

Orthopaedic Assessment for Swimmers

Name: _____ Stroke: _____

Scoring 1 = present, 0 = absent

Observation

Increase in thoracic kyphosis _____
Lumbar spine step deformity _____
Knee hyperextension 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 _____
Loss of balance R _____ L _____
Increase in lumbar lordosis R _____ L _____

AROM

Shoulder flexion Increase in lumbar lordosis R _____ L _____
No thoracic extension R _____ L _____
Scapular dyskinesis R _____ L _____

Shoulder abduction Scapular dyskinesis R _____ L _____

PROM

Shoulder – Decrease IR (supine, shoulder in 90 degrees ABD) R _____ L _____
Shoulder – Decrease ER (supine, shoulder in 90 degrees ABD) R _____ L _____
Hip – Decrease IR (prone, knees flexed to 90 degrees) R _____ L _____

Manual Muscle Testing

Shoulder – Internal rotation weakness R _____ L _____
Shoulder – External rotation weakness R _____ L _____
Knee – Hamstrings weakness R _____ L _____
Hip – Adduction weakness R _____ L _____

Muscle Length Testing

Hamstrings R _____ L _____
Gastrocnemius R _____ L _____

Special tests

FADDIR R _____ L _____

Modified Thomas Knee extension (rectus femoris) R _____ L _____
Hip flexion (iliopsoas) R _____ L _____

