

Level Three Musculoskeletal Screening Tests

Test

Prone hip extension for gluteal activation

Prone hip extension for lumbo-pelvic stability

Hyperextension / hyperflexibility

Lumbar flexion

Squat heels flat

Leg length

Ober's test

Active straight leg raise

Hamstring eccentric strength (nordic dip / drop)

Combined elevation (shoulder and thoracic range)

Sulcus

Weight bearing stork test

Single hop for distance

6 metre timed hop

Vertical hop

Joint range of motion

Posture

Gait

Palpation

Front plank

Pubic stress tests in Thomas test position