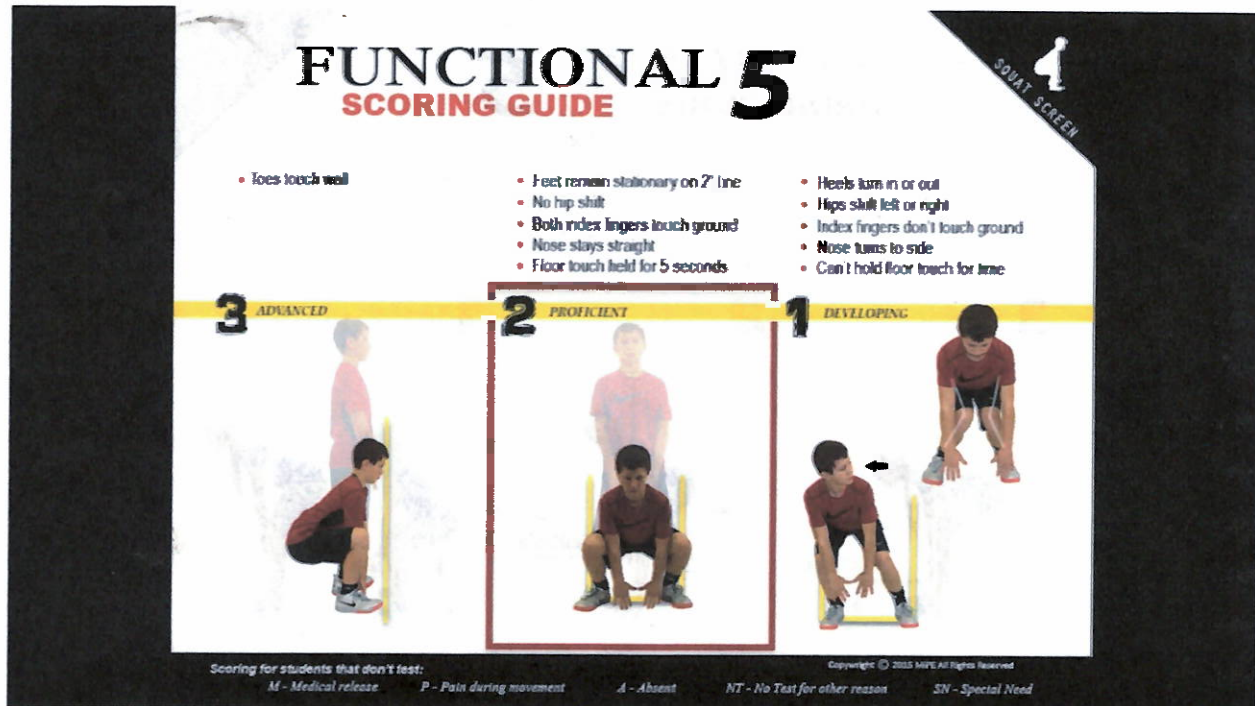


SQUAT SCREEN – ANTERIOR HIP MOBILITY



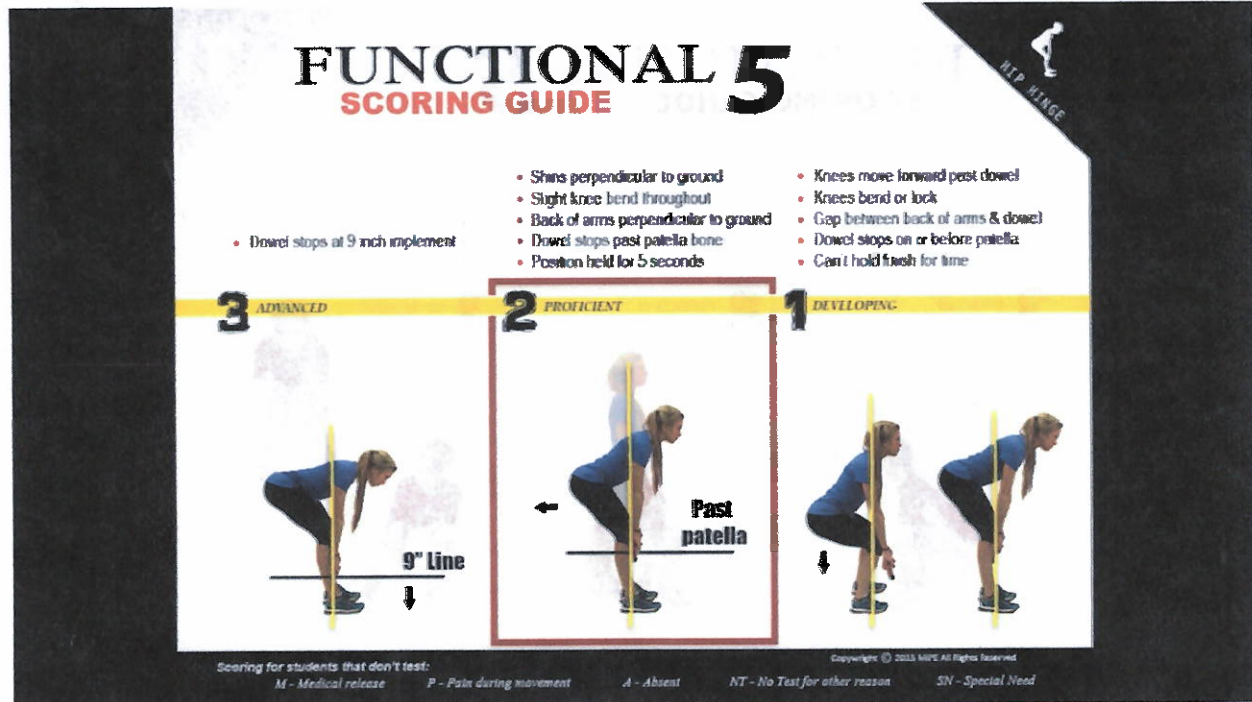
SET-UP DETAILS:

1. Students walk up to the wall and place both feet behind the two-inch line
2. Feet are shoulder width apart with the toes straight
3. Hands point down with the thumbs touching
4. On the teachers command, students bend down and touch the ground between the feet
5. The position is held for 5 seconds with both index fingers touching the ground
6. Once the downward movement is complete, students stand back up and hold the finish for 2 seconds

LEVEL 3 SET-UP DETAILS:

1. Students walk up and place both toes against the wall.
2. Feet are shoulder width apart with the toes straight
3. Hands point down with the thumbs touching
4. On the teachers command, student's bend down and touch the ground between the feet
5. The position is held for 5 seconds with both index fingers touching the ground
6. Once the downward movement is complete, student's stand back up and hold the finish for 2 seconds

HIP HINGE – POSTERIOR HIP MOBILITY



SET-UP DETAILS:

1. The students stand nice and tall
2. Feet are shoulder width apart with the toes straight
3. Knees are and must remain slightly bent
4. The students grip the dowel just outside the legs
5. The dowel is placed on the quads
