

SPORTS PERFORMANCE

Welcome to The Movement Quality Home Assessment... You are about to discover how well your body moves!

This assessment is designed for anybody who is interested in knowing if their body is moving efficiently and effectively. It will help you identify specific areas that need attention to help you move and feel better in life and sport and to help decrease risk of injury. It requires you to perform basic movements and score yourself a "yes" or a "no" on your assessment sheet. Once the areas that need improvement are identified, specific exercises in the Exercise Library will help you to correct compensation or movement dysfunctions.

Why do the exercises?? These “Pre-hab exercises” are specific exercises that aim to restore biomechanical integrity and improve an individual’s Movement Quality, ultimately reducing the risk of injury, enhancing performance, and increasing an individual’s longevity in a given sport, activity, or general movement. Pre-hab exercises help counter the negative effects of repetitive movements that occur in an individual’s sport, training, or lifestyle, as well as helps an individual correct his or her own compensation patterns and movement dysfunctions. With compensation patterns, we get energy leaks leading to decreased efficiency. Let’s patch up those leaks and perform our best in life and sport.

The Exercise Library includes:

-14 Exercise Programs to match and improve each Movement in the Movement Quality Home Assessment. All programs are directed with videos.

-SMR (self myofascial release), foam roller and ball rolling to improve circulation, reduce muscle and muscle facial tightness specific to what you need.

-Focused stretches **to help mobilize** the area indicated on your assessment.

-Muscle Activation exercises to recruit your muscles and have them **work more efficiently**.

-Stabilization, core and integrated exercises **to build a strong foundation**.

[CLICK HERE TO GO THE INSTRUCTIONAL VIDEO TO WALK YOU THROUGH THE ASSESSMENT.](#)



MOVEMENT QUALITY HOME ASSESSMENT

Use the following Movement Evaluations to help you select the most appropriate PreHab Exercises to include in your training program. This will give an indication on how your body is performing in regards to movement. They will help highlight limitations in Mobility (Flexibility and Joint Range of Motion) and Stability (Motor Control and Coordination) that hinder an individual's ability to move well, let alone perform his or her best.

Assess yourself with a simple Yes ("Y") or a No ("N") in the box provided. The first date is the pre and the second date will be your re-assessment

Write any notes down in the box provided. For example: "I could do this but the left was harder than the right"

1.) SPINAL ALIGNMENT – HEAD & NECK

Is your ear above your shoulders?

DATE	DATE
Y / N	Y / N

2.) SHOULDER RANGE OF MOTION – Shoulder Circles

ADDUCTION: Can the Elbows touch each other in front of the Heart with the middle finger touching the Shoulder?

DATE	DATE
Y / N	Y / N

FLEXION: Can the Elbows extend over the top of the Head with the middle finger touching the Shoulder?

DATE	DATE
Y / N	Y / N

ABDUCTION: Can the Elbows reach backwards behind the Spine and Ears (Midline of the Body) with the middle finger touching the Shoulder

DATE	DATE
Y / N	Y / N

3.) SHOULDER RANGE OF MOTION – Wall Slides

Can you maintain Neutral Alignment in the Spine against the wall throughout the movement. I.e. Not arching back away from the wall to do the movement.

DATE	DATE
Y / N	Y / N

4.) STANDING KNEE TUCK- Assess hip flexion and single leg stability

KNEE TUCK: Lift one Knee up to match the height of the top of the Hips or higher. The Foot should clear the height of the Opposite Knee.

DATE	DATE
Y / N	Y / N

5.) SINGLE LEG ROTATION- Assess the combined Stability of the Ankle, Foot, and Hips

Can you maintain balance in a relaxed manner with the eyes watching the hands throughout the entire movement?

DATE	DATE
Y / N	Y / N

6.) SINGLE LEG CALF RAISE- Assess the Range of Motion and Stability of the Foot and Ankle

Can you stand on one leg and go up on your toes on the other foot?

DATE	DATE
Y / N	Y / N

7.) LATERAL LUNGE TO SINGLE LEG BALANCE- Assess the combined Mobility and Stability of the Ankle, Hip and Posterior Chain.

