

# COULD YOU BE AT RISK FOR INJURY?

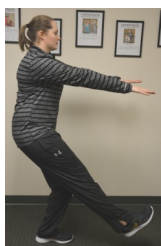
## Do you or does someone you know:

- Experience MUSCLE or JOINT PAIN during or after exercise or activity?
- Have JOINT INSTABILITY when walking or exercising?
- Experience CRACKING or POPPING of your JOINTS at any time?
- Suffer from SWELLING in or around YOUR JOINTS at any time?

## Are you or is someone you know:

- Training for an upcoming event or competition?
- Beginning a new workout, training regimen, or exercise routine?
- Suffering from any pain while in the middle of your sports season?
- Suffering from pain or discomfort during the off-season of your sport?

## Try these quick and reliable tests to see if you are at risk for strain, sprain, or injury:



### Single Leg Squat Test

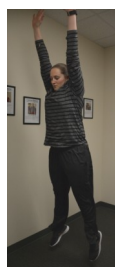
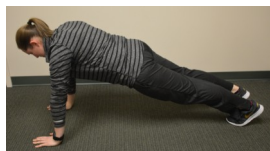
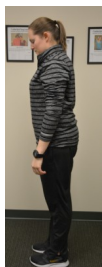
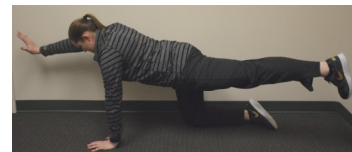
- Stand on one leg (If you are uncertain of your balance, do this next to a counter)
- Slowly squat down as if you were going to sit in a chair
- Make sure your knee does not move forward or drift inward

Can you do 15 of these on each leg without your knee moving inward or forward and without any knee pain or popping?

### Core Test

- On your hands and knees, raise one arm and the opposite leg at the same time so both are parallel with the floor (You should be looking down and your head should be even with your shoulders)
- Make sure to not let your trunk and pelvis move at all

Can you do 20 of these on each side without letting your back sink towards the floor or your hips shift side to side?



### Burpee Test

- Start in standing position with your feet together
- Get down on your hands and kick your feet back behind you, placing you in push-up position
- Do one push-up, then explode back up into the air

Are you able to complete 10 of these without pain or instability?

### Shoulder Mobility Test

- Start with arms extended out to your sides; hands should be in a fist
- Slowly reach one hand behind your back while reaching the other hand over your shoulder and down your back
- Have a friend take note of the distance between your fists
- Repeat these arm movements in the opposite direction

Are your fists within one hand length (see figure B)? Do you have pain with either of these movements or do you have a large distance between your fists (see figure C)?



Figure A



Figure B

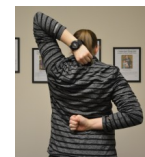


Figure C

If you have difficulty performing the exercises as noted above, you are at risk for an injury. Physical therapy can help you so DON'T WAIT! Call TODAY so you don't lose time due to injury.