

## SELF ASSESSMENT TEST PROTOCOL & INSTRUCTIONS

Our Self Assessment Screen requires you to complete six movement based tests to assess your mobility, spinal stability and posture. Your results will help us determine your level of Functional Capacity and risk of injury. Follow the instructions below on completion of assessments.

1. Follow instructions and complete assessments 1 to 6
2. Enter your results into the form [here](#) or via [Functional Training blog](#)
3. One of our practitioners will provide you with some valuable feedback and recommendations

### 1. WALL SQUAT MOBILITY

1. Stand facing a wall with hands above shoulders
2. Toes, knees and palms should be touching wall
3. Place feet hip width apart before decent
4. Squat by pushing hips back, slide hands on wall
5. Goal is maximal squat depth

**SCORE = Hip in line with knee across horizontal line**

- ☐ **PASS = Hip in line with knee**
- ☐ **FAIL = Hip above level of knee**



### 2. SHOULDER MOBILITY

1. Stand upright with arms extended in line with shoulders
2. Moving both arms together, reach behind your back
3. Maximise your reach trying to contact fingers
4. Hold contact for 3 seconds

**SCORE = Fingers contact behind back**

- ☐ **PASS = Fingers contact for 3sec**
- ☐ **FAIL = Fingers don't make contact**



### 3. HAMSTRING MOBILITY

1. Lay on your back, legs straight & feet together
2. Place hands beside hips with palms down
3. Without bending your knee, raise a single leg
4. Relaxed leg must remain on floor

SCORE = Achieved 90° in hip

- ☐ PASS = >90° in hip
- ☐ FAIL = <90° in hip



### 4. QUADRICEPS MOBILITY

1. Lay face down with your body relaxed
2. Use your left hand to reach for your left foot
3. Pull your heel towards your buttocks
4. Ensure your body position is held

SCORE = Heel can touch buttocks

- ☐ PASS = Heel contacts
- ☐ FAIL = Heel doesn't contact



### 5. PLANK CORE STRENGTH

1. Lay face down with your feet together
2. Place elbows directly below shoulders
3. Raise your body to a straight line with locked knees
4. Shift body weight through heels and hold

SCORE = >120 seconds

- ☐ PASS = Hold for > 120 sec
- ☐ FAIL = Hold for < 120 sec



## POSTURAL ALIGNMENT

1. Stand with back against a wall in a relaxed position
2. Heels, buttocks, upper back and head are focus points
3. Stand with a relaxed position, does your head contact the wall?

**SCORE = Back of head contacts wall**

- ☐ **PASS = Back of head contacts wall**
- ☐ **FAIL = Head doesn't contact wall**



## YOUR ASSESSMENT RESULTS

**Score = 0-2**

**LOW RISK** - You answered 'FAIL' to a maximum of two assessments. Your functional capacity is likely good with a low risk of injury.

**Score = 3-4**

**MEDIUM RISK** - You answered 'FAIL' to a maximum of four assessments. Your functional capacity status is likely inefficient with a medium risk of injury.

**Score = 5-6**

**HIGH RISK** - You answered 'FAIL' to a maximum of six assessments. Chances are your functional capacity status is biomechanically inefficient with poor posture and a high injury risk.

**1. WALL SQUAT MOBILITY** - You should be able to lower your hip to inline with knees across the horizontal line. Assesses your shoulder, thoracic spine, hip and calf flexibility.

**2. SHOULDER MOBILITY** - Isolated shoulder range of motion to diagnose any imbalances between sides. Identifies restrictions through internal and external rotation of the shoulder. Fingers should be able to contact for a good score.

**3. HAMSTRING MOBILITY** - Tight hamstrings are linked to poor posture and can cause lower back pain. An unnatural force is placed on the pelvis causing misalignment and poor control of pelvis.

**4. QUADRICEPS MOBILITY** - Restricted quadriceps and hip flexors will play a similar role as tight hamstrings just on the opposing side. An unnatural force is placed on the pelvis loading lower back and causing poor control of pelvis.

**5. PLANK CORE STRENGTH** - Good core strength plays a crucial role in maintain trunk stability during exercise. An unstable core and pelvis can lead to compensatory movement, placing unnatural forces on other joints.

**6. POSTURAL ALIGNMENT** - If your head doesn't contact the wall chances you may have some forward head carriage. This leads to greater muscle tension on the muscles of the back of neck contributing to neck pain.

### AMS DISCLAIMER

Active Movement Studio is not liable for any injuries as a result of completing the Self Assessment. The information provided is a guideline only. The Scoring system does not

completely eliminate your risk of injury. AMS recommends undergoing a comprehensive assessment prior to engaging in an exercise program. If you have an existing injury do not attempt the Self Assessment, rather seek professional help.