Movement Competency Screening template

NZIS ONLINE



Kia ora!

This document is to be used to record your findings when performing a movement competency screening on a client.

PATTERN	PRIMARY	SECONDARY		LOAD LEVEL
SQUAT	Shoulders	Head		1
	Lumbar	Knees		
	Hips	Depth		2
	Ankles/feet	Balance		3
LUNGE & TWIST (The Lunge)	Balance	Head		4
	Lumbar	Knees		1
	Hips	Depth		2
	Ankles/feet	-		3
	Shoulders	Head		1 2
LUNGE & TWIST (The Twist)	Lumbar	Knees		
	Hips	Depth		
	Ankles/feet	Balance		3
	Shoulders	Head		1
BEND & PULL	Lumbar	Knees		
(The Bend)	Hips	Ankles/feet		2
	Depth	Balance		3
	Shoulders	Head		1
BEND & PULL	Lumbar	Knees		
(The Pull)	Hips	Ankles/feet		2
	Depth	Balance		3
PUSH UP	Head	Hips		1
	Shoulders	Knees		
	Lumbar	Ankles / feet		2
	Depth	Balance		3
SINGLE LEG SQUAT	Depth	Head		1
	Lumbar	Shoulders		
	Hips	Knees		2
	Ankles/feet	Balance		3