SDC 1: Range of Motion and Strength Measurements Prior to Intervention

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| Range of motion (all values are in degrees) | | |  | Manual muscle testing | | |
|  | Right | Left |  |  | Right | Left |
| Hamstrings | R1: 28  R2: 50 | R1: 40  R2: 60 | Knee extension | 4+/5 | 5/5 |
| Hip Internal rotation (assessed prone) | 70 | 55 | Hip internal rotation | 3/5 | 3/5 |
| Hip external rotation (assessed prone) | 30 | 30 | Hip external rotation | 3-/5 | 3-/5 |
| Hip Extension - Knee extended | 15 | 10 | Hip extension | 2/5 | 2/5 |
| Hip Extension - Knee flexed | 5 | 5 | Hip flexion | 4-/5 | 4-/5 |
| Ryder Test (avg of 3) | 25 | 25 | Hip abduction | 3+/5 | 4/5 |
| Ankle dorsiflexion - Knee extended | R1: 0  R2: 15 | R1: 5  R2: 15 | Hip adduction | 2/5 | 3/5 |
| Ankle dorsiflexion - Knee flexed | R1: 5  R2: 20 | R1: 18  R2: 30 | Ankle dorsiflexion | 3/5 | 4/5 |
| Knee flexion - at rest, weight bearing | 10 | 10 | Ankle plantar flexion | 4/5 (10 heel raises) | |
| Calcaneal eversion - at rest, weight bearing | 10 | 10 | Shoulder flexion | 4-/5 | 5/5 |
| Forefoot adduction - at rest, non-weight bearing | 25 | 35 | Elbow flexion | 5/5 | 5/5 |
| Forearm supination - lacking from neutral | -30 | NA | Elbow extension | 4-/5 | 5/5 |
| Thumb | Adducted | NA | Wrist extension | 0/5 | 5/5 |

Here “R1” indicates a first catch felt during quick passive stretching, and “R2” indicates maximum passive range.