

MCISAAC HEALTH

KINESIOLOGISTS

SCHEDULE B

Date:	Leg Dominance: L/R
Name:	Gender: M/F
Age:	Sport / Activity:
Height:	Hand Dominance: L/R
Weight:	
Resting Blood Pressure:	
L: / R: /	
L: / R: /	

Functional Movement Screen

Functional Movement Screen	Raw Score/Measure	Comments
Active Straight Leg Raise <u>L</u>		
Active Straight Leg Raise <u>R</u>		
Thomas Test <u>L</u>		
Thomas Test <u>R</u>		
Shoulder Mobility <u>L</u>		
Shoulder Mobility <u>R</u>		
Shoulder Clearing <u>L</u>		
Shoulder Clearing <u>R</u>		
Thoracic Spine Mobility <u>L</u>		
Thoracic Spine Mobility <u>R</u>		
Split-Stance Ankle Mobility <u>L</u>		
Split-Stance Ankle Mobility <u>R</u>		
Ankle Clearing <u>L</u>		
Ankle Clearing <u>R</u>		
Foot Length		
Lower Body Motor Control Screen <u>L</u>		
Lower Body Motor Control Screen <u>R</u>		
Rotary Stability <u>L</u>		
Rotary Stability <u>R</u>		
Flexion Clearing		
Trunk Stability Push-Up		
Extension Clearing		
Tibial Tuberosity Height		
In Line Lunge <u>L</u>		
In Line Lunge <u>R</u>		
Hurdle Step <u>L</u>		
Hurdle Step <u>R</u>		
Deep Squat		
Regions of Muscle Tenderness		