**Online Movement Evaluation**

|  |
| --- |
| **For all movements** |
| The camera needs to see your whole body |
| Wear loose fitting workout clothes that do not restrict movement |
| Barefoot is preferable (if not wear your normal athletic shoes) |

*For video compression and analysis purposes, please record and email each video individually*

|  |  |  |  |
| --- | --- | --- | --- |
| **Movement** | **Camera View Required** | **Description** | **Image** |
| **Overhead Squat** | *Front and side views*  -2 reps facing the camera  -2 reps from a side view  (either side) | -Place towel in hands overhead  -Feet shoulder width apart  -Squat down as far as possible and return to starting position |  |
| **Hurdle Step** | *Front view only*  -2 reps with LEFT leg marching  -2 reps with RIGHT leg marching | -Stand as tall as possible while grasping a towel across your shoulders  -Step over an imaginary fence that is knee height  & tap foot to the ground over the fence  -Step back over the fence |  |
| **Inline Lunge** | *Front and Side view*  -1 reps with LEFT leg forward facing the camera  -1 reps with RIGHT leg forward facing the camera  -1 reps with LEFT leg forward from a side view  -1 reps with RIGHT leg forward from a side view | -Start in lunge position with feet **in the same plane** approx. 1.5 feet apart  -Towel resting taut in arms across your shoulders  -Lower back knee into a lunge position  -The back heel will raise and the front will remain on the ground |  |
| **Shoulder Reach** | *Face away from the camera*  -1 rep with RIGHT arm reaching overhead and let your fist rest on your back. Reach LEFT hand around back and slide fist up toward opposite hand  -1 rep with LEFT arm reaching overhead and let your fist rest on your back. Reach RIGHT hand around back and slide fist up toward opposite hand | -Keep fists closed during the movement  -Perform each movement in a smooth controlled manner |  |
| **Straight Leg Raise** | *Side view only*  -1 rep lying down lift LEFT leg into air as high as possible  -1 rep lying down lift RIGHT leg into air as high as possible | -While lifting one leg, keep the opposite leg on the ground |  |
| **Push up** | *Side view only*  -Perform 2 reps while attempting to move the body as one unit | -Bring hands shoulder width apart  -Slide hands up to eye level  -Move the whole body as 1 unit |  |
| **Bird dog** | *Side view only*  -2 reps kicking LEFT leg back and RIGHT arm forward  -2 reps kicking RIGHT leg back and LEFT arm forward | -Start in a neutral table top position on all 4’s  -Reach opposite arm and leg outward, then touch leg in midline |  |

*\*If you have pain with any movement, stop the test! Please seek a medical practitioner to evaluate the pain. If you are having pain you are not an appropriate candidate for the screening\**