Case study

ePC Help Reading Football Club Keep Fit

Reading Football Club
Pre-hab Injury Prevention Assessment

Name Date
Age Time

Abdominal Wall:

Forward flexion activation
Prone TVA with BP cuff
Janda's modified upper abdominal ○ Poor ○ Fair ○ Good
Lower abdominal co-ordination test ○ Poor ○ Fair ○ Good
Lower abdominal strength ○ 75'/50% ○ 60'/60% ○ 45'/70% ○ 30'/80% ○ 15'/90% ○ 0'/100%
Oblique muscle balance test
Hypermobility test score out of nine /9

Length/Tension	Range	Normal	Comments
Lumbar curve		30-35'	
Lumbar flexion		40-60'	
Lumbar extn		20-35'	
Thoracic arm raise		At least 14'	
QLO side bend left		R=L	
QLO side bend right		R=L	
Waiters bow		50'	

ROM Tests	Left	Right	Normal	Comments
Single knee to chest test			110°-120°	
knee extension hip at 90°			170°-180	
Prone internal hip rotation			30°-40°	
Prone external hip rotation			40°-60°	
Prone knee flexion			135°	
Pelvic tilt			M=1/2° F=3/4° M4°-7° F7°-10°	

Special Tests	Left	Right
Obers test		
Thomas test		
Pec minor		
Pec major		
Lat dorsi		
Levator scapula		

Print Form
Reset Form
Submit by Email

Reading Football Club
Pre-hab Injury Prevention Assessment

Print Form
Reset Form
Submit by Email

Date	Thoracic curve 30-35°	Lumbar curve 30-35°	Lumbar flexion 40-60°	Lumbar extn 20-35°	QL side bend L=R within 2cm L R	Single knee to chest 110-120° L R	Knee extn hip at 90° 170-180° L R	Prone internal roataion 30-40° L R	Prone external rotation 40-60° L R	Prone knee flexion 135° L R	Pelvic tilt 4-7° L R	Lower ab strength	Upper ab strength	Lower ab co-ord	TVA F/ flexion activation

The Requirement:

Alan Hughes, Injury Prevention Coach for Reading Football Club, needed a simple to use but effective way of recording assessment data and ongoing injury prevention details from the team members at the club.

The Solution:

ePC used the Adobe Form Designer to design and create complex assessment forms to capture a variety of data types. Information ranging from personal details, movement ranges, joint angles to simple tick boxes needed to be presented to the examiner in an easy to understand manner.

"ePC were able to quickly and efficiently understand our requirements and produce forms that were ideal for the job"

The nature of the PDF forms created by ePC means that a traditionally paper heavy process has been converted in to a paperless, efficient and accurate process.

"Having achieved a paperless process it is now much simpler to record, store and review the data, this leads to fewer player injuries"
Alan Hughes - Injury Prevention Coach working with Reading Football Club

T:0844 567 2000
F:0844 567 2001

E:sales@epc.co.uk
W:www.epc.co.uk