

MOVEMENT SCREENING CAPACITY BREAKDOWN

Movement and Capacity Priority	Joint Capacity Breakdown			
	Primary		Secondary	
	Joint	Capacity	Joint	Capacity
Squat (Mobility>Stability>Strength)				
Neutral lumbar position, no hyperextension	Hip	Mobility	Lx	Stability
Trunk parallel to shins	Ankle	Mobility	Hip	Mobility
Thighs reached horizontal plane	Ankle	Mobility	Hip	Mobility
Dowel over 'footprint'	Ankle	Mobility	Hip	Mobility
Vertical pelvic displacement	Hip	Stability	Ankle	Mobility
Knees in line with feet	Hip	Stability	Ankle	Mobility
Lunge (Stability>Mobility>Balance)				
Neutral lumbar position, no hyperextension	Hip	Mobility	Lx	Stability
Trunk parallel to front shin	Ankle	Mobility	Hip	Mobility
Lead thigh reaches horizontal plane	Ankle	Mobility	Hip	Mobility
Horizontal pelvis and shoulders	Hip	Stability	Ankle	Mobility
Knees in line with feet	Hip	Stability	Ankle/Foot	Stability
Balance maintained	Hip	Stability	Ankle/Foot	Stability
Deadlift w BOR (Mobility++>Stability)				
Trunk to parallel	Hip	Mobility		
Trunk/spine remains in neutral alignment. No change to lumbar or thoracic curvatures	Lx	Stability	Tx	Mobility
Symmetrical weight loading (path of movement)	Hip	Mobility	Lx	Stability
Knees stay in line with feet	Hip	Stability	ankle	Mobility
Hands/dowel to chest height	Shoulder	Mobility	Tx	Mobility
Horizontal body and dowel alignment	Hip	Mobility	Lx	Stability

Continued...



SL Squat (Stability++>Mobility>Balance)				
Maintains neutral spine alignment	Hip	Mobility	Lx	Stability
Trunk parallel to grounded leg shin	Hip	Stability	Hip	Mobility
Reaches a 90 deg angle at knee	Hip	strength	Hip	Stability
Dowel remains on frontal plane &	Hip	Stability	Hip	Mobility
Horizontal Hip/Knee/foot alignment is maintained	Hip	Stability	Hip	Mobility
Balance maintained	Hip	Stability	Ankle/Foot	Stability
Overhead Reach (Mobility+++)				
Palms touch overhead	Shoulder	Mobility	Tx	Mobility
No obvious hitching of shoulders	Shoulder	Mobility	Tx	Mobility
Arms are on frontal plane, in line with ears	Lx	Mobility	Tx	Mobility
Lumbar spine remains neutral	Shoulder	Stability	Tx	Mobility
Side plumb alignment remains neutral	Shoulder	Mobility	Tx	Mobility
Thoracic Rotation (Mobility+++)				
Range of Tx rotation	Tx	Mobility	Shoulder	Mobility
Maintains neutral vertical alignment	Hip	Mobility	Tx	Mobility
4 Pt Opposite Arm Leg Lift				
Maintain balance while on one leg/one hand	Lx	Stability	Shoulder	Stability
Maintain a neutral spine throughout	Lx	Stability	Tx	Mobility
Maintain a level rib cage	Shoulder	Stability	Lx	Stability
Maintain a level pelvis	Hip	Stability	Lx	Stability
Grounded Scapula remains stable	Shoulder	Stability	Tx	Stability
Push Up (Strength>Stability)				
Maintains neutral spinal alignment	Lx	Stability	Lx	Strength
Shoulders neutral and not hitched	Shoulder	Stability	Shoulder	Strength
Hips aligned with trunk and held stable	Lx	Stability	Lx	strength
Head neutral in line with shoulders	Cx	Stability	Tx	Mobility
No obvious scapular winging	Shoulder	Stability	Shoulder	Strength
Active Straight Leg Raise				
(Range Mobility>Stability) of straight leg raise	Hip	Mobility	Lx	Stability

