

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.

Tama	Stockley	DOB	29/11/1995	Skill	Fast Bowler
Height	188	Weight	71	Team	Michael Clarke Academy
				Date of screening	16/12/2014

Injuries

Hand fracture 4th and 5th metacarpal - 3 months ago, no pain with batting bowling now. Reports shin and calf/Achilles pain recently (last 2 months). An orthotic review with a podiatrist may be appropriate due to flat feet and associated shin pain.

Posture	Non Dom	Dom			
Scapula prominent medial border	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Thoracic spine	Kyphotic	
Scapula prominent inferior angle	<input type="checkbox"/>	<input type="checkbox"/>	Lumbar spine	Normal	
Scapula depressed	<input type="checkbox"/>	<input type="checkbox"/>	Pelvis position	Anterior Tilt	
Ankle/Foot					
Knee to wall	15	15	Pain on posterior impingement	<input type="checkbox"/>	<input type="checkbox"/>
Average	13	13	Pain on shin palpation	<input type="checkbox"/>	<input type="checkbox"/>
Max	15	17	Foot shape	Pronated	
Min	7	1			
Knee/Hip					
Pain on palpation tib tubercle	<input type="checkbox"/>	<input type="checkbox"/>	Hip ADDuction strength	220	220
Pain on McMurrays Medial	<input type="checkbox"/>	<input type="checkbox"/>	Average	195	189
Pain on McMurrays Lateral	<input type="checkbox"/>	<input type="checkbox"/>	Max	235	230
Hamstring length (knee extension)	50	50	Min	130	130
Average	70	70	Thomas - Hip Abduction	5	5
Max	90	90	Average	5.8	5.7
Min	40	40	Max	20	20
Pain on hip quadrant	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Min	0	0
Pain on hip FABER	<input type="checkbox"/>	<input type="checkbox"/>		Neutral	90 deg flex
Hip flexion before lumbar spine	100	100	Hip Internal rotation ROM	50	50
Average	102	103	Average	45	45
Max	120	120	Max	60	70
Min	90	100	Min	20	20
Thomas - Hip Extension	0	0	Hip External rotation ROM	60	60
Average	4.36	4.40	Average	54	56
Max	20	20	Max	70	70
Min	-10	-10	Min	40	35
Hip ABDuction strength	260	260	Groin squeeze	242	<input type="checkbox"/>
Average	215	220	Average	165	<input type="checkbox"/>
Max	270	288	Max	275	
Min	153	150	Min	83	

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	160	<input type="checkbox"/> 170 <input type="checkbox"/>
<i>Average</i>	173	177
<i>Max</i>	233	239
<i>Min</i>	50	50
Internal rotation strength	200	<input type="checkbox"/> 198 <input type="checkbox"/>
<i>Average</i>	177	177
<i>Max</i>	239	0
<i>Min</i>	40	-1

External rotation ROM	140	140
<i>Average</i>	114	119
<i>Max</i>	140	140
<i>Min</i>	90	90
Internal rotation ROM	80	50
<i>Average</i>	73	66.3
<i>Max</i>	95	90
<i>Min</i>	45	50

Thoracic spine

Rotation	80	80
<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	20	
<i>Average</i>	13	
<i>Max</i>	36	
<i>min</i>	0	
Calf raises	15	15
<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

Neutral lumbar spine position. Hip flexor stretches, throwing technique important due to large shoulder ROM, hamstring mobility crucial, hip and core control emphasis.

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

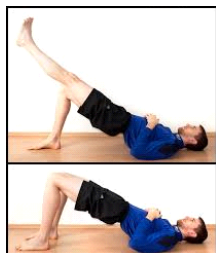
Lying on your side, push top heel into bottom heel by using muscles in lower part of your gluteals, do not allow trunk to twist backwards, lift top knee away from lower knee slowly, do not use hamstrings or hip flexors to do this, rep 15-30 sets 2-4

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



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.



Posture

Example of an ideal posture for efficient movement