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| ­­**REHAB/PERFORMANCE TESTING** | | | | | | | | | | | |
| **Client Name** | |  | | | | | **Date of Birth** |  | | | |
| **Mobile Number** | |  | | | | | **Email** |  | | | |
| **Relevant History** | |  | | | | | | | | | |
| **TESTING REQUIRED** | | | | | | | | | | | |
| **Lower Limb**  *Tick as required* | | | | **Upper Limb**  *Tick as required* | | | | | **Athlete Performance Testing**  *Tick as required* | | |
| □ | **Strength (40 mins)**  *Isometric single leg calf raise, squat, hip thrust, knee flexion, and hip flexion* | | | □ | **Strength (40 mins)**  *Iso ER/IR @ 0/90 and 90/90, ABD @ 90, Hor Ext @ 90, isometric pushup* | | | | □ | **Full Test (60 mins)**  *Vertical jump, 40m sprint, 505 Agility, isometric single leg calf raise/squat/hip thrust* | |
| □ | **Power (40 mins)**  *Single leg vertical hop, rebound hop, triple horizontal hop, incremental depth drop test* | | | □ | **Power (40 mins)**  *Med ball throw, plyometric pushup, ASH T test,* | | | |  |  | |
| □ | **Other/Specific Tests (40 - 60 mins):** | | | | | | | | | | |
| **Email Results to:** | | |  | | | | | | | | |
| **Client Retested in:** | | | **4 Weeks** | | | **6 Weeks** | | | | | **8 Weeks** |

Tests are conducted within physiotherapy sessions, and are billed accordingly. Testing appointments (Item code 505) are billed at $123 for a 40 min appointment, or $160 for a 60 min appointment. If multiple 40 min testing sessions are required, these may be combined into a 60 min session if compatible, otherwise they’ll need to be done on two separate occasions.

For general testing information or to book your testing appointment please contact Rise Health Group on 9763 9233, and email your referral form to [leroym@risehg.com.au](mailto:leroym@risehg.com.au). For specific queries relating to testing, please contact Leroy Mclennan (Physiotherapist) via [leroym@risehg.com.au](mailto:leroym@risehg.com.au).