



# Movement Catalogue



## TRUNK FLEXION

Active Trunk Flexion requires eccentric contraction of the muscles of the hip and posterior chain of the upper and lower legs.

Properly performed spinal flexion from the standing position requires eccentric contraction of the lumbar extensor muscles.



### KEY POINTS

- Stand with the left shoulder facing the sensor
- Feet hip to shoulder width apart, arms crossed over the chest
- Initiate the movement by pushing the hips backward
- Bend forward at the hips and finish with the maximum amount of flexion possible



## TRUNK EXTENSION

Proper back extension requires the synergistic recruitment of the spinal extensor muscles and the concentric contraction of the hip extensors.



### KEY POINTS

- Stand with the left shoulder facing the camera
- Feet between hip and shoulder width apart, cross the arms over the chest
- Initiate the movement by pushing the hips forward
- Finish the movement when maximum spinal extension is achieved



## TRUNK LATERAL FLEXION

Lateral trunk flexion involves proper mobility of the hips and SI joints.

Lateral trunk flexion should be accompanied by an ipsilateral anterior pelvic tilt and external rotation of the hip.



### KEY POINTS

- Stand with feet together
- Keep spine neutral
- Do not move shoulders forward when performing lateral flexion, attempt shoulders square
- Keep hands in contact with lateral side of the leg
- Stop movement when lateral flexion is left



## OVERHEAD SQUAT

The overhead squat raises the centre of mass from a standing to a seated position with a load overhead.

The arms must remain as straight as possible actively pressing the bar upwards and the bar should move in a straight path throughout the movement.



### KEY POINTS

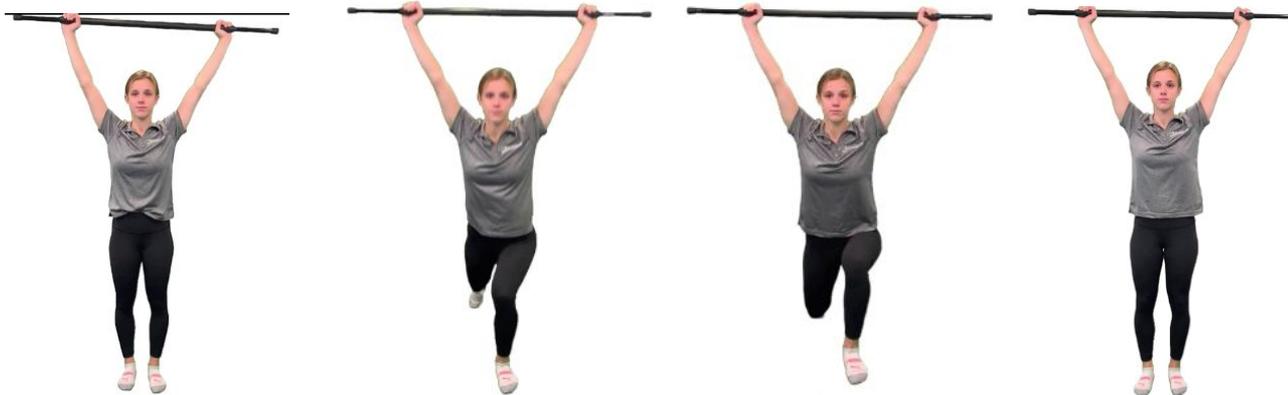
- Feet shoulder width apart
- Wide grip on the bar
- Shoulders push up into the bar
- Armpits face forward
- Hips descend backwards and down
- Hips descend lower than the knees
- Maintain neutral spine
- Keep the knees in line with the toes
- Finish movement by standing up to the start position



## REVERSE LUNGE

The Reverse Lunge can provide information about a client's coordination and balance.

The purpose of this particular assessment is to challenge the flexibility and stability of the individual joints, but also observe for any loss of core stability in the client/ patient.



### KEY POINTS

- Feet shoulder-width apart
- Put arms up overhead
- One leg remains forward, slide the other foot back
- Lower torso until the back knee touches the ground
- Slide back into a standing position
- Maintain neutral spine throughout, keeping arms overhead
- Movement complete when returning to standing



## POSTURE ANGEL

The Posture Angel test will show mobility imbalances in the entire musculoskeletal system.

It isolates the different area of the body where compensation often occurs. Isolation of the spine along the wall can reveal compensations in the upper and lower limbs.



### KEY POINTS

- Feet shoulder width apart
- Move arms into the abducted position, elbows bent
- Palms facing the floor
- Rotate shoulders, finish with fingers pointing to the ceiling
- Maintain neutral spine, NOT going into any extension
- Maintain a neutral head position without and significant neck movement.



## BALANCE

Testing balance will challenge the motor control and balance of the client. The client's kinesthetic awareness will be tested as they attempt to maintain balance and coordination with their eyes closed.



### KEY POINTS

- Feet shoulder width apart
- Hands on hips
- Lift one leg up, hip flexed to 90° and knee flexed to 90°
- Eyes closed
- Maintain position for 20 seconds
- Reset if needed
- Alternate which leg is raised and re-test



## VERTICAL JUMP

The Single Leg Vertical Jump test analyzes the power of lower extremities and compares the power of the dominant leg to the non-dominant leg.



### KEY POINTS

- Feet shoulder width apart
- Start standing tall
- Keep the “take-off” foot on the ground and generate jump power with the other leg
- Jump as high as possible
- Upon landing, perform the jump with the other leg