

S1 Appendix

KOJI AWARENESTM

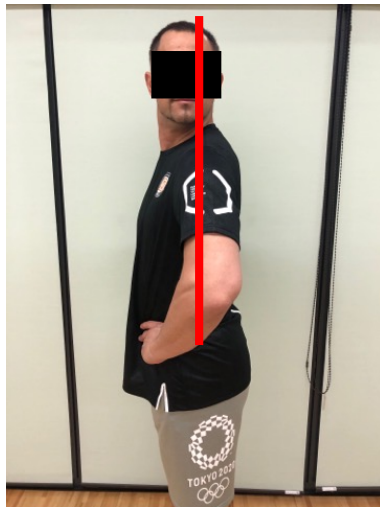
S1 Appendix

KOJI AWARENESS™ movement test

1, Neck Mobility



1 point



L: 1 point, R: 1 point



L: 1 point, R: 1 point



1 point



2, Shoulder Mobility

L: 1 point, R: 1 point



3, Shoulder Blade (Scapular) Mobility

L: 1 point, R: 1 point

4, Thoracic Spine Mobility



1 point



2 point



3 point

5, Upper Extremity Stability & Strength

10 sec



1 point

10 sec



2 point

10 sec



3 point



3 sec



5 sec



3 sec

4 point



L: 1 point, R: 1 point



L: 1 point, R: 1 point



L: 1 point, R: 1 point



L: 1 point, R: 1 point

6, Hip Mobility

Flex Internal and External Rotation

Extend Internal and External Rotation

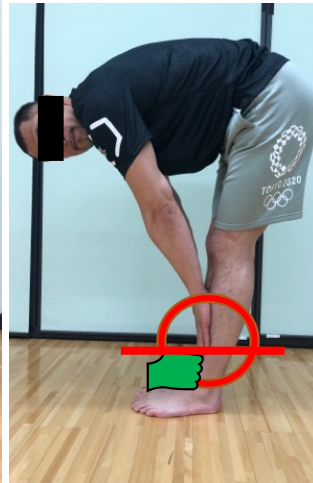
7, Hip and Spine Mobility



3 point



2 point



1 point



1 point



2 point



3 point

8, Upper and Lower Extremity Mobility and Stability



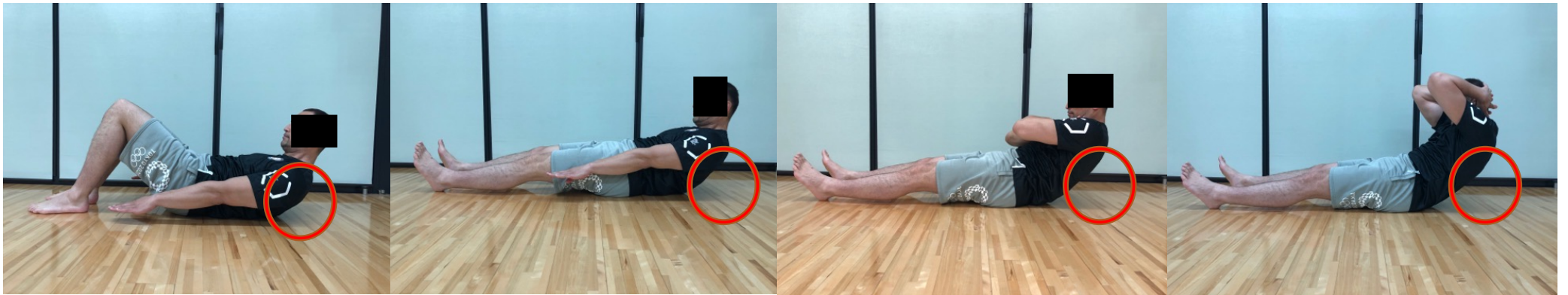
3 sec

L: 1 point, R: 1 point

Clearing Test



9, Mid-section Stability Strength



1 point

2 point

3 point

4 point

10, Lower Extremity Strength



1 point

2 point

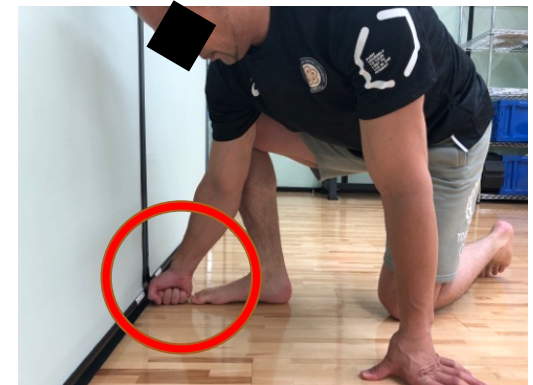
3 point

4 point

11, Ankle Mobility



L: 1 point, R: 1 point



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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			
	Ext/ IR	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