



1. Inspection, athlete standing, facing toward examiner (symmetry of trunk, upper extremities).
2. Forward flexion, extension, rotation, lateral flexion of neck (range of motion, cervical spine).
3. Resisted shoulder shrug (strength, trapezius).
4. Resisted shoulder abduction (strength, deltoid).
5. Internal and external rotation of shoulder (range of motion, glenohumeral joint).
6. Extension and flexion of elbow (range of motion, elbow).
7. Pronation and supination of elbow (range of motion, elbow and wrist).
8. Clench fist, then spread fingers (range of motion, hand and fingers).
9. "Duck walk" four steps (motion of hip, knee, and ankle; strength; balance).
10. Inspection, athlete facing away from examiner (symmetry of trunk, upper extremities).
11. Back extension, knees straight (spondylolysis/spondylolisthesis).
12. Back flexion with knees straight, facing toward and away from examiner (range of motion, thoracic and lumbosacral spine; spine curvature; hamstring flexibility).
13. Inspection of lower extremities, contraction of quadriceps muscles (alignment, symmetry).
14. Standing on toes, then on heels (symmetry, calf; strength; balance).

Two-minute musculoskeletal screening examination.

From Smith DM [ed]: American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, American Osteopathic Association for Sports Medicine: Preparticipation Physical Evaluation Monograph, ed 2. Minneapolis, 1997, pp 1-49. Accessed at <http://www.health-7.com>, February 10, 2012