

Self-Assessment Checklist

- Ask yourself:
 - What am I feeling?
 - Try to label the symptom that you're experiencing (e.g., pain, discomfort, stiffness, tightness, weakness, etc.)
 - How intense is the symptom that I'm feeling?
 - Try to rate the symptom on a scale of 0-10 (visual analogue scale; 0 is nothing at all, 10 is the most ever experienced)
 - How far can I move?
 - Try to measure the range of movement that you can perform for the activity (e.g. hips at same height as knees)
 - How much effort is required?
 - Try to think about how easy or difficult it is to perform the activity
 - What is the quality of the movement?
 - Try to think about how smooth, controlled, balanced the movement was
 - Consider the above points and if they're the same on both sides of your body?
 - Are they the same compared to previous self-assessments? (e.g. yesterday?)

Do not perform these activities if you have a pre-existing injury, experience pain or feel uncomfortable. Seek advice from your health professional.

