

Athlete: _____ DOB: _____

Test Instructions:

A goniometer must be used for all measurements.
Measurements must be over the Passive Range of Movement in the joint, with the proximal joint stabilised in neutral position.

			Right	Left
			Degrees	Degrees
Upper Limb	Shoulder	Flexion		
		Extension		
		Adduction		
		Abduction		
		External Rotation		
		Internal Rotation		
	Elbow	Flexion		
		Extension		
		Pronation		
		Supination		
	Wrist	Flexion		
		Extension		
Ulnar abduction				
Lower Limb	Hip	Flexion		
		Extension		
		Adduction		
		Abduction		
		External Rotation		
		Internal Rotation		
	Knee	Flexion		
		Extension		
	Ankle	Dorsiflexion		
		Plantar flexion		
		Pronation		
		Supination		

Comments:

<input type="checkbox"/> I confirm that the above information is accurate	
Name:	
Health care profession:	
Registration Authority and Number:	
City:	Country:
Email:	
Date:	Signature: