

KOJI AWARENESS

Self screening test

1, Neck Mobility (Total 6pt)

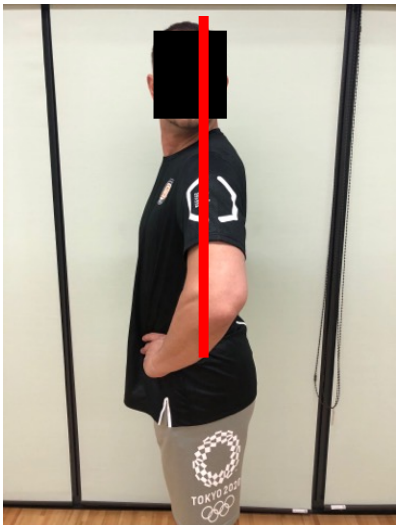


Movement: Lateral flexion
Instruction & Criteria: Can bend the midline of face parallel to the upper arm?
L) Yes: 1pt, No: 0pt
R) Yes: 1pt, No: 0pt

Tips: Tilt head without moving the shoulder



Movement: Flexion
Instruction & Criteria: Bring the chin towards chest, can touch the chest with chin?
Yes: 1pt, No: 0pt
Tips: Do not open mouth



Movement: Rotation
Instruction & Criteria: Can rotate the midline of face parallel to the shoulder?
L) Yes: 1pt, No: 0pt
R) Yes: 1pt, No: 0pt

Tips: Rotate head without moving the shoulder



Movement: Extension
Instruction & Criteria: Lie on elbows and knees with finger tips at 4 foot lengths away from wall, can see 2-elbow height mark on wall without difficulty,
Yes: 1pt, No: 0pt

Tips: No, if not see mark clearly

2, Shoulder Mobility (LR 2pt)

Movement: Shoulder internal rotation

Instruction & Criteria: Stand with a back of hand on lower back, reach towards the opposite shoulder blade, can touch inferior angle of the blade?

L) Yes: 1pt, No: 0pt

R) Yes: 1pt, No: 0pt



3, Shoulder Blade (Scapular) Mobility (LR 2pt)

Movement: Shoulder external rotation, Scapular upward rotation

Instruction & Criteria: Stand in front of mirror with finger tips holding opposite earlobe, move the arm around the head and back, can arch of the arm go around the head without head tilt?

L) Yes: 1pt, No: 0pt

R) Yes: 1pt, No: 0pt



4, Thoracic Spine Mobility (LR total 6pt)

Setup: sit 2 knuckles away from wall with knees together

Movement: Thoracic spine rotation

Level 1



Level 2



Level 3



Instruction & Criteria: : Rotate body to reach towards wall, can touch wall with elbow while knees are together?

L) Yes: 1pt, No: 0pt

R) Yes: 1pt, No: 0pt

Instruction & Criteria: Rotate body to reach towards wall with opposite hand, can touch wall with hand by the shoulder while knees are together?

L) Yes: 2pt, No: 0pt

R) Yes: 2pt, No: 0pt

Instruction & Criteria: Rotate body, can touch wall with an upper arm between shoulder and elbow, while knees are together?

L) Yes: 3pt, No: 0pt

R) Yes: 3pt, No: 0pt

5, Upper Extremity Stability & Strength (4pt)

Movement: Upper Extremity Stability & Strength

Instruction & Criteria:

Level 1) Create front hand-plank position on wall, feet at 4 foot lengths away, hands shoulder width at level of eyes, hold plank position. Can hold position for 10 seconds while head, pelvis, ankles are in line? Yes: 1pt, No: 0pt

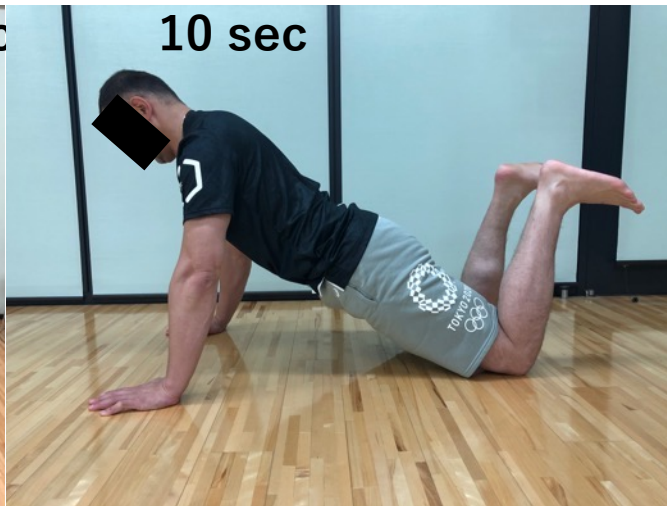
Level 2) Create front hand-plank position on floor with bent knees, hold plank position. Can hold position for 10 seconds while head, pelvis, ankles are in line? Yes: 2pt, No: 0pt

Level 3) Create front hand-plank position on floor, hold plank position. Can hold position for 10 seconds while head, pelvis, ankles are in line? Yes: 3pt, No: 0pt

Level 4) Start with front hand-plank position 5 seconds, then side hand-plank followed by opposite side 3 seconds. Can hold each position while head, pelvis, ankles are in line? Yes: 4pt, No: 0pt



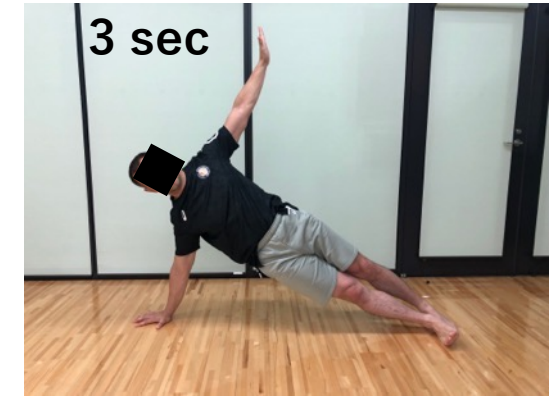
Level 1



Level 2



Level 3



Level 4

6, Hip Mobility (total 8pt)



Touch malleolus
Lateral: internal
Medial: external



Movement: Hip internal rotation (hip flexed)

Instruction & Criteria: Stand in front of wall, 1 foot & 1 knuckle away, keep a knee on wall with the thigh parallel to the floor. Rotate leg to inside and can touch lateral malleolus without tilting torso?

L) Yes: 1pt, No: 0pt
R) Yes: 1pt, No: 0pt

Movement: Hip external rotation (hip flexed)
Instruction & Criteria: Stand in front of wall, 1 foot & 1 knuckle away, keep a knee on wall with the thigh parallel to the floor. Rotate leg to outside and can touch medial malleolus without tilting torso? L) Yes: 1pt, No: 0pt R) Yes: 1pt, No: 0pt

Movement: Hip internal rotation (hip extend)

Instruction & Criteria: Bend knee towards buttocks while standing on one leg, keep knees together. rotate leg to outside, touch ankle, can touch medial malleolus without tilting torso?

L) Yes: 1pt, No: 0pt
R) Yes: 1pt, No: 0pt



Movement: Hip external rotation (hip extend)

Instruction & Criteria: Bend knee towards buttocks while standing on one leg, keep knees together. rotate leg to inside, can touch lateral malleolus without tilting torso?

L) Yes: 1pt, No: 0pt. R) Yes: 1pt, No: 0pt

7, Hip and Spine Mobility (6pt)

Movement: Hip flexion (Hamstring tightness), trunk flexion (erector spinae)

