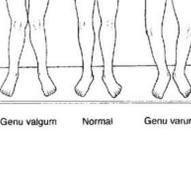
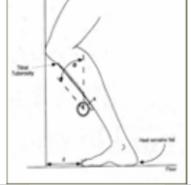
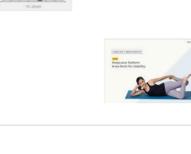
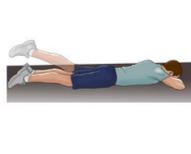
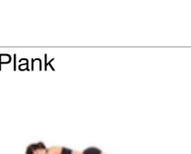
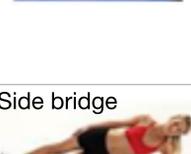
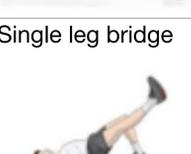


Date	
Name	

Run Test Screens

These tests help in understanding the need for exercises to help in running, the need of motion control shoes, and the need to be more cautious in your run training. If you find that you are flat footed you may need to stretch and strengthen more than someone else who has normal alignment.

Run Tests	Description	Picture	CheckBox	COMMENTS
1. What is your BMI? Is it below 25?	The lower your body weight typically the better when it comes to running. I would like it below 25. See test at https://www.diabetes.ca/managing-my-diabetes/tools---resources/body-mass-index-(bmi)-calculator			
2. Do you have normal arches?	Understanding Your Feet Standing shoulder width apart and look down at your feet. Does there seem to be an equal size arch on each foot and does the second toe line up with the knee cap; this is considered normal. If the arch drops where it is flat to the ground then you may have flat feet (no arch-pes planus). Opposite to this is where there is a high arch; where you feel the weight of your body on the outer aspect of the foot (high arch-pes cavus). Both conditions make you more susceptible to injury. Look at your arch while you walk and run as well. You could also do the wet test - where you wet your feet and look at what the imprint shows. Your foot should look like the one in the middle in diagram to the right.			
3. Examine Your Knees- Are they Knocked or Bowed?	Unfortunately if you have bow legs or knock knees you may be at higher risk for injuries during high-impact exercise like aerobic dance and running type sports. Knees that deviate from the norm (either in or out) can put added strain on the joints of the entire lower body and even the upper body, especially the hips, knees, lower legs, ankles, and feet. The norm is where the when standing shoulder width apart the knee sits over your feet. Someone who has knock knees will often pronate (the ankles and feet roll inward too much), while if bow legged person is more likely to supinate (the ankles and feet roll out). If you have either condition you may be a good candidate for an orthotic. A physical therapist or podiatrist may prescribe inserts or a modified exercise program. If you have pain while running you should try a lower impact sport, such as swimming or cycling or modify your running program. Make sure you have good shoes. If you have foot or knee issues get the right shoes - you may need motion control shoes.			
4. Examine Your Hips-Are they wide (do you have a large Q angle)?	Having large hips and a large Q-angle can cause problems as well. Q angle-the angle formed by lines representing the pull of the quadriceps muscle and the axis of the patellar tendon. There has been studies suggesting an association between a large q-angle and patellofemoral pain and hip pain.*			
5. Flexibility-Calf. Do you have good calf flexibility?	Stand with toe 4 inches from wall. Keeping foot flat you should be able to touch knee to wall. If not work on stretching the calf with this and other stretches. Both sides should be the same. On floor raise a single straight leg up. You should be able to get to 70 degree with it straight. If not work on stretching the hamstring with this and other stretches. Both sides should be the same.			
5. Flexibility-Hamstrings. Do you have good hamstring flexibility?	On floor raise a single straight leg up. You should be able to get to 70 degree with it straight. If not work on stretching the hamstring with this and other stretches. Both sides should be the same.			
5. Flexibility-Gluteal. Do you have good gluteal flexibility?	Seated with ankle on top of knee the shin should be parallel to floor. Try bending forward as much as you can; you should be able to touch chest to shin or be with a few inches. If not work on stretching the glutes with this and other stretches. Both sides should be the same.			
5. Flexibility-Hip Flexors. Do you have good hip flexibility?	While prone on floor pull one knee into chest. The opposite leg or knee should not raise up. If not work on stretching the hip flexors with this and other stretches. Both sides should be the same.			
5. Flexibility-Lower Back. Do you have good lower back flexibility?	Lean back as much as you can. This should not cause pain.			
5. Flexibility-Quadriceps. Do you have good quadriceps flexibility?	Standing bring ankle up to buttocks. Should be almost able to touch. Both sides should be equal. If not work on stretching the quads with this and other stretches.			
5. Flexibility-IT Band Musculature. Do you have IT Band Musculature flexibility?	Runners tend to have tightness along the side of the leg. Try this stretch. Sideways to wall or other support hold and push rear legs hip towards wall. Should feel stretch along entire leg. Hold for 30 seconds. If you have pain or limitation you need to resolve this before starting a running program.			
6. Glute-Hip Extension Glutei Test. Do you have good activation of your Gluteals? Do both sides feel the same?	Prone Hip Extension Test. Lying prone lift one leg up. You should be able to lift it up 10 or more degrees. Note the muscles engaged. Proper movement should come first and primarily from the gluteals with minor low back and hamstring involvement in that order. If not you may have weak glutes. You can use this test as an exercise.			
6. Side Lying Gluteal Test - Can you lift your leg up 20x? Do both sides feel the same?	Another way to test your glutes (side glutes) is by doing a side lying leg lift test. Being perfectly straight you should be able to perform 20 side leg lifts up to 35 degrees without stopping. If not you need to strengthen your side-glutes with this exercise 1-3 sets of 10-20 reps			
6. Core - Can you hold these core positions for 30 seconds? Do both sides feel the same?	If not work on these core exercise most days of the week by doing 1-3 sets of each per side for 5 to 10 second hold for 5 to 10 reps or 30 second holds for 1 to 3 reps. If plank or side bridge is too much try on knees. If the single leg bridge is too much try standard bridge both feet on floor.			
				
