

THROWING ATHLETE EVALUATION

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Patient: _____

Position/Handedness: _____

Injury/Procedure: _____

Laterality: L R

Date of Injury/Procedure: _____

Date of Testing: _____

Subjective Examination

Chief complaint, primary issues:	
Describe symptoms/pain (sharp, dull, achy, etc.)	
Pain with ALL throws or only max intensity?	
At what point in the throwing motion do you have pain? (Late cocking/layback, acceleration, ball release, etc.)	
Does the pain linger for a while after you stop throwing?	
Have you had any imaging done?	
What position(s) do you play? What is your preferred position?	
What kind of pitches do you throw?	
How many teams do you play for?	
How many games/week do you play?	
Have you noticed a change in velocity since you began having symptoms?	
Do you have a previous history of shoulder/elbow pain?	
Have you had PT before?	
Do you work with somebody for throwing mechanics?	
Were you told to take a break from throwing? How long?	
Other:	



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Objective Examination

MMT (dynamometer)	L	R	Special Testing	
Shoulder flexion			Shoulder	Pos or neg
Shoulder scaption			Neer's Impingement	
Shoulder abduction			Painful Arc	
ER 0° seated			Empty Can	
IR 0° seated			Horn blower's	
Mid-trap (prone)			O'brien's	
Low-trap (prone)			Dynamic Speed's Test	
ER 90° (prone)			Posterior Apprehension	
IR 90° (prone)			Jobe Relocation	
Grip			Scour	
Hip abduction			Biceps Load 1 & 2	
Other:			Elbow	
ROM			Valgus stress at 0/30°	
Shoulder flexion			Milking maneuver	
Shoulder ER			Moving valgus	
Shoulder IR			VEO drop home	
Total Arc (ER + IR)			Cozen's	
Cross-body adduction			Maudsley's	
Hip ER			Elbow extension ROM	
Hip IR				

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Qualitative Assessment				Comments:
1. Effusion	None		Present	
2. Posture	Good	Fair	Poor	
3. Scapular Rhythm	Good	Fair	Poor	
4. Thoracic Mobility	WNL		Lacking	
5. Single leg balance	Good	Fair	Poor	
6. Single leg squat	Good	Fair	Poor	
7. Core strength	Good	Fair	Poor	
8. Throwing mechanics	Good	Fair	Poor	