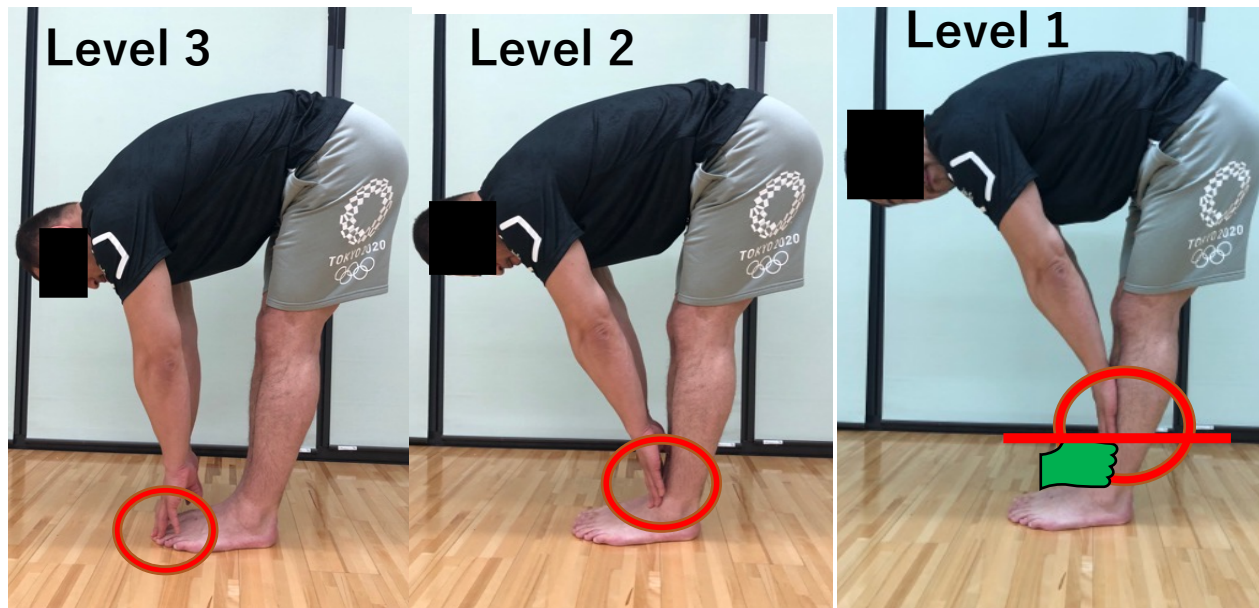
Instruction & Criteria:

Level 1) Stand with feet shoulder width, can touch one knuckle above ankle? Yes: 1pt, No: 0pt

Level 2) Bend over to reach ankle joint, can touch ankle joint? Yes: 2pt, No: 0pt

Level 3) Bend over to reach toe, can touch toes? Yes: 3pt, No: 0pt

Flexion



Movement: Hip extension (hip flexor tightness), trunk extension (abdominal muscle)

Instruction & Criteria:

Level 1) Stand 1 foot length away from wall with back facing wall, can touch wall with hands over head? Yes: 1pt, No: 0pt

Level 2) Stand 2 foot lengths away from wall with back facing wall, can touch wall with hands over head? Yes: 2pt, No: 0pt

Level 3) Stand 2 foot and 1 knuckle lengths away from wall with back facing wall, can touch wall with hands over head? Yes: 3pt, No: 0pt

Extension



8, Upper and Lower Extremity Mobility and Stability (2pt)

Movement: Hip flexion, Single leg stability

Instruction & Criteria: Stand with feet shoulder width bring one side of elbow and knee together, can hold 5 seconds with elbow and knee together without tilting torso?

L) Yes: 1pt, No: 0pt

R) Yes: 1pt, No: 0pt

Clearing test: Checking the ability to maintain a straight back against the wall for accurate measurement.

Clearing Test



5 sec

L: 1 point, R: 1 point

9, Mid-section Stability Strength (4 pt)

Movement: Mid-section Stability Strength

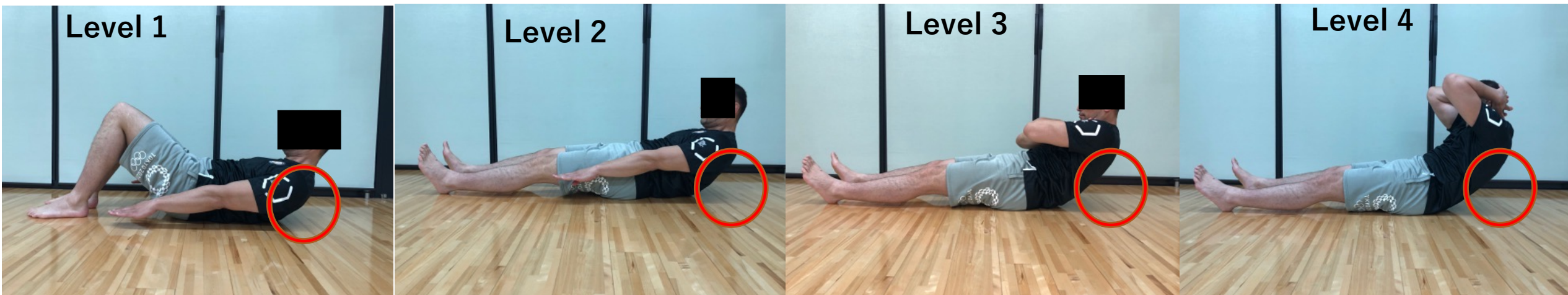
Instruction & Criteria:

