

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.

Injuries

Eczema. Left ankle pain intermittently when bowling ? To do with poor front foot landing position. Good footwear essential to support flat feet Podiatrist review for orthotics not essential at present but may be a consideration if overuse injuries occur.

Shoulder

Hawkins impingement	<input type="checkbox"/>	<input type="checkbox"/>
Empty can testing pain	<input type="checkbox"/>	<input type="checkbox"/>
Full can testing pain	<input type="checkbox"/>	<input type="checkbox"/>
Obrien's testing pain	<input type="checkbox"/>	<input type="checkbox"/>
External rotation strength	120	<input type="checkbox"/> 123 <input type="checkbox"/>
<i>Average</i>	173	177
<i>Max</i>	233	239
<i>Min</i>	50	50
Internal rotation strength	120	<input type="checkbox"/> 130 <input type="checkbox"/>
<i>Average</i>	177	177
<i>Max</i>	239	0
<i>Min</i>	40	-1

External rotation ROM	100	120
<i>Average</i>	114	119
<i>Max</i>	140	140
<i>Min</i>	90	90
Internal rotation ROM	50	50
<i>Average</i>	73	66.3
<i>Max</i>	95	90
<i>Min</i>	45	50

Thoracic spine

Rotation	70	70
<i>Average</i>	78	79
<i>Max</i>	90	90
<i>Min</i>	65	65

Lumbar Spine

Pain on 1 leg extension	<input type="checkbox"/>	<input type="checkbox"/>
Pain on quadrant	<input type="checkbox"/>	<input type="checkbox"/>
Slump test knee extension	50	50
<i>Average</i>	58	58
<i>Max</i>	90	90
<i>Min</i>	0	0
Slump test back pain	<input type="checkbox"/>	<input type="checkbox"/>

Combined elevation	5	
<i>Average</i>	13	
<i>Max</i>	36	
<i>min</i>	0	
Calf raises	10	10
<i>Average</i>	14	14
<i>Max</i>	20	20
<i>Min</i>	10	10

Hyper mobility

Elbow	<input type="checkbox"/>	<input type="checkbox"/>
Thumb	<input type="checkbox"/>	<input type="checkbox"/>
Knees	<input type="checkbox"/>	<input type="checkbox"/>

Core control - Abdominals (/5)	3
<i>Average</i>	3.9
<i>Max</i>	34
<i>Min</i>	1

1 leg stability

	Non dominant	Dominant
1 leg squat knee control	Excessive movement	Excessive movement
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

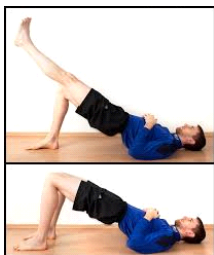
Hamstring stretches.Nicholas needs to be very careful about his bowling loads on a weekend. It is my recommendation nicholas only bowl his 12 over maximum on a Saturday. This means ? 6 in the morning and 6 in the afternoon, or 12 overs for one team only.

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



Strength/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



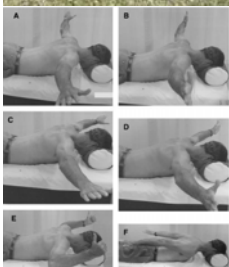
2 leg squat

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



Walking lunge

Lunge to a length that your back leg ends up pointing directly towards the ground (perpendicular), don't let your front knee drift past your front toes, keep most of your weight on your FRONT leg throughout. Repeat opposite leg lunge.



Blackburns

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