SELF ASSESSMENT TOOL

ATHLETIC SHOULDER

Scores below 100% show you are below what we would expect for someone of your profile. All your expected scores are calculated from your sex and weight.

Your scores from testing are given for your left and right shoulder. Expected values are based on your profile.

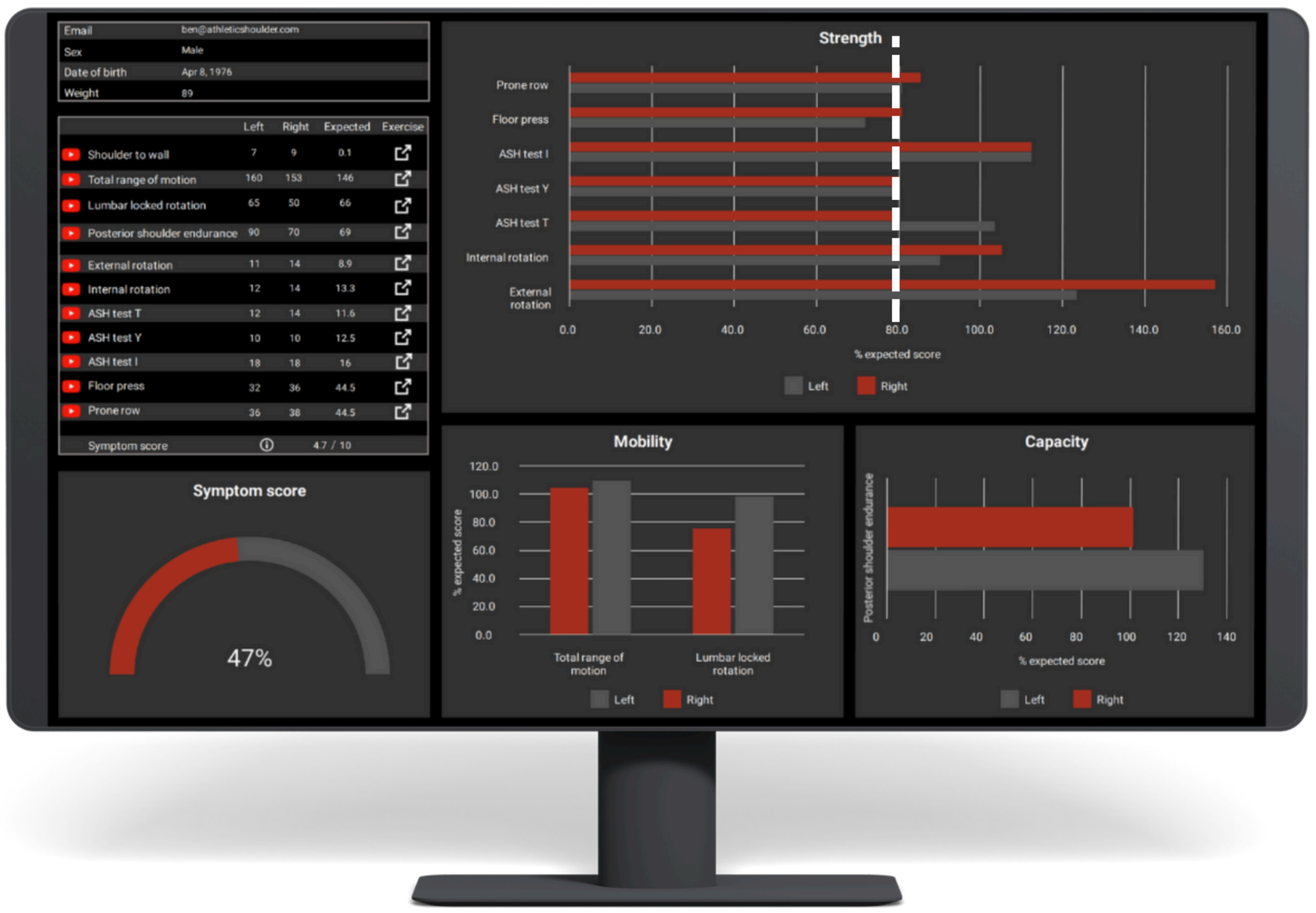
Start some of our recommended exercises straight away to address any restrictions or weaknesses.

Rotator cuff strength: Weakness of the rotator cuff has been implicated with an increased risk of subsequent injury and pain..

5 rep max floor press and prone row: Athletes who can't push or pull the expected % of their own bodyweight in each hand are more likely to get injured.

Athletic shoulder test: long lever positions mimic a number of sports.This helps show how strong your shoulder is in positions that closely resemble your actual sport or activity.

Each test is linked to a YouTube video and an example exercise.



Strength scores: 100% is your expected strength level.

Self reported level of function. How far off your best level are you at the time of testing

Symptom score: To track how much your symptoms are getting better, we use a tool called the Patient Specific Functional Scale (PSFS). With this scale, you choose three activities that are important to you and rate how well you can do them on a scale of 0 to 10. A score of 0 means you can't do the activity at all, while 10 means you can do it just as well as before your injury or issue. Your overall score, shown in your report as a percentage, is the average of these three scores. A score of 100% means you rated all three activities as 10/10.

Range of motion - do you have any limitation shown here iff your score is lower than 100%.

Limited total range of shoulder rotation increases the chances of developing shoulder injuries. A throwing athlete needs enough range to speed up / slow down the shoulder. A lack of range means higher load and extra strain on the shoulder.

Shoulder to wall: Even slight limitations in overhead flexibility can increase the risk of elbow injuries by 300%

Capacity is the same as endurance. This shows how well conditioned your shoulders are to tolerate repeated high intesity.

Posterior shoulder endurance test: Building your shoulder endurance enables you to tolerate higher intensities for longer periods and is often overlooked in rehabilitation or strength training programs. For example a tennis player with limited endurance may struggle to maintain high velocity serves in later sets.