

Movement Screen Test			
Name:		Date:	
Assessment Completed By:			
Step Up			
	No Significant Problems	0 pts	
	Foot Push Off/ Whole Foot Landing	2 pts	
	Knee Tracks Medially	3 pts	
	Forward Bend of Trunk	3 pts	
	Noticeable Difference Between R/L	7 pts	
Box Landing			
	No Significant Problems	0 pts	
	Knee Tracks of Medially	3 pts	
	Forward Bend of Trunk Upon Landing	3 pts	
	Combination of the Two Above	5 pts	
Lateral Hop Landing			
	No Significant Problems	0 pts	
	Don't Stick the Landing	2 pts	
	Rounding of Back/Trunk Bends Foreward	3 pts	
	Knee Tracks Medially	5 pts	
	Any Combination of the Above	7 pts	
		Total of Page 1	

Lateral Hop Distance						
	Left Leg					
	Right Leg					
	<3%	0 pts				
	3%-5%	2 pts				
	5%-10%	3 pts				
	10%-15%	5 pts				
	>15%	7 pts				
Single Leg Lying Raise						
	> 90°	0 pts				
	75°-90°	2 pts				
	60°-75°	3 pts				
	45°-60°	5 pts				
	<45°	7 pts				
One Legged Balance T-Test						
	No Significant Problems	0 pts				
	Cannot Hold for 10 sec	1 pt				
	Trunk/Leg – Not Able to Bring Parallel	2 pts				
	Trunk and Leg Unable to Reach Parallel	3 pts				
	Difference Between Right/Left	5 pts				
				Total of Page 2		

Push Up Hold			
	0 – 10 s	7 pts	
	10 – 20 s	5 pts	
	20 – 30 s	3 pts	
	30 – 40 s	2 pts	
	40+ s	0 pts	
Prone Pull Up			
	0 – 10	5 pts	
	11 – 15	3 pts	
	16 – 20	2 pts	
	21 – 25	1 pt	
	26+	0 pts	
Lying Leg Raise			
	<15°	0 pts	
	15° - 45°	2 pts	
	45° - 60°	3 pts	
	60° - 90°	5 pts	
	Cannot keep back flat	7 pts	
		Total Page 3	

Data Totals & Interpretations		
	Total of Page 1	
	Total of Page 2	
	Total of Page 3	
	Total of Assessment	
Level 1: 45+	Level 2: 27 - 44	Level 3: 0 - 26