UNIT 4:
MOBILITY TESTS

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Video 14 - Mobility: Ankle

A. Ankle Mobility Test
    a. Measure 5 inches from wall or box and place tape down
    b. Put toe on the tape in the half-kneeling position with foot flat
    c. Lean forward until the knee touches the wall or box
    d. Test both sides
    e. The goal is to be able to touch the knee to the wall or box while the foot remains flat

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Video 15 - Mobility: Thoracic Spine

A. Thoracic Spine Mobility Test
    f. Cross two dowels or something similar on the floor in 90 degree angles in front of a bench *the dowels wll be used to test 45 degrees of motion
    g. Sit with an erect posture on the bench in the middle of one of the 90 degree angles with feet and knees together placing a dowel on the shoulders with the arms in a 'W' position to support the dowel
    h. Attempt to rotate the upper body both to the right and to the left as far as possible
    i. The goal is to be able to rotate beyond the 45 degree angles the body makes with the dowels on the ground

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Video 16 - Mobility: Shoulders

A. Shoulder Mobility Test
    a. Internal and external rotation
    b. Shake your hands behind your back on both sides
    c. Goal is to be symmetrical and a fist's width apart

Video 17 - Mobility: Hamstrings

A. Hamstring Mobility Test
    a. Lay supine (on the back) on the ground
    b. Lift one leg up to attempt to create a 90 degree angle as compared to the leg on the ground
    c. Test both sides
    d. Goal is for both sides to reach the 90 degree angle but you do not want it to go beyond the 90 degree angle

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Video 18 - Mobility: Quads

A. Quad Mobility Test
    a. Lay prone (on the belly) on the ground
    b. Flexing at one knee, with assistance, the heel should easily be brought to the glute
    c. Test both sides
    d. Goal is to be symmetrical and the heel touches the glute

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Video 19 - Mobility: Hips

A. Hip Mobility Test
    a. If the athlete has passed the ankle mobility test, have them perform a squat and, if they are still unable to reach depth, it is most likely a hip mobility issue

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