

# Self Screening



Performance  
Physical Therapy

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(401)726-7100

# Test 1: Ankle Dorsiflexion Mobility



- Sit in a chair with knee and ankle bent at 90 degrees
- Slide your hips forward so that your knee passes over your toes without your heel lifting off the ground.

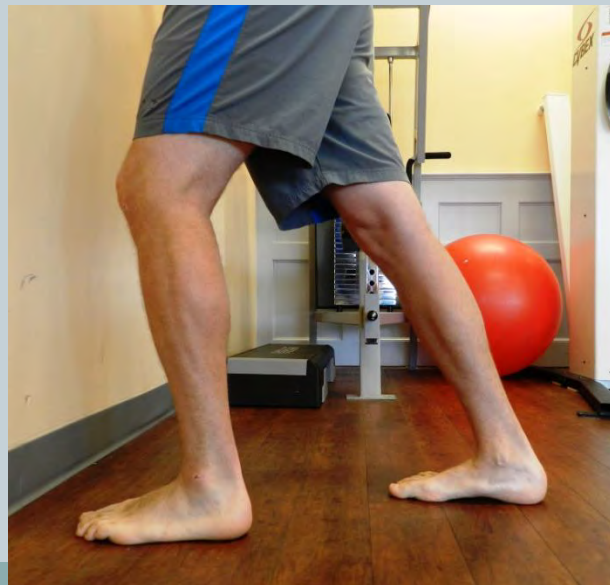


\* Adapted from Anatomy for Runners: Unlocking Your Athletic Potential for Health, Speed, and Injury Prevention

# Test #1: Ankle Dorsiflexion Mobility



Ankle Dorsiflexion	Pass	Fail	Correction
		Pain/tightness in front of ankle	Contact PT
		Pull in back of leg	Calf str. and soft tissue massage



\* Adapted from Anatomy for Runners: Unlocking

## Test #2: Big Toe Extension



- From the same position as test #1 reach down and lift your big toe.
- The toe should be at least 30 degrees from the floor or about  $\frac{3}{4}$  inches from the floor to the bottom of your toe.



# Test #2: Big Toe Extension



Big Toe Extension	Pass	Fail	Correction
		Pain on top of toe joint	Contact PT
		Lack of motion/mobility	Stretch and soft tissue massage to plantar fascia



\* Adapted from Anatomy for Runners: Unlocking



# Test #3 Hip Extension



- Inside a door jam kneel on one knee. The leg you are kneeling on should be directly in line with your torso and the shin bone of the other leg is vertical with the floor.
- Flatten your back against the door jam. You should not feel any stretching or pulling in your hip.



# Test #3 Hip Extension



Hip Extension	Pass	Fail	Correction
		Can not get back flat without feeling a stretch in the front of the hip	Kneeling hip flexor stretch and foam roller for hip mobilization



\* Adapted from Anatomy for Runners: Unlocking Your Athletic Potential by David D. Rothman

# Test #4: Hamstring



- Lie on your back with one leg on the floor.
- Bend your hip so that you can interlock your fingers behind the other leg.
- Then straighten your leg. Your hip should be at about 70 degrees.





# Test #4 Hamstring



Hamstring	Pass	Fail	Correction
		Pain in leg/foot	Contact PT
		Unable to reach 70 degrees at the hip	Hamstring stretching, soft tissue massage with foam roller



\* Adapted from Anatomy for Runners: Unlocking

Yoga: Athletic Postures for Health and Performance

# Test #5: Vertical Compression Postural Test



- Stand with your feet at a comfortable width.
- Notice where your weight is focused (heel, balls of feet, midfoot).
- Your weight should feel equally distributed through the forefoot and rearfoot.
- If you have a partner have them press downward on your shoulders.
- Notice does the pressure force you to bend forward, backwards or remain steady.



# Test #5: Vertical Compression Postural Test



Vertical Compression Postural Test	Pass	Fail	Correction	Progression
		Increase in low back curve with downward pressure.	Posture correction; Standing on one leg	Standing on 1 leg with eyes closed. Planks, side planks



\* Adapted from Anatomy for Runners: Unlocking Your Athletic Potential by Dr. Michael C. Fredericson

# Test #6: Bilateral Squat



- Have a partner observe or film yourself from the side.
- Place your hands on your hip and squat down.
- Your thighs should be parallel to the floor like you are sitting in a chair. Your lower leg should remain vertical to the floor.



# Test #6: Bilateral Squat



Bilateral Squat	Pass	Fail	Correction	Progression
		Knee moves forward of toes when moving into a squat position	Squat re-training/re-education	Squats on unstable surface.



\* Adapted from Anatomy for Runners: Unlocking



# Test #7: Bridge



- Lie on your back with your feet flat on the floor.
- Lift the hips off the ground and hold for 30 seconds.
- Lift one leg off the floor, then return.
- Repeat on the other leg.
- Your pelvis should not shift or drop.



# Test #7: Bridge



Bridge	Pass	Fail	Correction	Progression
		Feel low back pain	Contact PT	
		Low back tightness	Glut strengthening (Donkey kick, bridge with knee to chest)	Single leg dead lift
		Hip drop/rotation	Clamshell, hip hike	Rotational lunge, side planks



\* Adapted from Anatomy for Runners: Unlocking

# Test # 7: Bridge



\* Adapted from Anatomy for Runners: Unlocking Your Athletic Potential by Dr. Mike Murray



# Test #8: Big Toe Isolation



- Standing press the big toe into the ground while lifting the other toes.
- Inability to isolate the big toe or rolling ankle in and out.



# Test #8: Big Toe Isolation



Big Toe Isolation	Pass	Fail	Correction	Progression
		Inability to press big toe down.	Big toe isolation Toe yoga	Single leg toe tap with eyes closed



\* Adapted from Anatomy for Runners: Unlocking



# Test #9: Single Leg Squat



- In a mirror perform a squat on one leg.
- Trunk should remain still and hips level.
- Knee passes inside ankle, hip does the hip drop or rotate.



# Test #9: Single Leg Squat



Single Leg Squat	Pass	Fail	Correction	Progression
		Lose forefoot contact	Balance exercises, toe yoga	Single leg deadlift.
		Trunk Shift	Hip Strengthening (bridging, lunges, donkey kicks)	Single leg deadlift, one leg bridging
		Knee moves inside second toe	Clamshells, hip hike	Single leg deadlift, side-lying hip abduction
		Pelvic drop	Clamshells, hip hike	Side lying hip abduction, rotational lunge

\* Adapted from Anatomy for Runners: Unlocking