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.

Triyan	De Silva	**DOB**	30/10/2000	**Skill**	Fast Bowler
Height	**Weight**	**Team**	Michael Clark Academy	**Date of screening**	23/09/2014

Injuries

Osgood schlatters - 6 months ago both left and right side, no issues now. Some lower back pain with prolonged running, no pain with bowling. History of some body weight strengthening.

Posture

	Non Dom	Dom
Scapula prominent medial border	☑	☑
Scapula prominent inferior angle	☑	☑
Scapula depressed	☐	☐

Thoracic spine	Normal
Lumbar spine	Normal
Pelvis position	Normal

Ankle/Foot

Knee to wall	15	15
Average	13	13
Max	15	17
Min	7	1

Pain on posterior impingement	☐	☐
Pain on shin palpation	☐	☐
Foot shape	Prontated	

Knee/Hip

Pain on palpation tib tubercle	☑	☐
Pain on McMurrays Medial	☐	☐
Pain on McMurrays Lateral	☐	☐
Hamstring length (knee extension)	80	80
Average	73	72
Max	90	90
Min	50	50
Pain on hip quadrant	☐	☐
Pain on hip FABER	☐	☐
Hip flexion before lumbar spine	100	100
Average	103	103
Max	120	120
Min	90	100
Thomas - Hip Extension	0	0
Average	5.24	5.29
Max	20	20
Min	-10	-10
Hip ABDuction strength	239	233
Average	216	225
Max	270	288
Min	153	160

Hip ADDuction strength	200	230
Average	198	191
Max	235	230
Min	162	150
Thomas - Hip Abduction	10	10
Average	6.3	6.2
Max	20	20
Min	0	0

	Neutral		**90 deg flex**	
Hip Internal rotation ROM	50	50	20	20
Average	44	44	30	28
Max	60	70	50	40
Min	20	20	20	20
Hip External rotation ROM	60	60	25	30
Average	55	56	33	35
Max	70	70	50	60
Min	40	35	20	20

Groin squeeze	162	☐	☐
Average	172		
Max	275		
Min	94		

Shoulder

Hawkins impingement	☐	☐
Empty can testing pain	☐	☐
Full can testing pain	☐	☐
Obrien's testing pain	☐	☐
External rotation strength	195 ☐	211 ☐
Average	178	179
Max	233	239
Min	50	50
Internal rotation strength	211 ☐	198 ☐
Average	181	181
Max	239	0
Min	40	-1

External rotation ROM	110	100
Average	115	119
Max	130	140
Min	90	90
Internal rotation ROM	75	78
Average	73.5	66.9
Max	95	80
Min	45	50

Thoracic spine

Rotation	90	90
Average	79	79
Max	90	90
Min	65	65

Lumbar Spine

Pain on 1 leg extension	☐	☐
Pain on quadrant	☐	☐
Slump test knee extension	60	60
Average	58	58
Max	90	90
Min	0	0
Slump test back pain	☐	☐

Combined elevation	20
Average	14
Max	36
min	0

Calf raises

	15	15
Average	14	14
Max	20	20
Min	10	10

Hyper mobility

Elbow	☐	☐
Thumb	☐	☐
Knees	☐	☐

Core control - Abdominals (/5)	2
Average	4.09
Max	34
Min	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. Good throwing technique to limit injury risk a priority. 1 leg stability needs improvement. Continue working on hamstring stretches.

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

Triyan **De Silva** **23/09/2014**

Mobility

Stength/Stability

Clam Shell Bent knee

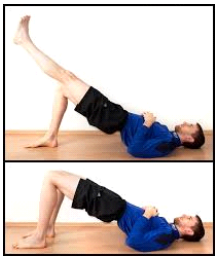
Lying on your side, push top heel into bottom heel by using muscles in lower part of your gluteals, do not allow trunk to twist backwards, lift top knee away from lower knee slowly, do not use hamstrings or hip flexors to do this, rep 15-30 sets 2-4

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

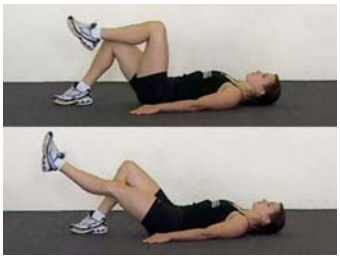
2 leg Bridge

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

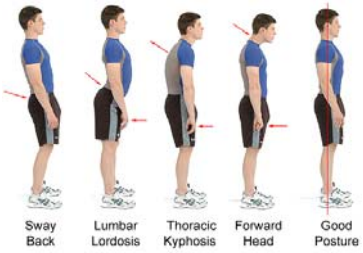
Initially start wth knee bent as this is an easier position to do this in, rotate pelvis so i)font of shorts move towards ceiling, do this without moving your upper back x 5 x 3 sets.

Crunches

Starting in slight peeled up position so bottom tips of shoulder just touch the ground. Crunch up so shoulder bladed lose contact with gound, 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 postion twice as slow - ensure



Posture

Example of an ideal posture for efficient movement

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 ball above head

Keep ball above head, lunge to a length that your back leg ends up pointing directly towards the ground (perpendiclar), don't leg you front knee drift past your front toes,most of your weight on your FRONT leg. Keep spine straight. Repeat opposite side.

Foam roller

Thoracic spine and glutes 30 sec each

Blackburns

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