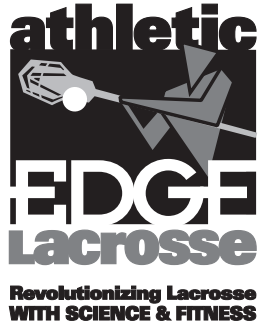


# Athletic Edge Lacrosse Physical Evaluation Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_



## Part 1: Mobility & Stability

### 1. Upper Body Disassociation Test:

#### Pelvic Stability

Good \_\_\_\_\_  
 Limited Right \_\_\_\_\_  
 Limited Left \_\_\_\_\_  
 Limited Both \_\_\_\_\_

#### Torso Mobility

Good \_\_\_\_\_  
 Limited Right \_\_\_\_\_  
 Limited Left \_\_\_\_\_  
 Limited Both \_\_\_\_\_

### 2. Lower Body Disassociation Test:

#### Torso Stability

Good \_\_\_\_\_  
 Limited Right \_\_\_\_\_  
 Limited Left \_\_\_\_\_  
 Both Limited \_\_\_\_\_

#### Pelvic Mobility

Good \_\_\_\_\_  
 Limited Right \_\_\_\_\_  
 Limited Left \_\_\_\_\_  
 Both Limited \_\_\_\_\_

#### Coordination of Movement

Rotary \_\_\_\_\_  
 Lateral \_\_\_\_\_  
 Hips Level Right: Yes  No   
 Hips Level Left: Yes  No

### 3. Overhead Deep Squat:

#### Overhead Deep Squat

Full overhead deep squat \_\_\_\_\_  
 Arms crossed full deep squat \_\_\_\_\_  
 Arms crossed limited \_\_\_\_\_  
 Full deep squat heels elevated \_\_\_\_\_  
 Heels elevated limited \_\_\_\_\_

#### Weight Shift

Left \_\_\_\_\_  
 Right \_\_\_\_\_  
 Even \_\_\_\_\_

(Note: To be considered a full squat, the torso and tibia must be at the same angle.)

### 4. Lat Length Test:

Touches Wall Bilaterally \_\_\_\_\_  
 Touches Wall w/ Right arm only \_\_\_\_\_  
 Touches Wall w/ Left arm only \_\_\_\_\_  
 Can not touch wall \_\_\_\_\_

### 5. Seated Trunk Rotation Test:

Right: degrees \_\_\_\_\_ Left: degrees \_\_\_\_\_

### 6. 6-Way Wrist Test:

#### Right Wrist

**Flexion:** Limited: \_\_\_\_\_  
 Not Limited: \_\_\_\_\_

#### Left Wrist

Limited: \_\_\_\_\_  
 Not Limited: \_\_\_\_\_

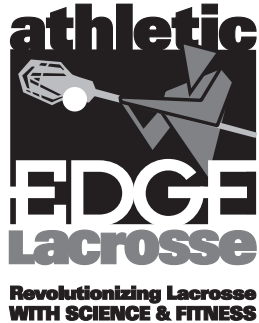
**Extension:** Limited: \_\_\_\_\_  
 Not Limited \_\_\_\_\_

**Radial:** Limited: \_\_\_\_\_  
 Not Limited: \_\_\_\_\_

**Ulnar:** Limited: \_\_\_\_\_  
 Not Limited: \_\_\_\_\_

**Pronation:** Limited: \_\_\_\_\_  
 Not Limited: \_\_\_\_\_

**Supination:** Limited: \_\_\_\_\_  
 Not Limited: \_\_\_\_\_



**7. Hip 90/90 Hip Rotation Test:**

**Internal Rotation:**

**Right:** degrees \_\_\_\_\_ **Left:** degrees: \_\_\_\_\_

**8. Trunk Press-up Core Stability Test:**

On knees \_\_\_\_\_  
 Shoulders \_\_\_\_\_  
 Chin \_\_\_\_\_  
 Nose \_\_\_\_\_  
 Head \_\_\_\_\_

**9. Side Bridge Endurance Test:**

Right Side \_\_\_\_\_(Time) Left Side \_\_\_\_\_ (Time)

**Part 2: Strength & Power**

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**10. Overhead MB Throw w/ step Test:**

*(Note 4-6 lb ball for youth, 6-8lb ball for HS, and 8-12lb ball for professional.)*

**Right**

\_\_\_\_\_ pound ball \_\_\_\_\_ Distance *(feet & inches)*

**Left**

\_\_\_\_\_ pound ball \_\_\_\_\_ Distance *(feet & inches)*

**11. MB Rotational Throw w/step Test:**

**Right**

\_\_\_\_\_ pound ball \_\_\_\_\_ Distance *(feet & inches)*

**Left**

\_\_\_\_\_ pound ball \_\_\_\_\_ Distance *(feet & inches)*

**12. Hop & Stop Test: Measure to the landing foot heel.** *"Hop" means to take off and land on the same foot.*

**Right Leg**

**Distance:** 1st \_\_\_\_\_ (feet & inches) Time < 1 second \_\_\_\_\_ Time > 1 second \_\_\_\_\_  
 2nd \_\_\_\_\_ (feet & inches) Time < 1 second \_\_\_\_\_ Time > 1 second \_\_\_\_\_

**Left Leg**

**Distance:** 1st \_\_\_\_\_ (feet & inches) Time < 1 second \_\_\_\_\_ Time > 1 second \_\_\_\_\_  
 2nd \_\_\_\_\_ (feet & inches) Time < 1 second \_\_\_\_\_ Time > 1 second \_\_\_\_\_

**13. Triple Hop Test:**

**Right Leg**

**Left Leg**

*(feet & inches: measure to the landing foot heel)*

Distance _____	Distance _____
Stable _____	Stable _____
Unstable _____	Unstable _____
Fast _____	Fast _____
Med _____	Med _____
Slow _____	Slow _____

**14. Rotary Torque Test:**

**Rotation Right:**

**Rotation Left:**

*degrees of rotation between:*

180-225 _____	180-225 _____
225-270 _____	225-270 _____
270-315 _____	270-315 _____
315-360 _____	315-360 _____
360-405 _____	360-405 _____
> 405 _____	> 405 _____