

Date:

This observation form is supposed to make the Feedback process easier and standardized for both the physiotherapist or a trainings partner.

In the table underneath, the feedback notes can be written down and also be compared to notes from the past.

This form can be used for one training session each.

Name of the Athlete	Name of the Physiotherapist

EXERCISES	WHAT TO LOOK FOR	NOTES
Squats	Knee flexion Knee separation distance Straight back	
Single leg squats	Knee separation distance Straight back	
Walking lunges	Straight back Knee separation distance (no side movements)	
Russian hamstring curls	Slow muscle activation Straight back	
Single leg calf raises	Only ankles involved	
Lateral jumps over cone	Short ground contact time	
Single leg drop jump + hold	No knee side movements Hold for at least 2 seconds	
Box jump + hold	Knee flexion Knee separation distance (no inward movements)	
Scissor jumps	Fast movement No knee side movements	