

Name athlete: _____

Date of birth: _____

Date examination: _____

		Passive range of movement test		Muscle test	
		Right	Left	Right	Left
Shoulder	Flexion				
	Extension				
	Abduction				
	Adduction				
	External rotation				
	Internal rotation				
Elbow	Flexion				
	Extension				
	Pronation				
	Supination				
Wrist	Flexion				
	Extension				
	Ulnar deviation				
	Radial deviation				
Finger	Flexion				
	Extension				
	Adduction				
	Abduction				
Trunk	Flexion				
	Extension				
	Rotation				
Hip	Flexion				
	Extension				
	Abduction				
	Adduction				
	External rotation				
	Internal rotation				
Knee	Flexion				
	Extension				
Ankle	Dorsiflexion				
	Plantar flexion				
	Pronation				
	Supination				

Further comments on passive range of movement and muscle testing

Name examiner: _____

Profession examiner: _____

Signature examiner: _____