6. On command, students bend at the hips and slide the dowel down the legs
7. The movement stops when the dowel moves past the knees
8. The position is held for 5 seconds
9. Students then return to the starting position

LEVEL 3 SET-UP DETAILS:

1. The students stand nice and tall
2. Feet are shoulder width apart with the toes straight
3. Knees are and must remain slightly bent
4. The students grip the dowel just outside the legs
5. The dowel is placed on the quads
6. On command, students bend at the hips and slide the dowel down the legs
7. The movement stops when the dowel contacts a 9 inch implement
8. The position is held for 5 seconds
9. Students then return to the starting position

CORE STABILITY – POSTURE SCREEN

FUNCTIONAL 5
SCORING GUIDE

• Time held for 60 seconds

3 ADVANCED 60 seconds

• Knees & elbows locked
• Hips lower than shoulders
• Lumbar curve less than 3/4 inch
• Hands remain directly under shoulders
• Time held for 40 seconds

2 PROFICIENT 40 seconds

• Knees or elbows bent
• Hips parallel or higher than shoulders
• Lumbar curve 3/4 inch or more
• Hands in front of shoulders
• Time held for less than 40 seconds

1 DEVELOPING 1-39 seconds

Scoring for students that don't test:
M - Medical release P - Pain during movement A - Absent NT - No Test for other reason SN - Special Need

