

LEG PRESS



Start position for the test: the athlete must remain seated, with hip and knee flexed; some athletes may need support from a coach to maintain the seated posture.

Position of Classifier: the classifier should support the athlete's foot around the heel to give resistance. The classifier may use a hand to support the athlete at the knee when hip ab and adductors are too weak to maintain the position of the hip.

TEST: the athlete should push to extend the hip and knee

Grade 2: the athlete can overcome resistance and extend the hip and knee

Grade1: the athlete can extend the hip and knee without resistance

Grade 0: the athlete cannot perform the movement

HIP FLEXION - 75° - 110°



Start position for the test: the athlete must remain lying supine, with hip and knee flexed to 75°

Position of Classifier: a hand should be positioned above the athletes' knee to give resistance. The lower leg can be supported under the heel if needed

TEST: the athlete should pull the leg up towards the chest to flex the hip to 110°

Grade 2: the athlete can overcome resistance and flex the hip

Grade1: the athlete can flex the hip without resistance

Grade 0: the athlete can't perform the movement

HIP EXTENSION - 110° - 75°



Start position for the test: the athlete must remain lying supine, with the hip and knee flexed to 110°

Position of Classifier: place a hand below the athletes's knee to give resistance

TEST: the athlete should push to extend the hip to 75°

Grade 2: the athlete can overcome resistance and extend the hip

Grade1: the athlete can extend the hip without resistance

Grade 0: the athlete can't perform the movement

KNEE FLEXION - 0° - 55°



Start position for the test: the athlete must remain seated, with the knee fully extended. Some athletes may need support from a coach to maintain the seated posture

Position of Classifier: position the hand behind the athletes's ankle to give resistance

TEST: the athlete should pull to flex the knee to 55°

Grade 2: the athlete can overcome resistance and flex the knee

Grade1: the athlete can flex the knee without resistance

Grade 0: the athlete can't perform the movement

KNEE EXTENSION - 55° - 0°



Start position for the test: the athlete must remain seated, with the knee flexed to 55°. Support from a coach may be needed to maintain the seated posture

Position of Classifier: position the hand in front of the athletes's ankle to give resistance

TEST: the athlete should push to fully extend the knee

Grade 2: the athlete can overcome resistance and extend the knee

Grade1: the athlete can extend the knee without resistance

Grade 0: the athlete can't perform the movement

PLANTARFLEXION - 0° - 40°



Start position for the test: the athlete must remain lying supine, with the knee and hip extended . The feet in a plantargrade position.

Position of Classifier: The classifiers hand is placed under the sole of the forefoot

TEST: the athlete should push to plantarflex the foot to 40°. The classifier must take care to observe that the plantarflexion is taking place at the ankle, NOT the forefoot.

Grade 2: the athlete can overcome resistance to plantarflex the ankle

Grade1: the athlete can plantarflex the ankle without resistance

Grade 0: the athlete can't perform the movement

DORSIFLEXION - 40° - 0°



Start position for the test: the athlete must remain lying supine, with the knee and hip extended

Position of Classifier: the classifier's hand is placed on the front of the foot

TEST: the athlete should pull the foot up into dorsiflexion until the foot reaches the plantargrade position

Grade 2: the athlete can overcome resistance to dorsiflex the foot

Grade 1: the athlete can dorsiflex the foot without resistance

Grade 0: the athlete can't perform the movement