



34651 Blackfoot St. NW
Cambridge, MN 55008
612.790.5561 mobile
763.689.3602 office
info@aisfitness.com

PHYSICAL ASSESSMENT

A. Client: _____

Date: _____ Time of Day: _____ AM/PM

Age: _____ Weight: _____ Height: _____

Notes: _____

B. SHOULDER RANGE OF MOTION MEASURES

Combined Shoulder Internal Rotation and Extension: Putting hand behind low-back with palm facing away from body, the back of the hand reaches to:

- Top of buttocks
- Middle of lower back
- Bottom of shoulder blade
- Middle of shoulder blade

Shoulder Extension: Standing up straight and keeping shoulders down (no rounding or leaning forward), palms facing behind and arms straight, you can move arms behind you:

- Just behind buttocks
- To a 45 degree angle from buttocks

Bilateral Shoulder Rotation and Elbow Flexion: With one hand reach behind head (palm facing body) and the other reaching behind back (palm facing away from body), you can reach:

Top Hand (right)

- Back of head
- Base of skull
- Top of shoulder blades
- Middle of shoulder blades
- Fingers of top hand touch fingers of bottom hand

Bottom Hand (left)

- Top of buttocks
- Lower back
- Just above lower back
- Bottom of shoulder blades
- Fingers of bottom hand touch fingers of top hand

Top Hand (left)

- Back of head
- Base of skull
- Top of shoulder blades
- Middle of shoulder blades
- Fingers of top hand touch fingers of bottom hand

Bottom Hand (right)

- Top of buttocks
- Lower back
- Just above lower back
- Bottom of shoulder blades
- Fingers of bottom hand touch fingers of top hand

C. UPPER BODY POSTURAL ASSESSMENT

1. Head looks like it is: ___ jutting forward ___ tilted right ___ tilted left ___ neutral

2. Chin looks like it is: ___ tilted down ___ level to the ground ___ tilting up

3. Shoulders look like: ___ they are rounded forward ___ they are level ___ the left is higher ___ the right is higher

4: When arms are hanging at sides, palms: ___ face slightly/totally behind ___ face your body ___ face slightly forward

5. Upper back looks: ___ rounded forward ___ slightly curved ___ excessively flat

6. Shoulder blades look like they are: ___ flat and about 4" apart ___ less than 4" apart ___ more than 4" apart ___ sticking out on bottom

D. LOWER BODY POSTURAL ASSESSMENT

With feet shoulder width apart, toes facing forward, belly button drawn in, and hands raised above your head, perform a squat, going no lower than thighs parallel to the floor.

1. Knees: ___ travel forward of toes ___ adduct ___ abduct

2. Heels: ___ lift off of the floor ___ remain flat on the floor

3. Arms: ___ fall forward ___ remain vertical

4: Abdomen: ___ remains drawn in ___ protrudes

5. Lower back looks: ___ rounded forward ___ slightly curved ___ excessively flat

6. Hips: ___ shift up to the right ___ shift up to the left ___ stay neutral

E. LOWER BODY RANGE OF MOTION MEASURES

Hip Flexion

With client lying on back, hold left leg down with right hand, and use left hand to passively

raise right leg. Right leg raised ____ degrees. Repeat with other leg. Left leg raised ____ degrees.

Lying on back, with low back flat on the floor, grasp behind left knee and pull left leg toward the chest.

Right leg __ stays flat on floor __ lifts off of the floor. Repeat with other leg. Left leg __ stays flat on the floor __ lifts off of the floor.

Trunk Flexion

Warm up with gentle stretching of the low back and hamstrings prior to the test, and perform test slowly and cautiously. Reach equals ____ inches.

F. CARDIORESPIRATORY EFFICIENCY

McArdle Step Test

Using a 16.25" step, client will step for 3 minutes using a 24-step per minute (96 bpm) pace for men, or a 22-step per minute (88 bpm) pace for women. With the client still standing, wait 5 seconds, then take a 15-second pulse.

Men: $VO_2 \text{ max} = 111.33 - (0.42 \times \text{HR}) = \underline{\hspace{2cm}}$ ml/kg/min
Women: $VO_2 \text{ max} = 65.81 - (0.1847 \times \text{HR}) = \underline{\hspace{2cm}}$ ml/kg/min

F. MUSCULAR STRENGTH AND ENDURANCE

Push-Up Test

Warm up prior to test. Exhale on the exertion. Rest is allowed only in the UP position. Score is the total number of push-ups able to be performed with proper form. Score ____

Curl-Up Test

Warm up prior to test. Perform curl-ups with proper form and tempo for one minute. Test is complete once tempo is broken or proper form cannot be maintained. Score is the total number of curl-ups able to be performed with proper form and tempo in one minute. Score ____

NOTES:
