5	>10CM	Excellent
R 1.0 L 1.0	8-10CM	Good
R 1.5 L 1.5	4-7CM	Fair
R 2.0 L 2.0	<4CM	Poor

LAT TEST

Score	Performance	Fitness
R 0.5 L 0.5	Able to touch wall with back flat and elbows straight	Excellent
R 1.0 L 1.0	Able to reach within 1-3cm with back flat and elbows straight	Good
R 1.5 L 1.5	Able to reach within 3-5cm with back flat and elbows straight	Fair
R 2.0 L 2.0	Unable to reach within 5cm of wall	Poor

FLOOR:

ABDOMINAL STABILISATION STRENGTH (PLANK)

Score	Performance	Fitness
1	Hold position for 30secs maintaining core stability	Excellent
2	Hold position 20-30secs	Good
3	Hold position 10-20secs	Fair
4	Hold position <10secs or is unable to get correct form	Poor

Score

SITTING:**SHOULDER IMPINGEMENT TEST**

R 0.5 L 2.0	NEGATIVE
R 2.0 L 2.0	POSITIVE

TRUNK ROTATION

Score	Performance	Fitness
R 0.5 L 0.5	Rotate >65 deg	Excellent
R 1.0 L 1.0	Rotate 55-65 deg	Good
R 1.5 L 1.5	Rotate 45-55deg	Fair
R 2.0 L 2.0	Rotation <45deg	Poor

SLUMP

Score	Performance	Fitness
R 0.5 L 0.5	Slumped spine, ankle DF and knee extended 0deg	Excellent
R 1.0 L 1.0	Slumped spine, ankle DF and knee flexed <10deg	Good
R 1.5 L 1.5	Slumped spine, ankle DF and knee flexed 45-10deg	Fair
R 2.0 L 2.0	Slumped spine, ankle DF and knee flexed 90-50deg	Poor

SUPINE:**SHOULDER EXTERNAL ROTATION**

Score	Performance	Fitness
R 0.5 L 0.5	90-100deg	Excellent
R 1.0 L 1.0	75-90deg	Good
R 1.5 L 1.5	60-75deg	Fair
R 2.0 L 2.0	<60deg or >100deg	Poor

SHOULDER INTERNAL ROTATION

Score	Performance	Fitness
R 0.5 L 0.5	90deg	Excellent
R 1.0 L 1.0	75-90deg	Good
R 1.5 L 1.5	60-75deg	Fair
R 2.0 L 2.0	<60deg	Poor

SHOULDER APPREHENSION TEST

R 0.5 L 0.5	NEGATIVE
R 2.0 L 2.0	POSITIVE

HIP QUADRANT

R 0.5 L 0.5	NEGATIVE
R 2.0 L 2.0	POSITIVE

STRAIGHT LEG RAISE

Score	Performance	Fitness
R 0.5 L 0.5	90deg +	Excellent
R 1.0 L 1.0	75-90deg	Good
R 1.5 L 1.5	60-75deg	Fair
R 2.0 L 2.0	<60deg	Poor

Score

DYNAMIC HAMSTRING

Score	Performance	Fitness
R 0.5 L 0.5	>170 deg	Excellent
R 1.0 L 1.0	160-170 deg	Good
R 1.5 L 1.5	145-160 deg	Fair
R 2.0 L 2.0	<145 deg	Poor

OSGOOD-SCHLATTERS TENDERNESS

R 0.5 L 0.5	NEGATIVE
R 2.0 L 2.0	POSITIVE

SEVERS TENDERNESS

R 0.5 L 0.5	NEGATIVE
R 2.0 L 2.0	POSITIVE

HIP FLEXOR FLEXIBILITY

Score	Performance	Fitness
R 0.5 L 0.5	Able to bring knee to chest keeping other leg flat on ground	Excellent
R 1.0 L 1.0	Knee to chest but other leg 1-3cm off ground	Good
R 1.5 L 1.5	Knee to chest but other leg 3-6cm off ground	Fair
R 2.0 L 2.0	Knee to chest but other leg >6cm off ground	Poor

PRONE:

QUADRICEPS FLEXIBILITY

Score	Performance	Fitness
R 0.5 L 0.5	Heel to buttock with 15 degrees hip extension	Excellent
R 1.0 L 1.0	Heel to buttock in neutral hip position	Good
R 1.5 L 1.5	Heel within 5cm of buttock with hip in neutral position	Fair
R 2.0 L 2.0	Heel > 5cm from buttock with hip in neutral position	Poor

HIP INTERNAL ROTATION

Score	Performance	Fitness
R 0.5 L 0.5	>45deg	Excellent
R 1.0 L 1.0	30-45 deg	Good
R 1.5 L 1.5	20-30 deg	Fair
R 2.0 L 2.0	<20 deg	Poor

HIP EXTERNAL ROTATION

Score	Performance	Fitness
R 0.5 L 0.5	>60 deg	Excellent
R 1.0 L 1.0	45-60 deg	Good
R 1.5 L 1.5	30-45 deg	Fair
R 2.0 L 2.0	<30deg	Poor

Score

Total Score

Gippsland Sports Academy Musculoskeletal Screening Results

Name:

Physiotherapist:

Date:

Score:

Posture: _____

Flexibility : _____

Core/Control: _____

Special Tests: _____

Follow up recommended: _____

The physiotherapy service wishes to make it known that the purpose of this examination and the consequent opinions expressed are in the interest of injury prevention.