				
				
7. Calf Endurance- Can you do 20 calf lifts?	If you have calf or dorsiflexor weakness it will affect your running ability and hasten an injury from running.			
7. Dorsiflexor Endurance- Can you do 20 dorsiflexor lifts?	A good level of calf and dorsiflexor endurance is being able to do 15-20 reps of single leg calf and dorsiflexor lifts.			
8. Do you work through PAIN? Do you understand the difference between pain and muscular effort?	We do not want you to work through pain. Yes work through muscular effort, but not pain.			
Additional Tests				
Spinal Extension Clearing Test	Spinal Extension Clearing Test: Spinal extension is cleared by performing a press-up in the pushup position. If there is pain associated with this motion perform a more thorough evaluation or seek medical assistance.			
Spinal Flexion Clearing Test	Spinal Flexion Clearing Test: Spinal flexion can be cleared by first assuming a quadruped position, then rocking back and touching the buttocks to the heels and the chest to the thighs. The hands should remain in front of the body, reaching out as far as possible. You should be able to touch your buttocks to heels and chest to thighs, If there is pain			
OBER TEST	This is a test of the IT band. Tightness in the IT band issue can effect knee health. A lack of or too much flexibility may impact hip and knee health. If an area is found to be too tight stretch that area. If an area is too flexible strengthen that area. There should also be balance between the right and left sides of your body in terms of strength and			
QUADRICEPS STRETCH TEST	Prone Knee Flexion Test (PKFT)- While lying flat on belly bring ankle into body, with assistance heel should be able to touch your buttock. From this position the knee should be able to be lifted off ground 1-3 inches (test of tightness rectus femurs). (positive test + indicates possible tightness in joint capsule) Supine Knee Flexion Test (SKFT)-While on back bring			
KNEE TRACKING TEST	Knee Tracking - Improper knee tracking is a common knee issue. Normal knee cap motions is when the knee moves without hindrance in a superior and inferior direction during extension and flexion, respectively. Improper tracking is when this motion does not occur, when there is a restriction in motion, or when the knee tracks in a lateral or medial direction during extension. All of which can lead to pain and loss of function One of the easiest ways to understand knee tracking is to move the knee manually. This is typically done at rest with the leg extended. With a fully extended and relaxed leg try to move the knee cap superior and inferior manually. Note if there are any restrictions. Now watch the knee cap move when the leg is tightened. Normal motion would be up and down with no deviation or pain. An easy solution is to perform patella mobility on the knee when the leg is fully extended and relaxed. Move the patella superior and inferior gently. Try doing this several times. Try to have excursions of several millimeters.	