

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Range of Motion Screening

Cadet Name (Last, First):	Date of Birth:
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PURPOSE: The Commonwealth Challenge program is a 5 ½ month residential program that conducts rigorous physical training on a daily basis. Our focus is on 3 stages of exercise: toughening, conditioning and sustainment. Students will run several times a week, and develop muscular strength and endurance through calisthenics and cross-fit exercise. Physical exercise to include, but not limited running, push-ups, pull-ups, marching on pavement, and sports activities. As physical fitness is an integral part of a Cadet’s daily life, a range of motion screening is required to identify any physical limitations.

Record “NORMAL” if the test is completed successfully. Record “ABNORMAL” if unsuccessful. Provide description limitations as seen during the screening process.		Observation / Comments <u>Required</u> if abnormal
1) Gait	Have the candidate ambulate towards you in a normal manner. Repeat on his/her toes. Repeat on his/her heels	
2) Hip, Knee, Ankle	Ask candidate to stand with feet shoulder width apart facing examiner. Ask candidate to squat down and return to the starting position. Repeat as needed.	
3) T + L Spine	Ask candidate to bend at waist with knees extended and attempt to touch the floor/their toes. Repeat as needed.	
4) Balance, Shoulder (Left-hyper abduction, supination, pronation)	Ask candidate to stand on left leg and bring his/her arms from their side over their head and touch the palmer surfaces of their hands together and then return arms to original starting position. Repeat as needed.	
5) Balance, Shoulder (Right -hyper abduction, supination, pronation)	Ask candidate to stand on right leg and bring his/her arms from their side over their head and touch the palmer surfaces of their hands together and then return arms to original starting position. Repeat as needed.	
6) Elbow Flexion & Extension	Ask candidate to fully flex and extend elbows. Repeat as needed.	
7) Hand (A/ROM all joints & amputation check)	Ask candidate to flex elbows 90 degrees with hands in pronated starting position and open and close hands. Determine the A/ROM of the applicable joints. Assess whether the candidate has any amputations.	
8) Wrist (A/ROM all joints & amputation check)	Ask candidate to flex elbows 90 degrees with hands in pronated starting position. Ask candidate to perform A/ROM of their wrists in all available planes (i.e. flex, ex RD, UD) Repeat as needed.	
9) Opposition	Ask candidate to touch the tip of their thumb to each fingertip. Repeat as needed.	
10) C-Spine (A/ROM all planes)	Ask candidate to perform A/ROM of c-spine in all available planes in standing position (i.e. flex, extend LSB, RSB, L Rotate, R Rotate) Repeat as needed.	