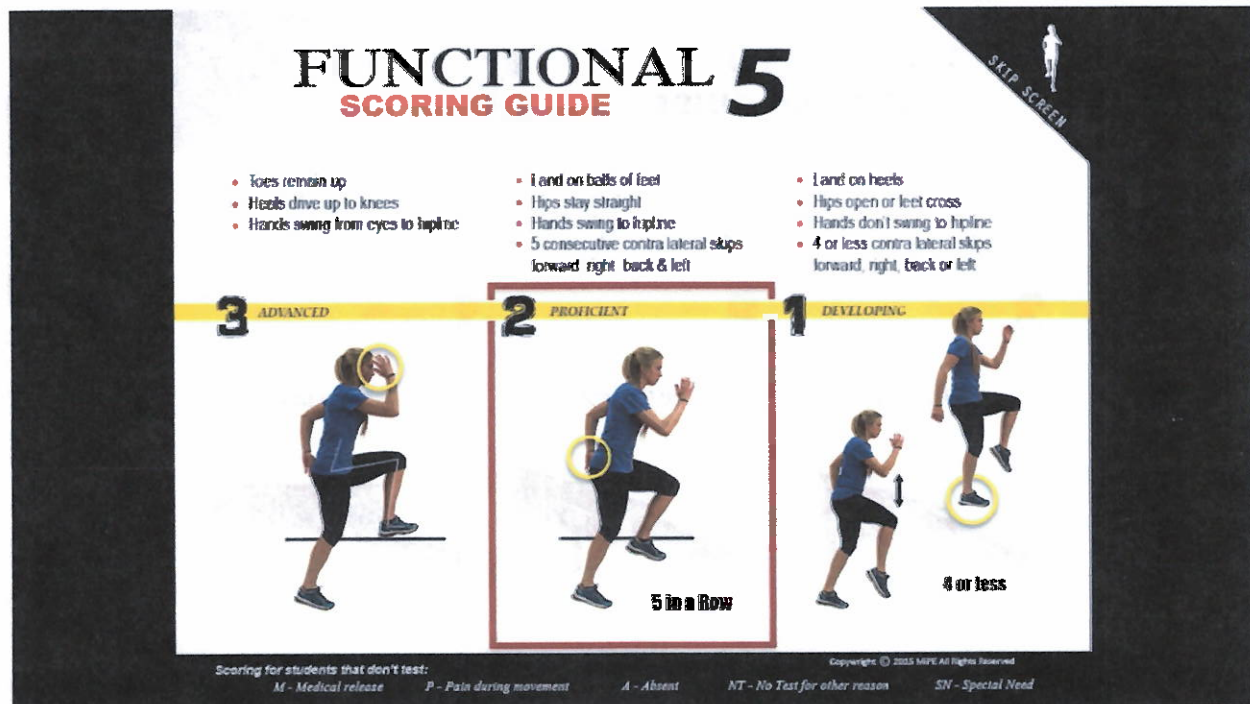
Copyright © 2015 NPE All Rights Reserved

POSTURE SCREEN

SET-UP DETAILS:

1. Students set-up on all fours
2. Knees are bent
3. Hands are placed directly below the shoulders
4. The chin is tucked
5. A dowel is placed on the head, upper back & tailbone
6. On command, students raise and lock the knees keeping the hips lower than the shoulders
7. Students hold for time

MOVEMENT ADEQUACY – SKIP SCREEN



SET-UP DETAILS:

1. Students stand nice and tall.
2. On command, students skip forward, right, backward and left 5 times in each direction

SCORING OVERVIEW:

The scoring rubric helps breaks down each movement into 3 levels. If students are scored at a level 2, their movement pattern is proficient. These students have mastered this baseline movement enough to add more advanced movements to it. Level 3 is the highest score possible. It is not easy to perform. Most kids will not make it into this category and why it is classified as advanced. If students score at a level 1, they need some extra support to re train the functional movement pattern screened. The corrective exercise programming will help students reestablish the mobility, stability or coordination movement pattern weaknesses.

DYNAMIC KNEE STABILITY – DYNAMIC BALANCE

FUNCTIONAL 5


SCORING GUIDE

• "Stop & Stick" landing

- 3 continuous bound hops
- Knee behind knee stop
- Body wiggles during stop
- Landing held for 5 seconds on heel


- Pause after 1st or 2nd hop
- Can't stop with knee behind knee
- Hop or heel pivot during stop
- Landing held for under 5 seconds

3 ADVANCED




Stop & Stick Landing

2 PROFICIENT



5 seconds
Knee behind knee

1 DEVELOPING



Under 5 seconds
Knee to knee

Scoring for students that don't test: M - Medical release P - Pain during movement A - Absent NT - No Test for other reason SN - Special Need

Copyright © 2015 MFC All Rights Reserved

SET-UP DETAILS:

1. Students stand on the 9 foot line
2. On command, the students hop forward 3 times without pausing
3. After the third hop, the students bend and stop
4. The landing is held for 5 seconds
5. After the first attempt, the students turn around and perform the same movement again
6. Two attempts are given on each leg to achieve the highest score

Functional Five Movement Screen

SCORING OVERVIEW:

The scoring rubric helps break down each movement into 3 levels. If students are scored at a level 2, their movement pattern is proficient. These students have mastered this baseline movement enough to add more advanced movements to it. Level 3 is the highest score possible. It is not easy to perform. Most kids will not make it into this category and why it is classified as advanced. If students score at a level 1, they need some extra support to retrain the functional movement pattern screened. The corrective exercise programming will help students reestablish the mobility, stability or coordination movement pattern weaknesses.

SCORING LEVELS:

Level 3 – Advanced
Level 2 – Proficient
Level 1 – Developing

Functional Five Corrective Exercises

Drop Stop

Assisted

Dowel Ankle Three Ways

- Hold dowel, foot behind a few inches, then press ASIS forward to move knee to dowel, first at dowel, then outside, then inside

Dowel Step Backs

- Hold dowel for balance, starting in single limb stance with unsupported leg behind front knee. Move into a reverse lunge.

In Place

TRX Lunge

- Holding TRX band, drop into a reverse lunge.

Dowel Counter Balance

- Holding dowel out in front of body, step back into reverse lunge as you press the dowel forward into a chest press motion.

Dowel Lunge Lifts

- Holding dowel down at hips with both hands, step back into reverse lunge as you raise the dowel up to chest height.

Moving

SLB Push Out Lunge

- Standing holding resistance band that is fastened behind you, press forward into chest press as you step back into a reverse lunge.

Dowel Chicken Wing Lunge

- Holding dowel behind back across top of shoulders, step forward into a lunge and then back to start position.

Dowel Spine Lunge

- Holding dowel lengthwise along spine, one hand holding dowel in ER and one in small of back in IR, lunge forward with leg opposite top hand and return back to start.

Complex

Sport Band Waist Lunge

- With sport band around waist fastened behind you, lunge forward and then return back to start position.

Kettle Bell Goblet Lunge Holds

- Holding kettle bell in front of body with elbows tucked in to body, lunge forward and hold 5 seconds.

Dowel Knee Behind Knee

- Holding dowel for balance, begin in single leg balance and then bring unsupported leg back into the knee behind knee position (end position for drop stop).

Loaded

TRX Knee Behind Knee

- Facing wall and holding TRX band, start in single leg balance high knee and then move back into unsupported knee almost touching floor in lunge position

Squat Screen

Assisted

Dowel Pole Squat

- Holding dowel in front of you lengthwise for balance, drop down into a squat

Dowel Counter Balance

- Holding dowel at chest horizontally, press forward into a chest press motion as you drop down into a squat.

In Place

Dowel Arm Raises (video not working)

- Holding dowel with both hands down at sides with straight arms, drop into a squat as you raise the dowel to chest height.

TRX Squat

- Holding TRX which is fastened to wall above head, facing wall, drop back into a squat.

TRX Wall Walk Ups

- Holding TRX which is fastened to wall above head, facing wall, start way back so TRX is max supporting, drop into squat, then take a step forward to slack the TRX and repeat, keep walking forward with each squat.

- Standing facing wall, TRX attached to wall above head, drop back into hip hinge.

High Plank

Assisted

Hand Vacuums

- Standing with hand on abdomen, inhale and relax, letting diaphragm expand. Exhale, drawing in abs, following with hand.

In Place

Dowel Vacuums

- Standing holding dowel horizontally across abdomen, inhale and relax, letting diaphragm expand. Exhale, drawing in abs, following with dowel.

Floor Pelvic Tilts

- Lay on back with knees bent, perform anterior and posterior pelvic tilts, drawing in abs with posterior tilt.

Floor Dowel Pelvic Tilts

- Lay on back with knees bent, holding dowel across abdomen just below rib cage. Perform anterior and posterior pelvic tilts, drawing in abs with posterior tilt.

Moving

Dowel X Pelvic Tilts

- Standing holding dowel horizontally across chest, arms crossed to hold dowel, perform anterior and posterior pelvic tilts.

Cat Cows

- Positioned on the floor on all fours, arch back pressing spine up toward ceiling, then drop abdomen toward floor sagging spine into extension.

Kneeling Straight Arm Push-Ups

- Positioned on the floor on all fours, keeping elbows locked straight, drop scapula into retraction, then protract like a serratus push up plus.

Straight Arm Push-Ups

- Starting on floor in plank position, perform serratus push up plus.

Complex

Super Band Standing Straight Arm Push-Ups

- Standing with super band behind back and arms holding band straight out in front, perform serratus push up plus.

Super Band Single Leg Drops

- Lay on back, Super Band around right foot and holding band with hands, bring right leg up and hold it up with arms, then perform straight leg raise to bring left leg up to meet the right leg. Slowly lower left leg and repeat. Then perform same exercise with band on left foot.

Loaded

Super Band High Plank

- Starting on floor in plank position facing away from wall, super band attached to wall at shoulder height and then around hips, hold high plank position.

Skip Screen

Assisted (No heading under video for assisted, in place, etc.)

Knee Lifts

- Positioned on the floor on all fours, shift weight to lift one knee up a few inches, then switch to other side.

Knee and Hand Lifts

- Positioned on the floor on all fours, shift weight to lift one knee and opposite hand a few inches off the floor, alternating sides.

In Place

Floor Crawl

- Positioned on the floor on all fours, perform opposite hand and knee crawls forward and backward.

Bear Crawl

- Positioned on the floor on all fours, raise up onto only hands and feet in bear crawl position, moving across the floor with opposite hand and foot, first forward, then backward.

Seated Knee Touches

- Sitting on the floor, knees bent, lift knee up to touch opposite hand, alternating sides.

Seated Socket Pockets

- Sitting on the floor with legs out straight, perform one hand to eye socket with the other at the hip socket, alternating arms.

Moving

Standing Heel Touches (heel spelled heal)

- Standing with back against wall, mini band around knees, hip hinge to touch butt to wall, then walk out a step and repeat. Cue to keep knees aligned pushing out no further than the pinky toe.

Dowel Pole Wall Walk Outs

- Standing with back against wall and holding dowel for balance, hip hinge to touch butt to wall, then walk out a step and repeat.

Shoulder Wall Walk Outs

- Standing with back against wall and holding dowel across upper back, hip hinge to touch butt to wall, then walk out a step and repeat.

Moving

Dowel Counter Balance Wall Walk Outs

- Standing with back against wall and holding dowel in front of body at chest height, hip hinge to touch butt to wall while pressing dowel forward into chest press, then walk out a step and repeat.

Dowel Spine Wall Walk Outs

- Standing with back against wall and holding dowel lengthwise along spine, one hand in ER behind head and one in IR at small of back, hip hinge to touch butt to wall, then walk out a step and repeat.

Dowel High Flies

- Standing with dowel behind back horizontally at hip level, holding with both hands, hip hinge keeping spine aligned.

Complex

Super Band Knee Pulls

- Standing facing wall, super band attached to wall at knee height, band around back of knees, drop into hip hinge keeping spine straight.

Super Band Knee Pull Slides

- Standing facing wall, super band attached to wall at knee height, band around back of knees, slide hands down knees as you drop into hip hinge keeping spine straight.

TRX Bent Arms

- Standing facing wall, TRX attached to wall above head, arms bent, drop back into hip hinge.

Loaded

TRX Hip Hinge Rockers

Moving

Super Band Hamstring Squat

- Super band attached to wall at chest height, facing wall with super band in gluteal fold, arms across chest, drop into squat.

Slastix Band Push Squat

- Slastix Band attached to wall at chest height, facing away from wall, drop into squat as you press forward into chest press against the band.

Sport Band Lateral Knee Squat

- Super band attached to wall at knee height, band around knees standing sideways to wall, arms crossed over chest, drop into squat, keeping knees apart.

Complex

Dowel Chicken Wing Squat

- Holding dowel across upper back, drop into squat, hold 5 seconds.

Heel Elevated Squat

- Standing with heels on towel rolls or 2x4, arms crossed over chest, drop into squat.

Mini Band Squat

- Standing with feet shoulder width apart, arms crossed over chest, mini band around knees, drop into squat, holding 5 seconds.

Loaded

Kettle Bell Gods Chair

- Standing with feet shoulder width apart, holding kettle bell at chest height with elbows tucked into sides, drop into deep squat, holding 5 seconds.

Hip Hinge

Assisted

Wall Walk Outs

- Standing with back against wall, hip hinge to touch butt to wall, then step further from wall and repeat.

Back Pocket Wall Walk Outs (video not working)

- Standing with back against wall, hands on back pockets, hip hinge to touch butt to wall.

