

Range of motion

- A: Hip flexion
- B: Hip extension
- C: Hip abduction
- D: Hip adduction
- E: Hip internal rotation
- F: Hip external rotation
- G: Knee flexion
- H: Knee extension
- J: Ankle dorsiflexion
- K: Ankle plantarflexion
- L: Ankle pronation
- M: Ankle supination

Hypo mobile
Reference
Hyper mobile

Muscle flexibility

- N: Rectus femoris
- O: Iliopsoas
- P: Hamstrings

Trigger points

- Q: Tractus iliobtibialis
- R: Gastrocnemius
- S: Soleus
- T: Piriformis
- U: Glutes medius
- V: Tibialis posterior
- X: Tibialis anterior

Reference
(No pain/non-restricted)
Below reference
(Pain/restricted)

