

## HURDLE STEP



3



Hips, knees and ankles remain aligned in the sagittal plane  
Minimal to no movement is noted in lumbar spine | Dowel and hurdle remain parallel



2



Alignment is lost between hips, knees and ankles | Movement is noted in lumbar spine  
Dowel and hurdle do not remain parallel



1



Contact between foot and hurdle occurs | Loss of balance is noted

The athlete receives a score of zero if pain is associated with any portion of this test.  
A medical professional should perform a thorough evaluation of the painful area.

# Gray Cook Manual Fms

**L Manion**



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