

Screening Report

The purpose of the screening is to probe your history of injuries as this is one of the strongest predictors of future injury, as well looking at your range of movement, strength stability of your body segments to identify areas at risk of injury and in need of improvement. A suggested core program has been developed based on your screening results.

| | | | | | |
|--------|--------|------|-----------------------|-------------------|-------------|
| Tom | Sudano | DOB | 5/06/1999 | Skill | Fast Bowler |
| Height | Weight | Team | Michael Clark Academy | Date of screening | 24/09/2014 |

Injuries

Left Quad injury 1.5 years ago. No issues since. Signs of hip impingement and shin pain on palpation - asymptomatic - monitor for now.

| Posture | | Non Dom | Dom | | | | |
|-----------------------------------|-------------------------------------|-------------------------------------|-------------------------------|-------------------------------------|-------------------------------------|--------------------------|--------|
| Scapula prominent medial border | <input type="checkbox"/> | <input type="checkbox"/> | Thoracic spine | Kyphotic | | | |
| Scapula prominent inferior angle | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | Lumbar spine | Normal | | | |
| Scapula depressed | <input type="checkbox"/> | <input type="checkbox"/> | Pelvis position | Anterior Tilt | | | |
| Ankle/Foot | | | | | | | |
| Knee to wall | 14 | 14 | Pain on posterior impingement | <input type="checkbox"/> | <input type="checkbox"/> | | |
| Average | 13 | 13 | Pain on shin palpation | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | |
| Max | 15 | 17 | Foot shape | Normal range | | | |
| Min | 7 | 1 | | | | | |
| Knee/Hip | | | | | | | |
| Pain on palpation tib tubercle | <input type="checkbox"/> | <input type="checkbox"/> | Hip ADDuction strength | 180 | 180 | | |
| Pain on McMurrays Medial | <input type="checkbox"/> | <input type="checkbox"/> | Average | 198 | 191 | | |
| Pain on McMurrays Lateral | <input type="checkbox"/> | <input type="checkbox"/> | Max | 235 | 230 | | |
| Hamstring length (knee extension) | 90 | 90 | Min | 162 | 150 | | |
| Average | 73 | 72 | Thomas - Hip Abduction | 5 | 5 | | |
| Max | 90 | 90 | Average | 6.3 | 6.2 | | |
| Min | 50 | 50 | Max | 20 | 20 | | |
| Pain on hip quadrant | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | Min | 0 | 0 | | |
| Pain on hip FABER | <input type="checkbox"/> | <input type="checkbox"/> | | | | Neutral | 90 deg |
| Hip flexion before lumbar spine | 100 | 100 | Hip Internal rotation ROM | 60 | 60 | 30 | 30 |
| Average | 103 | 103 | Average | 44 | 44 | 30 | 20 |
| Max | 120 | 120 | Max | 60 | 70 | 50 | 40 |
| Min | 90 | 100 | Min | 20 | 20 | 20 | 20 |
| Thomas - Hip Extension | 5 | 5 | Hip External rotation ROM | 60 | 60 | 45 | 40 |
| Average | 5.24 | 5.29 | Average | 55 | 56 | 33 | 30 |
| Max | 20 | 20 | Max | 70 | 70 | 50 | 60 |
| Min | -10 | -10 | Min | 40 | 35 | 20 | 20 |
| Hip ABDuction strength | 250 | 246 | Groin squeeze | 180 | <input type="checkbox"/> | <input type="checkbox"/> | |
| Average | 216 | 225 | Average | 172 | | | |
| Max | 270 | 288 | Max | 275 | | | |
| Min | 153 | 160 | Min | 94 | | | |

