



Runners Calf Assessment

Name	
Date	

MOBILITY

TEST	RIGHT	LEFT
Knee to wall	cm	cm

Goal: 10-12cm

STRENGTH

TEST	RIGHT	LEFT
Single Leg Calf Raise - Straight leg	reps Shaking? Y/N	reps Shaking? Y/N
Single Leg Calf Raise - Bent leg	reps Shaking? Y/N	reps Shaking? Y/N

Getting started: 25 reps

Intermediate: 35 reps

Advanced: 45 reps+

DYNAMIC FUNCTION

TEST	RIGHT	LEFT
Square Hop Test	reps	reps

Poor: <60

Average: 61-86

Freakin' great: 87+