

Self-Lead Movement Assessment

The Easy 5-Minute Test to Uncover Your Movement Restrictions

Scoring Scale

0 = Unable to Perform Motion At All (Due to Pain or Severe Mobility Restriction)

1 = Unable to Achieve Full Range of Motion At All

2 = Able to Achieve Full Range of Motion, But Requires Compensation

3 = Able to Achieve Full Range Motion WITHOUT Compensation

1	2	3	0	Movement Test
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ankles Close Stance Squat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ankles Tall Kneeling Butt to Heel Test
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hips Hip Opener (Right Leg)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hips Hip Opener (Left Leg)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thoracic Spine/Shoulders Floor Test
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thoracic Spine/Shoulders Snow Angel Test

Totals (out of 6)

Add Each Category Together

<input type="text"/>	Ankles
<input type="text"/>	Hips
<input type="text"/>	Thoracic Spine
<input type="text"/>	Full Body

Recommendations for Your Movement Prescription:

Joint-By-Joint:

Score 0-2: High Movement Restriction, Requires Level 1 Mobility Work 4-x's per week

Score 3-4: Moderate Movement Restriction, Requires Level 2 Mobility Work 4-6x's per week

Score 5-6: Low to Zero Movement Restriction, Requires Level 2 Mobility Work 2-3x's per week

Full Body: Scores <10 should aim to work on their mobility 4-6x's / week for 10+ minutes per day. Scores with >10 should aim to work on their mobility 2-3x's / week for 5+ minutes per day