In Place

Mini Band Pinky Tow Wall Walk Outs

- Standing, raise one heel up behind body and touch opposite hand to heel, alternating sides.

Standing Knee Touches

- Standing, raise one knee up in front of body to hip height, touching with opposite hand, alternating sides.

Complex

Standing Elbow to Knee

- Standing, raise one knee up in front of body to hip height or higher, touching with opposite elbow, alternating sides.

Standing Ear Touches

- Standing, raise one knee up in front of body higher than hip, bringing opposite hand up to touch ear, alternating sides.

Standing Hip Touches

- Standing, raise one knee up in front of body higher than hip, bringing opposite hand up to touch ear and same side hand to hip socket, alternating sides.

Standing Socket Pockets

- Standing, swing arms so one raises up to the level of the eye socket, while the other swings back to touch hip socket.

PHYSICAL ABILITIES TEST

Company _____

Date of Screen _____ - _____ - _____

Candidate Name: _____

GRIP STRENGTH TESTING

Dominate hand: ☐ Right ☐ Left

Isometric test type	Trial 1	Trial 2	Trial 3	Average	Requirement	Met/Not Met
Dynamometer grip, RIGHT	#	#	#	#	Age related norm	
Dynamometer grip, LEFT	#	#	#	#	Age related norm	
Push force, chest level	#	#	#	#	125#	
Pull force, chest level	#	#	#	#	125#	

Grip dynamometer position 3 for males; 2 for females. Slow and sustained push/pull force.

DYNAMIC LIFTING

Lift Type & required Repetitions		Description	Target	Met/Not Met	Last weight safely lifted
1.	0" to 35" 5 repetitions	Candidate to lift weighted box from ground level (0") to 35" and return. 5 repetitions.	75 lbs.		
2.	0" to 35" 3 repetitions	Candidate to lift weighted box from ground level (0") to 35" and return. 3 repetitions.	100 lbs.		
3.	0" to 65" 5 repetitions	Candidate to lift weighted box from ground level (0") to 65" and return. 5 repetitions.	35 lbs.		
4.	Waist level carry, two handed— 100'	Candidate to lift weighted box and carry, using two hands, for one hundred (100) feet. 1 repetition.	75 lbs.		
5.	Waist level carry, two handed— 100'	Candidate to lift weighted box and carry, using two hands, for one hundred (100) feet. 1 repetition.	125 lbs.		
6.	Waist level carry, one handed— 100'	Candidate to lift weighted box and carry, using one hand, for one hundred (100) feet. 1 repetition.	50lbs.		
7.	Waist level carry, two handed— Up/down 3 steps	Candidate to lift weight box and carry, using two hands, up and down 4 steps. 1 repetition.	75 lbs.		
8.	Dynamic push, 100'	Candidate to push sled loaded with 165 lbs. of weight for a distance of one hundred (100) feet	165 lbs.		

Comments/Mechanics:

Place label here

WORK/POSITIONAL TOLERANCE

Activity		Candidate has 35 minutes to complete six (6) rotations of the circuit below. Candidate must perform activities, in order, 1-9.	Met/ Not Met
1.	Overhead work 1	Candidate to lay supine and reach forward, with arms extended, holding 5 lb. weights in each hand and hold for 30 seconds.	
2.	Overhead work 2	Candidate to lay supine and reach forward, with arms extended, holding 10 lb. weights in each hand and hold for 30 seconds.	
3.	Sustained bending	Candidate able to sustain position of 30 degree trunk flexion for 30 seconds without upper extremity support.	
4.	Repetitive squatting	Candidate able to complete full squat for 3 repetitions without upper extremity support.	
5.	Stair climb	Candidate to demonstrate climbing an 18" step for 5 repetitions and displaying appropriate control upon ascending and descending the step.	
6.	Balance	Candidate to walk forward, side step left, and side step right for 20 feet, on a 2x4x10' beam (2 lengths each), and demonstrate no more than six (6) episodes of loss of balance.	
7.	Crawl	Candidate to crawl a distance of ten (10) feet on hands and knees.	
8.	Sustained squat, kneel, or crouch	Candidate able to hold a squat, kneel, or crouch position for two (2) minutes without upper extremity support.	
9.	Ladder climb	Candidate to ascend/descend 3 rungs of a six (6) foot step ladder.	

RESULTS

The candidate ☐ **DOES**; ☐ **DOES NOT** demonstrate the physical ability to perform essential job functions required.

Evaluator Signature _____ Date _____

Print name _____

