

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.

Lauren	Cheatle	DOB	6/11/1998	Skill	Fast Bowler
Height	Weight	Team	Michael Clark Academy	Date of screening	23/09/2014

Injuries

Left shoulder subluxation 6 months ago at netball in last game-no recurrence. Rehab no surgery. Pain throwing - discussed throwing technique. Shin splints, big toe bunions starting left and right - review with Richard Windybank recommended ph: 93518118.

Posture		Non Dom	Dom						
Scapula prominent medial border		<input checked="" type="checkbox"/>	<input checked="" 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		Normal			
Ankle/Foot									
Knee to wall		15	11	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				Hip ADDuction strength		190	170		
Pain on palpation tib tubercle		<input type="checkbox"/>	<input type="checkbox"/>	Average		198	191		
Pain on McMurrays Medial		<input type="checkbox"/>	<input type="checkbox"/>	Max		235	230		
Pain on McMurrays Lateral		<input type="checkbox"/>	<input type="checkbox"/>	Min		162	150		
Hamstring length (knee extension)		70	70	Thomas - Hip Abduction		0	0		
Average		73	72	Average		6.3	6.2		
Max		90	90	Max		20	20		
Min		50	50	Min		0	0		
Pain on hip quadrant		<input type="checkbox"/>	<input type="checkbox"/>			Neutral	90 deg flex		
Pain on hip FABER		<input type="checkbox"/>	<input type="checkbox"/>	Hip Internal rotation ROM		60	70	30	30
Hip flexion before lumbar spine		100	100	Average		44	44	30	28
Average		103	103	Max		60	70	50	40
Max		120	120	Min		20	20	20	20
Min		90	100	Hip External rotation ROM		65	55	30	30
Thomas - Hip Extension		10	10	Average		55	56	33	35
Average		5.24	5.29	Max		70	70	50	60
Max		20	20	Min		40	35	20	20
Min		-10	-10	Groin squeeze		169	<input type="checkbox"/>	<input type="checkbox"/>	
Hip ABDuction strength		220	224	Average		172			
Average		216	225	Max		275			
Max		270	288	Min		94			
Min		153	160						

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	145	<input type="checkbox"/> 125 <input checked="" type="checkbox"/>
<i>Average</i>	178	179
<i>Max</i>	233	239
<i>Min</i>	50	50
Internal rotation strength	118	<input type="checkbox"/> 135 <input type="checkbox"/>
<i>Average</i>	181	181
<i>Max</i>	239	0
<i>Min</i>	40	-1

External rotation ROM	130	125
<i>Average</i>	115	119
<i>Max</i>	130	140
<i>Min</i>	90	90
Internal rotation ROM	80	80
<i>Average</i>	73.5	66.9
<i>Max</i>	95	80
<i>Min</i>	45	50

Thoracic spine

Rotation	90	90
<i>Average</i>	79	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	70	70
<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	15
<i>Average</i>	14
<i>Max</i>	36
<i>min</i>	0

Calf raises

Calf raises	10	10
<i>Average</i>	14	14
<i>Max</i>	20	20
<i>Min</i>	10	10

Hyper mobility

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

Core control - Abdominals (/5)	3
<i>Average</i>	4.09
<i>Max</i>	34
<i>Min</i>	1

1 leg stability

	Non dominant	Dominant
1 leg squat knee control	Normal	Normal
1 leg squat pelvic control	Normal	Normal
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

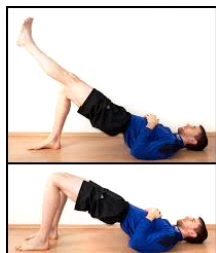
Posture - shoulder blades back together plus neutral spine a focus. Shortening up your throwing technique very important as discussed. 1 leg stability needs improvement. Continue working on hamstring stretches. Monitor shin pain.

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.

Posterior pelvic tilting

Initially start with knee bent as this is an easier position to do this in, rotate pelvis so i)font 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

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.

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

Foam roller

Foam roller over Thoracic spine and glutes 30 sec each.