

Basketball Australia Centre of Excellence, Fundamental Movement Pattern Screening

Use movement screening on the following exercises and rate them on a scale 1-3:

- 1 – Cannot complete exercise without major flaws
- 2 – Can complete exercise but with some minor flaws
- 3 – Can execute exercise with technical proficiency

Exercises Included:

Broomstick Squats

Broomstick OH Squat

In Line Lunge (right and left)

Box Drop to Landing

SL Hop + Stick

Athletes could potentially score 15 points, if they receive less than 12 points this highlights poor movement skills associated with an increased risk of injury.

The following exercises will need to be completed with good technique and achieve the following repetitions:

SL Glute Bridge 12/leg

Pushups 6

Prone Hold 1min

SL Calf Raise (on floor) 20/leg

Queries or comments can be directed to: jan.legg@ausport.gov.au



Broomstick Squat

3- Heels remain on floor, knees aligned over feet, femur is below parallel, upper torso angle is parallel with tibia angle

2 - Heels remain on floor, knees aligned over feet, femur is parallel to 90 degree knee angle, - or minimal lift in heels, femur is below parallel. Upper torso angle is parallel with tibia angle.

1 - Heels lift off floor, knee valgus or varus, knee angle greater than 90 degrees, bent upper torso.

3

2

1(side view)

1(front view)



OH Broomstick Squat

3- Heels remain on floor, knees aligned over feet, femur is below parallel, upper torso angle is parallel with tibia angle, dowel does not extend past feet

2 - Heels remain on floor, knees aligned over feet, femur is parallel to 90 degree knee angle, - or minimal lift in heels, femur is below parallel. Upper torso angle is parallel with tibia angle, dowel does not extend past feet

1 – Heels lift off the floor, knee valgus or varus, knee angle greater then 90 degrees, bent upper torso, dowel extends past feet.

3

2

1

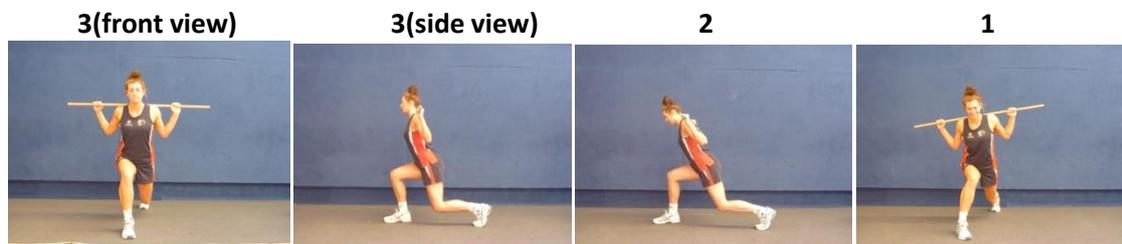


Lunge

3- back knee travels directly down near to the floor (does not have to touch), feet remain pointing forward, no torso movement, dowel remains horizontal

2- back knee travels directly down near to the floor (does not have to touch), feet remain pointing forward, minimal torso movement.

1 - loss of balance, knee varus or valgus, large torso movement.

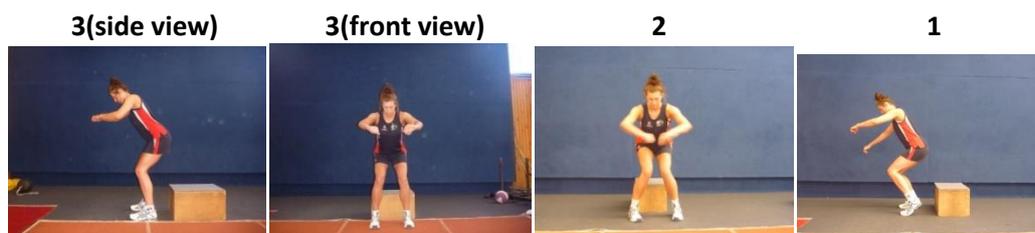


Box Drop to Landing

3 - sufficient knee (ca. 100-110 degrees knee joint angle) and hip flexion - head, shoulders are in line with mid-foot. Balanced landing on whole of foot (toes to heels).

2 - compensation during landing: knee valgus or varus, extreme hip and knee flexion

1 - loss of balance, minimal hip and knee flexion, landing on toes only



SL Hop + Stick

3 - sufficient knee (ca. 100-110 degrees knee joint angle) and hip flexion - head, shoulders are in line with mid-foot. Balanced landing on whole of foot (toes to heels).

2 - compensation during landing: knee valgus or varus, extreme hip and knee flexion

1 - loss of balance, placement of other foot on floor to control landing



Repeat Jumps

As per physiotherapist – Tony Ward Standards

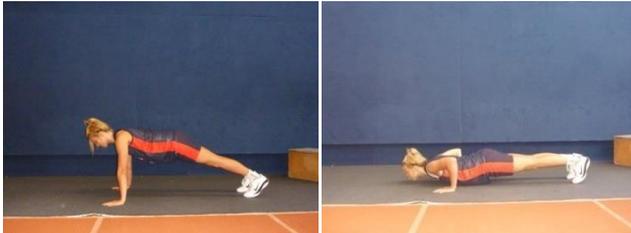
SL Glute Bridge

Must complete 12 repetitions in a row per leg, with hips remaining square and full range whereby shoulders, hips, knee are in alignment.



Pushups

Must complete 6 reps in succession where the body remains in good alignment from shoulders, hips, knees to toes. Head remains in a neutral position, begin in an arm extended position and lower until chest touches the floor then raise chest until arms are extended.



Prone Hold

Athletes must be able to hold a prone hold position with shoulder, hip, knee and feet in alignment for 1 min. This can either be completed on the forearms or with arms extended and hands touching.

