

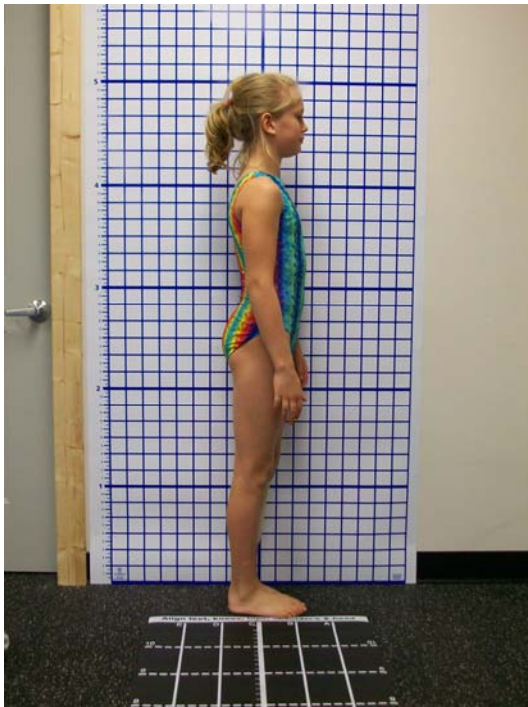
# The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

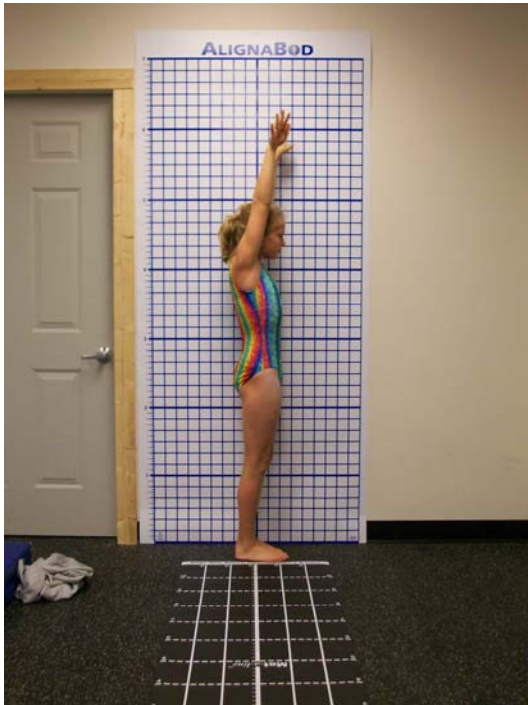
## Gymnastics Functional Assessment

There are three basic postures you should assess for all gymnasts. These basic postures are the foundation for just about all movements in the sport.



Using a posture chart and a grid floor mat, observe the gymnast standing erect and make an assessment of their static alignment.

- Assess for rotation of the trunk/pelvis in the horizontal plane.
- Assess for rotation of the pelvis either forward or backwards.
- Assess the curvature of the spine in lumbar, thoracic, and cervical regions
- Assess for hyper-mobility at the knees



**Hollow Position**

**Observe the gymnast in the “hollow” position.**

**The stomach should be drawn up and in with no rotation of the pelvis. The arms, shoulders, ears, hips and ankles should be directly in a vertical straight line.**



**Hand Stand**

**Observe the gymnast in a hand stand position.**

**Assessment of this “hollow position” in weight bearing through the arms will accentuate any weakness in the shoulders, upper back, abdominal muscles.**

**This posture will also show any tightness in the shoulders, upper back and hips.**

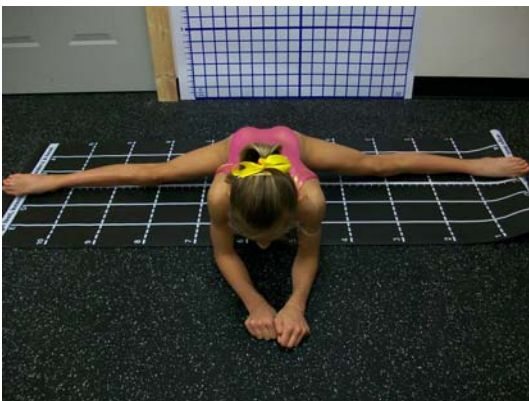


**Side Split**

Observe the gymnast from **both sides** in a side “split” position.

Assess hip flexor length, lumbar spine flexibility, abdominal muscle weakness, hip adductor muscle length and iliotibial band tightness.

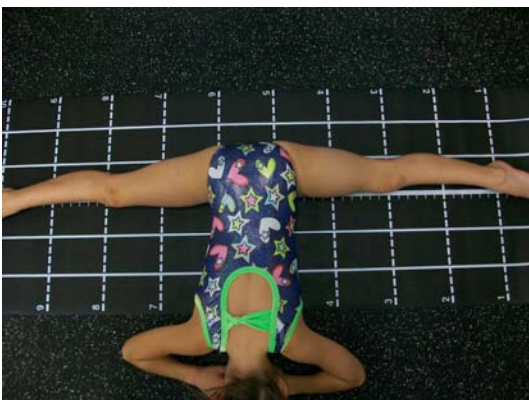
Note any differences between the sides.



**Front Split**

Observe the gymnast from the front in this front “split.”

Assess any differences between the two sides. The ischial tuberosities should be touching the mat on both sides if the gymnast’s trunk is erect. Pubic symphysis should be on the mat if gymnast is leaning forward.



**Overhead view of front split**

Observe the gymnast from overhead.

Assess symmetry/alignment of legs on the mat and angle of patella in relation to the floor.



**Bridge (side view)**

**Observe the gymnast in a bridge position.**

**Assess lumbar spine movement, hip range of motion, shoulder range of motion and angle of pelvis and note any rotation of trunk or extremities.**



**Bridge (front view)**

**Observe the gymnast in a bridge position from the front.**

**Assess alignment of posture on the mat grid. Note symmetry between the sides and not any differences in hand placement, rotation of trunk or pelvis, and or foot placement.**