

GENERAL MOVEMENT SCORING SHEET

MEDICAL RECOMMENDATIONS FOR INJURY RECOVERY PROGRAM

CLIENT NAME: _____

DATE: _____

	SCORE	NOTES
MOVEMENT: LINEAR		
MOVEMENT: LATERAL		
LIFT: UPPER PUSH HORIZONTAL		
LIFT: UPPER PUSH VERTICAL		
LIFT: UPPER PULL HORIZONTAL		
LIFT UPPER PULL VERTICAL		
LIFT: LOWER PUSH 2 LEG		
LIFT: LOWER PUSH 1 LEG		
LIFT: LOWER PUSH 2 LEG		
LIFT: LOWER PUSH 1 LEG		
METABOLIC CONDITIONING		

SCORING KEY

MOVEMENT

- 0 = None
- 1 = Pillar strength and movement prep only, no impact
- 2 = Pillar strength, movement prep, low impact, technical work
- 3 = Pillar strength, movement prep, full impact, non-reactive
- 4 = No restrictions

METABOLIC CONDITIONING

- 0 = None
- 1 = No impact, aerobic base
- 2 = No impact, interval
- 3 = Impact, interval
- 4 = No restrictions

LIFT

- 0 = None
- 1 = Stability or isometric exercise
- 2 = Body weight or low intensity only
- 3 = Limited restrictions - general prep, foundation
- 4 = No restrictions - performance themes

PRACTITIONER DIRECTIONS:

Please fill out your recommendations in each category and provide this sheet to your client, so our team at UCLA Health Sports Performance can help them facilitate a successful transition back to performance-based activities.

INJURY RECOVERY PROGRAM



**BOUNCE BACK FASTER AND BETTER FROM YOUR INJURY.
PREVENT RE-INJURY AND COMPENSATIVE INJURY!**

Recovering from an injury can take longer time than you want it to. Often we re-injure ourselves because we tried to get back to the activities we used to do before we were ready for it. Or we get new injuries resulting from compensative movements while undergoing injury treatment and rehab.

Bounce back faster and better from your injury by working with our Exos sports performance specialists. We can help guide you out of the rehab stage back to full performance. With training and nutritional guidance from our expert coaches and dietitian, you can prevent re-injury and compensative injuries.

**CALL TODAY TO SET UP YOUR
FREE 1-on-1 CONSULTATION
OR
SCAN THE QR CODE TO
FILL OUT OUR ONLINE FORM**

310-426-1407