Can you lunge to one side until the Shoulder and Hip vertically align over the Foot then push your self up to stand to other leg for 5sec (single leg stance) maintaining vertical alignment of shoulder, hip and foot and not losing balance?

DATE	DATE
Y / N	Y / N

8.) STANDING HEEL TO TOE KNEE BEND- Assess ankle mobility

Can you bend the back knee and see that knee back move over the inside ankle bone of the front foot?

DATE	DATE
Y / N	Y / N

9.) ACTIVE STRAIGHT LEG RAISE- Assess hip mobility, hamstring mobility and core stability

Can you lift your leg up past the knee of the leg on the ground keeping the upper leg straight and the leg on the ground straight?

DATE	DATE
Y / N	Y / N

10.) SPINAL RANGE OF MOTION: FLEXION & EXTENSION- Assess the Range of Motion of the Spine

SPINAL FLEXION: Can you fold forward and attempt to touch the Elbows to the Knee caps while Feet remain firmly on the floor.

DATE	DATE
Y / N	Y / N

SPINAL EXTENSION: can you lean backwards with the Shoulders and Head and attempt to gaze up at the sky (180°) while the Feet remain firmly on the floor.

Y / N	Y / N
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11.) SINGLE LEG BOX OR CHAIR SQUAT- Assess the combined Stability of the Ankle, Hip, and Posterior Chain.

Can you sit down and get back up on a Knee height box/bench in a controlled manner with control (ie. not flop or drop down or shaky)

DATE	DATE
Y / N	Y / N

12.) TRUNK STABILITY PUSH-UP- Assess the combined Stability and Integration of the Shoulders, Core, and Hips.

Can you push your body as one unit into a push up position while maintaining a rigid torso and not sagging at the lower back?

DATE	DATE
Y / N	Y / N

13.) IPSILATERAL ROTARY STABILITY- Assess the combined Stability of the

Can you maintain balance throughout the entire movement DOING IT 3 TIMES EACH SIDE

DATE	DATE
Y / N	Y / N

14.) WALL SQUAT (ANTERIOR WALL SQUAT)- Assess the combined Mobility of the Ankle, Hip, Thoracic Spine, and Shoulders.

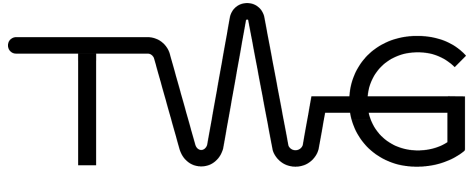
Can you squat to where hips should be at or below the height of the Knees whilst maintaining contact with the wall with your hands, knees and toes?

DATE	DATE
Y / N	Y / N

How far down can you go? Mark a spot on the wall with a piece of tape

TWG Disclaimer

- 1.) TWG strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. TWG is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.
- 2.) You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge TWG from any and all claims or causes of action, known or unknown, arising out of TWG
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Movement Quality Exercise Video Library

Now that you have completed the Movement Assessment you will no longer need to *guess* which exercises you need for improved movement...you will *know*!

For any movements that you scored an “N” or found difficult, there is a full playlist of exercises that you can incorporate into your day. Every program will incorporate the following modalities. Please read the following general exercise program guidelines and descriptions of what you will be doing.

SMR (Self-Myofascial Release) Foam Rolling or Using a ball

Roll on each area indicated for 20-30 sec

Find the area that is the most uncomfortable using pain as an indication. Roll on that area but do not exceed a pain level of more than 6 out of 10.

Do not roll bones

Do not roll open wounds or bruises

Do BREATHE while you are rolling

You may roll longer on the area if you feel you need to

You can do SMR daily at any time and/or before or after your workout

Stretches

If it is a holding stretch, hold the stretch for 30sec to 1min each, relax and breathe.

Dynamic or moving stretch- perform 6-8 repetitions

You can perform these daily or before your workout

Exercises:

You can perform these 4-5x per week and/or before your training sessions

Everybody will be at a different level. Perform the number of repetitions or hold the exercise for a challenging amount of time or reps. 1 set of between 4-12 repetitions