

Assessment Form

Name _____ DOB _____

Observation and Posture

Hand Dominance ___ R ___ L

Posture: Front View

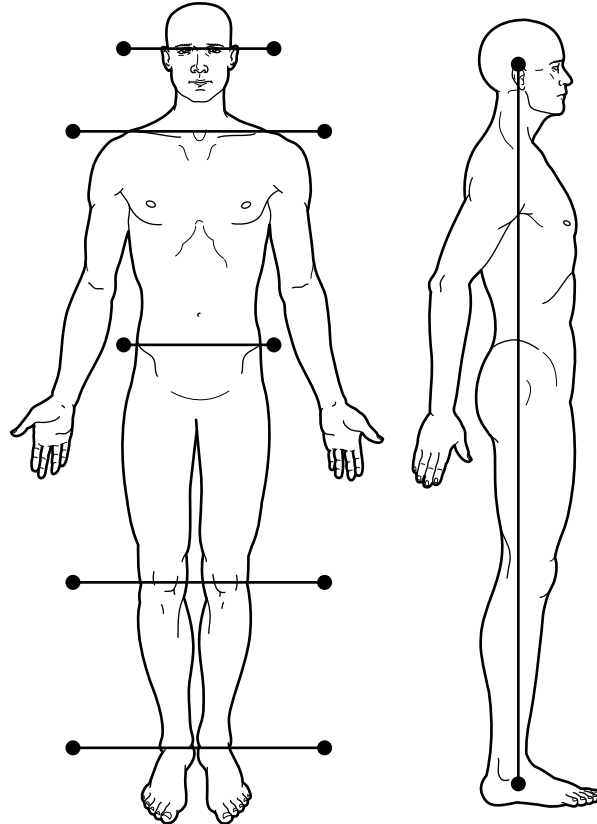
- ___ Normal
- ___ Head tilt
- ___ Shoulder height
- ___ Arm internal rotation
- ___ Pelvis height
- ___ Scoliosis
- ___ Foot external rotation

Posture: Side View

- ___ Normal
- ___ Forward head posture
- ___ Thoracic kyphosis
- ___ Lumbar lordosis
- ___ Flat back
- ___ Military
- ___ Sway back

Lumbar Curve Test

- ___ Normal ___ Lordotic ___ Flat



Additional comments:

Dynamic Postural Assessment

	Initial assessment		Follow-up assessment		Movement errors noted
	Date	Score	Date	Score	
Seated spinal rotation					
Straight-leg raise					
Overhead squat (ROM)					
Overhead squat (endurance)					

Cardiorespiratory Fitness Assessment

Test	Initial assessment			Follow-up assessment		
	Date	HR	Submax $\dot{V}O_2$	Date	HR	Submax $\dot{V}O_2$

Muscular Capacity Assessment

	Test	Initial assessment		Follow-up assessment	
		Date	Score	Date	Score
Normative	Strength				
	Endurance				
Non-normative	Strength				

Flexibility Assessment

Sit-and-reach test	Initial assessment			Follow-up assessment		
	Date	Trial 1	Trial 2	Date	Trial 1	Trial 2

Shoulder flexibility test	Date	Right reach down	Left reach down	Date	Right reach down	Left reach down

Dynamic Postural Assessment Scoring Chart

	Score	Description
Seated spinal rotation	0	Pain or greater than 35 cm from doorjamb (or 40 cm from pole)
	1	More than 20 cm and less than 35 cm from doorjamb (or 25-40 cm from pole)
	2	More than 5 cm and less than 20 cm from doorjamb (or 10-25 cm from pole)
	3	Less than 5 cm from doorjamb (or less than 10 cm from pole)
Straight-leg raise	0	Pain or could not achieve core neutral
	1	Minimal change in core neutral and minimal knee flexion (part 1); test leg aligns with tester's ASIS farthest from head (part 2)
	2	No change in core neutral and no knee flexion (part 1); test leg aligns with tester's navel (part 2)
	3	Same as part 1; test leg aligns with tester's ASIS closest to head (part 2)
Overhead squat (ROM)	0	Pain or fails to perform level 1 with full range of motion (femur below parallel)
	1	Full range of motion for level 1 (heels elevated)
	2	Full range of motion for level 2 (heels flat)
	3	Full range of motion for level 3 (toes elevated)
Overhead squat (endurance)	0	Unable to maintain thighs parallel to floor and arms in line with ears
	1	Holds squat position for 0-30 seconds without losing balance or stopping
	2	Holds squat position for 31-60 seconds without losing balance or stopping
	3	Holds squat position for 61-90 seconds without losing balance or stopping

Dynamic Postural Assessment Movement Errors Chart

	Description
Seated spinal rotation	Torso not upright
	Upper back rounded (flexed)
	Dowel not parallel to floor (torso side bend/lateral flexion of spine)
	Asymmetrical rotation (>25 cm difference from side to side)
Straight-leg raise	Bent knees (unable to keep legs straight)
	Foot is externally rotated during leg lift
	Ribs and thorax shift vertically (not belly breathing)
	Significant bulging in abdominal region
	Unable to hold core neutral (back arches)
	Plane changes in ASIS (pelvis rotates)
Overhead squat	Forearms not equal distance from ears
	Arms not straight (note which side has greatest bend)
	Dowel aligned over or behind heels
	Dowel rotated forward (closer to wall on one side compared to the other)
	Loss of balance
	Upper back rounded (flexed)
	Lower back arched (anterior pelvic tilt)
	Lower back flattens (posterior pelvic tilt)
	Weight shifts towards one side (note which side)
	Hip higher on one side (note which side)
	Knee not tracking over second toe
	Tibia and upper torso not parallel
Ankle pronates or supinates	

Normative Muscular Endurance Scoring Chart

	Score	Description
Push-up test (from toes)	0	Pain or able to complete no more than 10 repetitions
	1	Client completes 11-22 repetitions
	2	Client completes 23-40 repetitions
	3	Client completes 41 or more repetitions
Push-up test (from knees)	0	Pain or able to complete no more than 8 repetitions
	1	Client completes 9-20 repetitions
	2	Client completes 21-35 repetitions
	3	Client completes 35 or more repetitions
Horizontal pull-up test (flat)	0	Pain or able to complete no more than 5 repetitions
	1	Client completes 6-10 repetitions
	2	Client completes 11-19 repetitions
	3	Client completes 20 or more repetitions
Horizontal pull-up test (45°)	0	Pain or is able to complete no more than 2 repetitions
	1	Client completes 3-6 repetitions
	2	Client completes 7-12 repetitions
	3	Client completes 13 or more repetitions

Normative Muscular Endurance Movement Errors Chart

	Description
Push-up test	Shoulder(s) elevates during the push-up (note which side)
	Torso does not lift as a unit (loses contact with dowel)
	Knees do not remain fully extended (if done from the toes)
	Client's thighs or hips touch the floor
Horizontal pull-up test	Shoulder(s) elevate on initiation of pull (note which side)
	Torso and hips do not lift as a unit
	Excessive arching of the lower back occurs
	Knees do not remain fully extended
Abdominal curl-up test	Forearms not equal distance from ears
	Arms not straight (note which side has greatest bend)
	Dowel aligned over or behind heels
	Dowel rotated forward (closer to wall on one side compared to the other)
	Loss of balance
	Upper back rounded (flexed)
	Lower back arched (anterior pelvic tilt)
	Lower back flattens (posterior pelvic tilt)
	Weight shifts toward one side (note which side)
	Hip higher on one side (note which side)
	Knee not tracking over second toe
	Tibia and upper torso not parallel
Ankle pronates or supinates	