Level 1) Lie on back on floor with knees bent, arms straight by torso, can hold 5 seconds while shoulder blades are away from floor. Yes: 1pt, No: 0pt

Level 2) Lie on back on floor with knees straight, arms straight by torso, can hold 5 seconds while shoulder blades are away from floor? Yes: 2pt, No: 0pt

Level 3) Lie on back on floor with knees straight, hands on opposite shoulders, can hold 5 seconds while shoulder blades are away from floor? Yes: 3pt, No: 0pt

Level 4) Lie on back on floor with knees straight, hands on back of head, can hold 5 seconds while shoulder blades are away from floor? Yes: 4pt, No: 0pt



Movement:

Lower Extremity Strength ,balance

10, Lower Extremity Strength (8pt)

Instruction & Criteria:

Level 1) Sit on half kneeling position, hands on front knee, can stand up and down using hands stand up and down without losing control? L) Yes: 1pt, No: 0pt , R) Yes: 1pt, No: 0pt

Level 2) Sit on half kneeling position, can hands on waist, stand up and down without losing control? L) Yes: 2pt, No: 0pt , R) Yes: 2pt, No: 0pt

Level 3) Sit on chair with one leg off floor, hands on opposite shoulders, can stand up and down without losing control? L) Yes: 3pt, No: 0pt , R) Yes: 3pt, No: 0pt

Level 4) Sit on chair with legs crossed, hands on opposite shoulders, can stand up and down without losing control? L) Yes: 4pt, No: 0pt , R) Yes: 4pt, No: 0pt



Level 1



Level 2



Level 3



Level 4

11, Ankle Mobility (LR 2pt)

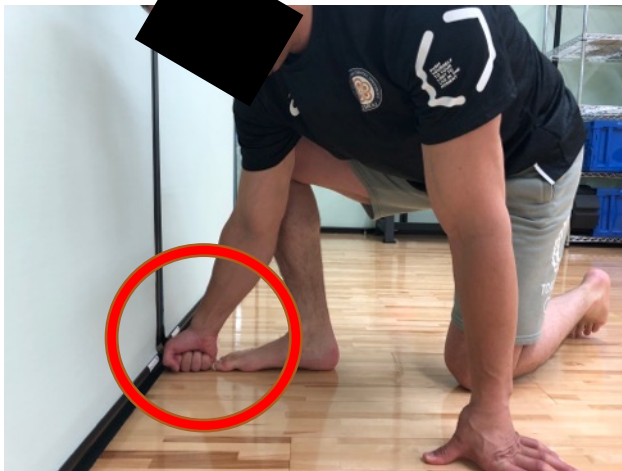
Movement:

Ankle dorsi flexion

Instruction & Criteria: Toe 1 knuckle away from wall while in half kneeling, can bring knee to wall, knee touches wall without lifting heel?

L) Yes: 1pt, No: 0pt ,

R) Yes: 1pt, No: 0pt



L: 1 point, R: 1 point

Scoring Chart Sheet

Name (sports, organization, record, gender, DOB)	DATE	1	2	3	4	
KOJI AWARENESS		TOTAL	SCORE	SCORE	SCORE	SCORE
Check 1: Neck Mobility (Total 6 Point)	Front	1				
	Back	1				
	Left	1				
	Right	1				
	Right Rotation	1				
	Right Rotation	1				
Check 2: Shoulder Joint Mobility (Total 2 Point)	Left	1				
	Right	1				
Check 3: Scapular Mobility (Total 2 Point)	Left	1				
	Right	1				
Check 4: Thoracic Spine Mobility (Total 6 Point)	Left	3				
	Right	3				
Check 5: Upper Extremity Stability & Strength (Total 4 Point)		4				
Check 6: Hip Mobility (Total 8 Point)	Flex/ ER	Left	1			
		Right	1			
	Flex/ IR	Left	1			
		Right	1			
	Ext/ ER	Left	1			
		Right	1			
Check 7: Hip and Spinal Mobility (Total 6 Point)	Front	3				
	Back	3				
Check 8: Trunk and Lower Extremity Mobility & Stability (Total 2 Point)	Left	1				
	Right	1				
Check 9: Trunk Strength (Total 3 Point)		4				
Check 10: Lower Extremity Strength (Total 8 Point)	Left	4				
	Right	4				
Check 11: Ankle Mobility (Total 2 Point)	Left	1				
	Right	1				
Total Score (50)		50	0	0	0	0