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