



HARKNESS CENTER FOR DANCE INJURIES: PREVENTATIVE SCREENING FORM

(Marijeanne Liederbach©1989 v04)

NAME OF DANCER: _____

TODAY'S DATE: _____

Gross posture & motion:

A/P

Active 4 shld-scap motion tests _____ N _____ Ab (side if Ab: _____)

Iliac crest height symmetry _____ Y _____ N

Scoliometer : 45°(T6) _____ R/L 60°(T12-L1) _____ R/L 90°(L3-4) _____ R/L

Foot: Calcaneal eversion ($\geq 4^\circ$) _____ R _____ L (Yes / No)

“Number of Toes” Sign _____ R _____ L

Pes line _____ R _____ L \uparrow / \downarrow

Foot type _____ R _____ L Cavus (C) / Planus (P)

Forward bend test _____ R (+ / -) _____ L (+ / -)

Backward bend test _____ R (+ / -) _____ L (+ / -)

March test _____ R (+ / -) _____ L (+ / -)

Sagittal

Forward head _____ Y _____ N

Fwd shoulders/kyphotic _____ Y _____ N

Flat back or sway back _____ Y _____ N (specify: _____)

Genu recurvatum _____ R ($\geq 15^\circ / < 15^\circ$) _____ L ($\geq 15^\circ / < 15^\circ$)

Flexibility / ROM:

Standing / Floor Sitting:

Can pt. dome foot? _____ R(yes/no) _____ L(yes/no)

Mod. Beighton: ·Thumb-to-thumb _____ tight _____ loose ·Toe touch _____ tight _____ loose

·Lotus _____ tight _____ loose ·HAD straddle _____ ($> 90^\circ / \leq 90^\circ$)

Supine / Long Sitting:

Dancer's Thomas: Psoas _____ R _____ L _____ tight/loose _____ tight/loose

Rectus _____ tight/loose _____ tight/loose

ITB _____ tight/loose _____ tight/loose

Sartorius _____ tight/loose _____ tight/loose

Hamstring: _____ ($< 120^\circ / \geq 120^\circ$) _____ ($< 120^\circ / \geq 120^\circ$)

Active open chain dorsiflexion _____ ($\leq 5^\circ / > 5^\circ$) _____ ($\leq 5^\circ / > 5^\circ$)

Active plantar flexion symmetry _____ Y _____ N

Passive subtalar joint eversion _____ ($\leq 5^\circ / > 5^\circ$) _____ ($\leq 5^\circ / > 5^\circ$)

Passive great toe dorsiflexion _____ ($< 90^\circ / \geq 90^\circ$) _____ ($< 90^\circ / \geq 90^\circ$)

Thomasson sign? _____ (yes / no) _____ (yes / no)

Hip: Prone HER _____ ($> 45^\circ / < 45^\circ$) _____ ($> 45^\circ / < 45^\circ$)

Prone HIR _____ ($> 45^\circ / < 45^\circ$) _____ ($> 45^\circ / < 45^\circ$)

MMT Strength:

Terminal Hamstring

R _____ L _____

R _____ L _____

x _____ x _____ %Deficit _____

Hip Abduction

R _____ L _____

R _____ L _____

x _____ x _____ % Deficit _____

Normative Data

M F

22.3 \pm 1.7 15.1 \pm 0.5

Hip Adduction

R _____ L _____

R _____ L _____

x _____ x _____ % Deficit _____

Normative Data

M F

23.7 \pm 0.9 15.2 \pm 0.4

Hip Flexion

R _____ L _____

R _____ L _____

x _____ x _____ % Deficit _____

Normative Data

M F

32.0 \pm 3.1 22.3 \pm 2.1

Shoulder Abduction

R _____ L _____
 R _____ L _____
 x _____ x _____ % Deficit _____

Normative Data
 M F
 12.1 ± 0.7 6.2 ± 0.3

Functional Strength & Skill Tests:

- Kendall supine double straight leg lower _____ (Pass [5/5] _____ Fail [≤4/5])
- Standing turnout _____ ° Total
- Disc turnout _____ ° Total
- Force differential _____ #
- First Position Relevé (*note pelvis*- APT/Neutral/PPT): _____ R _____ L
 - Normal (calcaneal midline & mid patella aligned with 2nd ray)
 - Med (calcaneal midline & mid patella medial to 2nd ray)
 - Lat (calcaneal midline & mid patella lateral to 2nd ray)
- Calcaneal height symmetry test (L & R same height?) _____ Y _____ N
- Functional DF ROM - first position parallel plié _____ R _____ L
 - Pass (plumb line from patella to toe tips or distal)
 - Fail (plumb line from patella to met heads or proximal)
- Second Position Progression Angle of Knee (*note pelvis* – APT/Neutral/PPT): _____ R _____ L
 - Normal (knee over second ray)
 - Min (knee over first ray)
 - Mod (knee just medial to first ray)
 - Max (knee grossly medial to first ray)
- Rhomberg (pass/fail) _____ R _____ L
- Single leg strategy (hip/ankle) _____ R _____ L
- 25 Heel Raises in neutral parallel 1st _____ R _____ L
 - Pass: maintains full heel height over consecutive 1-second repetitions without knee flexion moment
 - Fail: unable to maintain above criteria
- 5 Single Leg Bench Step Down (eyes open & closed) _____ R _____ L (EO)
 - Pass: maintains patellar center over 2nd ray
 - Fail: demonstrates valgus - patellar center medial to 1st ray or LOB
- “Airplane” Pliés with Trunk Rotation & Proprio Overload _____ R _____ L
 - Pass: 5 demi pliés on pillow, pitched fwd // arabesque, maintaining LE alignment & balance during B 90° trunk and gaze rotation
 - Fail: loses control of above criteria
- 5 Pushups with trunk control (plank and inverted (handstand)) _____ P _____ F (plank)
 - _____ P _____ F (inverted)
 - _____ R _____ L
- 5 Plank → side plank (one arm, one foot balance) pose _____ R _____ L
 - Pass: able to do consecutive B plank to side plank rotations with slow, steady control
 - Fail: fatigues, loses trunk control or balance
- Jumping
 - Parallel Single Leg “Sauté” or “High Jump” (height) _____ R (in.) _____ L (in.) _____ ΔR/L
 - Parallel Single Leg “Jeté” or “Long Jump” (distance) _____ R (in.) _____ L (in.) _____ ΔR/L
- Harvard bench step test _____ P _____ F
 (bpm: _____) (bpm @ 1 min post: _____)

Special Orthopedic Tests: