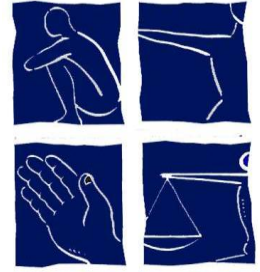


## REDWOOD PHYSIOTHERAPY CLINIC

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*Manipulative Therapy \* Muscle Balancing\* Postural Dynamics*



### LOWER LIMB FITNESS TEST

Player must be well warmed up with a full 20 minute warm up.

The distance covered for each run is the length of a rugby field, except for the final phase, the sprint starts.

#### Test

- (a) Over 100m gradually build up to 80% of full sprint pace, hold for 30-40m and slow down - up and back.
- (b) As above up to 100% full sprint pace.
- (c) Over 100m build up to 80% pace and burst to 100% pace - up and back.
- (d) As above but burst from 60% pace to 100% pace.
- (e) Build up to 100% pace sidestep twice off both legs - up and back.
- (f) Sprint starts from the try line to the 22m line - 100% effort.

If the player completes this test then he or she is 100% fit to play.

#### Important Note

This is a graduated test, after each return question the player as to how they feel, the player must be 100% confident and comfortable after each return phase before he or she moves on to the next phase. If this is not the case the test stops immediately and a gauge of the players progress can be made, without further damage occurring,

It is important that the rest period between runs is kept short no more than 15 seconds, so that by the end of the test the player is quite fatigued, therefore testing the legs under a fatigue scenario which is obviously what will happen during a game.

If supervising the test, watch for any favouring of the limb both from in front, behind and sideways, looking for flow, stride, length, balance and lateral sway.

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