| | | | | | | | |
|-----------------------------------|--------------------------|------------------------------|--------------------------|---------------------------------------|--|-----------------|------|
| Shoulder | | | | External rotation ROM | | 120 | 130 |
| Hawkins impingement | <input type="checkbox"/> | <input type="checkbox"/> | | <i>Average</i> | | 115 | 119 |
| Empty can testing pain | <input type="checkbox"/> | <input type="checkbox"/> | | <i>Max</i> | | 130 | 140 |
| Full can testing pain | <input type="checkbox"/> | <input type="checkbox"/> | | <i>Min</i> | | 90 | 90 |
| Obrien's testing pain | <input type="checkbox"/> | <input type="checkbox"/> | | Internal rotation ROM | | 70 | 80 |
| External rotation strength | 200 | <input type="checkbox"/> 210 | <input type="checkbox"/> | <i>Average</i> | | 73.5 | 66.9 |
| <i>Average</i> | 178 | 179 | | <i>Max</i> | | 95 | 80 |
| <i>Max</i> | 233 | 239 | | <i>Min</i> | | 45 | 50 |
| <i>Min</i> | 50 | 50 | | Thoracic spine | | | |
| Internal rotation strength | 200 | <input type="checkbox"/> 216 | <input type="checkbox"/> | Rotation | | 80 | 80 |
| <i>Average</i> | 181 | 181 | | <i>Average</i> | | 79 | 79 |
| <i>Max</i> | 239 | 0 | | <i>Max</i> | | 90 | 90 |
| <i>Min</i> | 40 | -1 | | <i>Min</i> | | 65 | 65 |
| Lumbar Spine | | | | Combined elevation | | 15 | |
| Pain on 1 leg extension | <input type="checkbox"/> | <input type="checkbox"/> | | <i>Average</i> | | 14 | |
| Pain on quadrant | <input type="checkbox"/> | <input type="checkbox"/> | | <i>Max</i> | | 36 | |
| Slump test knee extension | 80 | 80 | | <i>min</i> | | 0 | |
| <i>Average</i> | 58 | 58 | | Calf raises | | 15 | 15 |
| <i>Max</i> | 90 | 90 | | <i>Average</i> | | 14 | 14 |
| <i>Min</i> | 0 | 0 | | <i>Max</i> | | 20 | 20 |
| Slump test back pain | <input type="checkbox"/> | <input type="checkbox"/> | | <i>Min</i> | | 10 | 10 |
| Hyper mobility | | | | Core control - Abdominals (/5) | | 4 | |
| Elbow | <input type="checkbox"/> | <input type="checkbox"/> | | <i>Average</i> | | 4.09 | |
| Thumb | <input type="checkbox"/> | <input type="checkbox"/> | | <i>Max</i> | | 34 | |
| Knees | <input type="checkbox"/> | <input type="checkbox"/> | | <i>Min</i> | | 1 | |
| 1 leg stability | | | | Non dominant | | Dominant | |
| 1 leg squat knee control | Normal | | | Normal | | | |
| 1 leg squat pelvic control | Excessive movement | | | Excessive movement | | | |
| 1 leg hop knee control | Excessive movement | | | Excessivemovemet | | | |
| 1 leg hop pelvic control | Excessive movement | | | Excessive movment | | | |
| Core control - Gluteal bridge | Good | | | Good | | | |
| Calf raise control | Good | | | Good | | | |

Notes

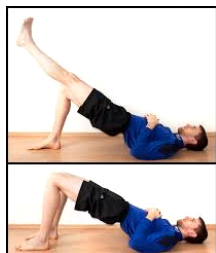
Posture - shoulder blades back together a focus. Your large shoulder range of movement needs good strength and throwing technique to limit injury risk. 1 leg stability needs improvement.

Please continue to work hard on your bowling technique and be mindful of your bowling workload this season. Don't hesitate to call me to discuss any of your screening results or injuries in the future. The exercises suggested are a starting point and can be further developed with us or your local physiotherapist. Kind regards, Dan Redrup 0431911615

Mobility



Stength/Stability



Clam Shell Bent knee

Lying on your side, push top heel into bottom heel by using muscles in lower part of your gluteals, do not allow trunk to twist backwards, lift top knee away from lower knee slowly, do not use hamstrings or hip flexors to do this, rep 15-30 sets 2-4

Clam shell Straigh knee

Push top heel into bottom legs knee by using muscles in lower part of your gluteals, do not allow trunk to twist backwards, lift top knee away from lower leg slowly, do not use hamstrings or hip flexors to do this, rep 15-30 sets 2-4

2 leg Bridge

Using your gluteals, not hamstrings or lower back - Lift your pelvis so you form a bridge position with a straight line running from your shoulders to your knees. 5 sec hold x 5

1 leg bridge static

Using your gluteals, not hamstrings or lower back - Lift your pelvis to a 2 leg bridge position, take 1 leg out in line with the other thigh, 5 sec hold, repeat other side, return to ground. X 5

Lower abdominal - feet supported

Using your abdominal muscles - do not let your lower back raise off the floor as your leg extends away from your body. Hold end position for 3 sec, repeat each leg x 5.

Lower abdominal - feet unsupported

Starting with both feet off the floor. Using your abdominal muscles - do not let your lower back raise off the floor as 1 leg extends away from your body +/- opposite arm and leg. Repeat each leg x 5.



Posterior pelvic tilting

Initially start with knee bent as this is an easier position to do this in, rotate pelvis so front of shorts move towards ceiling, do this without moving your upper back x 5 x 3 sets.



Crunches

Starting in slight peeled up position so bottom tips of shoulder just touch the ground. Crunch up so shoulder blades lose contact with ground, return to starting position (not flat), repeat 10-20 reps or fatigue.



Roll up

As slow as possible start peeling up from the starting position without lifting your feet off the ground. Return to starting position twice as slow - ensure



1 leg squat

Start on one leg and lower to 45-60 degrees of knee bending (not 90), keep pelvis (pant line) level, keep shoulders in line with hips (don't lean to side), keep spine in nice straight alignment (don't bend or hyper extend). Repeat 5-10



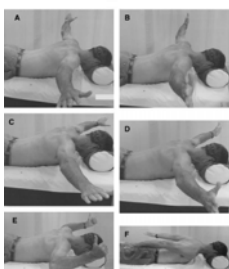
2 leg squat

Lower to a maximum of 90 degrees of knee bending. keep shoulders in line with hips (don't lean to side), keep spine in nice straight alignment (don't bend or hyper extend). Repeat 5-10



Posture

Example of an ideal posture for efficient movement



Blackburns

The important element of all this positions is that the movement is generated from the shoulder blades as they together.