

PHYSIOTHERAPY SCREENING TESTS – DESCRIPTION & SCORING

1. Single leg stand into Single leg squat with heel raise

This is an overall test of balancing on one leg and controlling a steady movement with the lower limb. Good core control is required to maintain a stable base. You need good calf muscle flexibility to achieve the full movement.

An important test for runners to assess their control of symmetry and look for any alignment issues.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
0	8	8	4	20

2. Single leg stand with eyes closed

Assesses the body's awareness of balance with visual input removed.

Needed for control when running, especially sports requiring coordination and frequent changes in direction.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
0	8	0	0	8

3. Single leg stand, foot reaching test

The focus of this test is to look at balance and reach in a variety of directions. Also requires good flexibility and core control.

As test two, needed for control when running, especially sports requiring coordination and frequent changes in direction.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
0	24	0	0	24

4. Single leg bridge

This tests core stability and gluteal control.

A solid base is important in Running. Cyclists need good core control to allow the legs to work more efficiently. Also important for a dynamic body position for swimmers.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
0	0	4	8	12

5. **Spinal motion**

Assesses motion of the Thoracic spine, into rotation and extension.

Very important for an efficient Swim stroke and Golf swing. Good spinal motion is also required for running. Cyclists often suffer stiffness in this region.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
6	0	0	0	6

6. **Plank and side plank**

An excellent test of high level core stability and endurance.

Core control is required in all sports and activities, and it provides a solid base for the limbs to work more efficiently.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
0	0	8	14	22

7. **Four-point kneeling**

Another test of core stability, and analyses upper and lower limb control during stabilisation.

Again, good core control is an essential component in all sports

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
0	0	8	16	24

8. **Push up plus & Single arm push up plus**

A test of scapula control on the ribcage, and the strength of the pectoral muscles

This is particularly important for swimmers and golfers. Muscle endurance in this area is required for cycling.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
0	0	10	4	14

9. **Lower Traps Prone**

An excellent way to test an often underdeveloped muscle group. Weakness in this area can lead to muscle imbalances in the shoulder.

Important to maintain a good posture in runners, cyclists etc. Essential for swimmers, tennis players and golfers to avoid impingement type syndromes.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
0	0	24	0	24

10. Flexibility tests

Flexibility is an essential component of fitness. Lack of muscle flexibility is probably the highest cause of injuries in sport.

All athletes need a good degree of flexibility to be able to perform at their best and avoid injury. Essential in all sports.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
44	0	0	0	44

11. Trunk rotation control

This assesses the body's ability to coordinate movement from the trunk.

Needed for a strong front crawl technique in swimming, and in Golf, to maintain control throughout the entire swing.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
4	0	0	0	4

12. Resisted & Strength tests

The testing process finishes with four individual tests of muscle strength in the gluteal and shoulder regions.

The gluteal muscles are important for all aspects of running and cycling (especially up hills). They also help stabilise the pelvis. A high level of shoulder strength is needed for swimming, golf and racquet sports.

FLEXIBILITY	PROPRIOCEPTION	STRENGTH	CORE CONTROL	TOTAL
0	0	16	0	16