

# Orthopaedic Assessment for Runners

Name: \_\_\_\_\_ Running Event: \_\_\_\_\_

Scoring 1 = present, 0 = absent

## Subjective

Orthotics use \_\_\_\_\_

History of running-related injury \_\_\_\_\_

## Observation

Navicular Drop (standing) R \_\_\_\_\_ L \_\_\_\_\_

## Functional Movements

Squat                      Dynamic valgus                      R \_\_\_\_\_ L \_\_\_\_\_  
   Laterally rotated tibia during eccentric phase                      R \_\_\_\_\_ L \_\_\_\_\_

Single leg stance                      Hip drop (Trendelenburg)                      R \_\_\_\_\_ L \_\_\_\_\_

Single leg squat                      Dynamic valgus                      R \_\_\_\_\_ L \_\_\_\_\_

## AROM

First ray – Decrease in extension (standing) R \_\_\_\_\_ L \_\_\_\_\_

## PROM

Hip – Decrease IR (supine, hip and knees flexed to 90 degrees)                      R \_\_\_\_\_ L \_\_\_\_\_

Hip – Increase ER (supine, hip and knees flexed to 90 degrees)                      R \_\_\_\_\_ L \_\_\_\_\_

Ankle – Decrease dorsiflexion                      R \_\_\_\_\_ L \_\_\_\_\_

Ankle – Increase plantar flexion                      R \_\_\_\_\_ L \_\_\_\_\_

## Manual Muscle Testing

Quadriceps weakness                      R \_\_\_\_\_ L \_\_\_\_\_

Hip abduction weakness                      R \_\_\_\_\_ L \_\_\_\_\_

Ankle plantar flexion weakness                      R \_\_\_\_\_ L \_\_\_\_\_

Ankle eccentric inversion weakness                      R \_\_\_\_\_ L \_\_\_\_\_

## Muscle Length Testing

Quadriceps (decreased)                      R \_\_\_\_\_ L \_\_\_\_\_

Hamstring (decreased)                      R \_\_\_\_\_ L \_\_\_\_\_

Gastrocnemius (decreased)                      R \_\_\_\_\_ L \_\_\_\_\_

## Special Tests

Modified Thomas                      Knee extension (rectus femoris)                      R \_\_\_\_\_ L \_\_\_\_\_

   Hip flexion (iliopsoas)                      R \_\_\_\_\_ L \_\_\_\_\_

   Internal rotation (tensor fascia latae)                      R \_\_\_\_\_ L \_\_\_\_\_

   Lateral rotation (sartorius)                      R \_\_\_\_\_ L \_\_\_\_\_

Knee-to-wall                      Medial arch collapse                      R \_\_\_\_\_ L \_\_\_\_\_



## Running Gait Assessment

Name: \_\_\_\_\_

Running Event: \_\_\_\_\_

Shoe Type (select one): Traditional \_\_\_\_ Minimalist \_\_\_\_ Motion Control \_\_\_\_ Barefoot \_\_\_\_

Scoring 1 = present, 0 = absent

### Lateral View

Foot strike pattern                      Rear-foot \_\_\_\_  
Ankle position at initial contact      Dorsiflexion \_\_\_\_  
Tibial angle at loading response      Extended \_\_\_\_  
Knee flexion during stance            < 45° \_\_\_\_  
Hip extension during late stance      < 10° \_\_\_\_  
Lumbar spine hyperextension during late stance phase \_\_\_\_  
Over-striding (lateral malleolus anterior to ASIS at initial contact) \_\_\_\_

### Posterior View

Base of support                      Feet overlap at contact \_\_\_\_  
Heel eversion                      Calcaneus deviated from perpendicular at contact      L \_\_\_\_ R \_\_\_\_  
Knee window                      Excessive hip adduction (thighs touching)              L \_\_\_\_ R \_\_\_\_  
Pelvis                                  Trendelenburg (hip drop)                                      L \_\_\_\_ R \_\_\_\_

