

FORM 8.1 Joint Stress Questionnaire and Observations

1. Do you currently have any pain? _____
2. If so, in what joint or area do you feel the pain? _____
3. In what positions do you feel the pain? _____
4. During what movement do you feel the pain? _____
5. Does your occupation or fitness activity overuse one body segment? _____
6. Do you feel you are currently overtraining? _____
7. Do you feel tight anywhere? _____
8. Do you feel this tightness during or after activity? _____
9. Do you get tired (muscularly) more easily than you used to? _____
10. Have you experienced a loss of strength? _____
11. Are you compensating in your movements to avoid pain or loss of strength? _____
12. Are things getting worse? _____
13. What do you think is causing this problem? _____
14. How could it be alleviated? _____

Watch your client during a workout. Look for altered body mechanics, stiffness, or postural faults, and then answer these questions:

Did you notice any altered body mechanics, stiffness, or postural faults when your client walked in?

Did you notice any altered body mechanics, stiffness, or postural faults when your client was active?

Can any altered body mechanics, stiffness, or postural faults be accounted for because of acute symptoms from current or chronic injuries?

According to these questions and initial observations, where is your client on the joint stress cycle?

Assessment (chapter 4): Perform a postural screening particularly on the area of greatest concern. Perform muscle length testing to determine whether the muscle length is limited or excessive.

Objectives: Establish specific objectives and a plan for exercise design and monitoring.