

QUALITY MOVEMENT ASSESSMENT OF PLAYING POSITION (Q-MAPP)

Name		Instrument	
SIDE	Right	Left	Bilateral

QUALITY MOVEMENT ASSESSMENT OF PLAYING POSITION (Q-MAPP)

POSTURE (resting, standing)							
PAIN		NO	YES				
Head	Forward head	NO	YES				
	Neck	Lateral tilt	NO	YES			
RIGHT				LEFT			
Shoulders	Symmetry	YES	NO	Shoulders	Symmetry	YES	NO
	Anterior Rotation	NO	YES		Anterior Rotation	NO	YES
	Elevation	NO	YES		Elevation	NO	YES
Scapula	Winging	NO	YES	Scapula	Winging	NO	YES
	Ant Tilt	NO	YES		Ant Tilt	NO	YES
	Post Tilt	NO	YES		Post Tilt	NO	YES

POSTURE (resting, playing position)							
PAIN		NO	YES				
Head	Forward head	NO	YES				
	Neck	Lateral tilt	NO	YES			
RIGHT				LEFT			
Shoulders	Symmetry	YES	NO	Shoulders	Symmetry	YES	NO
	Anterior Rotation	NO	YES		Anterior Rotation	NO	YES
	Elevation	NO	YES		Elevation	NO	YES
Scapula	Winging	NO	YES	Scapula	Winging	NO	YES
	Ant Tilt	NO	YES		Ant Tilt	NO	YES
	Post Tilt	NO	YES		Post Tilt	NO	YES

FUNCTIONAL MOVEMENTS (standing)

PAIN		NO	YES
Head	Forward head	NO	YES
Neck	Lateral tilt	NO	YES

RIGHT			
Shoulders	Symmetry	YES	NO
	Anterior Rotation	NO	YES
	Elevation	NO	YES

Scapula	Winging	NO	YES
	Ant Tilt	NO	YES
	Post Tilt	NO	YES

LEFT			
Shoulders	Symmetry	YES	NO
	Anterior Rotation	NO	YES
	Elevation	NO	YES

Scapula	Winging	NO	YES
	Ant Tilt	NO	YES
	Post Tilt	NO	YES

PLAYING POSTURE (Slow, Easy Segment)

PAIN		NO	YES
Head	Forward head	NO	YES
Neck	Lateral tilt	NO	YES

RIGHT			
Shoulders	Symmetry	YES	NO
	Anterior Rotation	NO	YES
	Elevation	NO	YES

Scapula	Winging	NO	YES
	Ant Tilt	NO	YES
	Post Tilt	NO	YES

Elbow	Excess flexion	NO	YES
Wrist	Excess flexion	NO	YES
	Excess deviation	NO	YES
	Excess extension	NO	YES
Thumb	IP Hypermobility	NO	YES
	MP Hypermobility	NO	YES
Digits	Excess MP flexion	NO	YES
	MP Hyperextension	NO	YES
	DIP hyperextension	NO	YES
	Curvature	YES	NO

LEFT			
Shoulders	Symmetry	YES	NO
	Anterior Rotation	NO	YES
	Elevation	NO	YES

Scapula	Winging	NO	YES
	Ant Tilt	NO	YES
	Post Tilt	NO	YES

Elbow	Excess flexion	NO	YES
Wrist	Excess flexion	NO	YES
	Excess deviation	NO	YES
	Excess extension	NO	YES
Thumb	IP Hypermobility	NO	YES
	MP Hypermobility	NO	YES
Digits	Excess MP flexion	NO	YES
	MP Hyperextension	NO	YES
	DIP hyperextension	NO	YES
	Curvature	YES	NO

PLAYING POSTURE (Fast, Challenging Segment)

PAIN		NO	YES
Head	Forward head	NO	YES
	Lateral tilt	NO	YES

RIGHT			
Shoulders	Symmetry	YES	NO
	Anterior Rotation	NO	YES
	Elevation	NO	YES

Scapula	Winging	NO	YES
	Ant Tilt	NO	YES
	Post Tilt	NO	YES

Elbow	Excess flexion	NO	YES
Wrist	Excess flexion	NO	YES
	Excess deviation	NO	YES
	Excess extension	NO	YES
Thumb	IP Hypermobility	NO	YES
	MP Hypermobility	NO	YES
Digits	Excess MP flexion	NO	YES
	MP Hyperextension	NO	YES
	DIP hyperextension	NO	YES
	Curvature	YES	NO

LEFT			
Shoulders	Symmetry	YES	NO
	Anterior Rotation	NO	YES
	Elevation	NO	YES

Scapula	Winging	NO	YES
	Ant Tilt	NO	YES
	Post Tilt	NO	YES

Elbow	Excess flexion	NO	YES
Wrist	Excess flexion	NO	YES
	Excess deviation	NO	YES
	Excess extension	NO	YES
Thumb	IP Hypermobility	NO	YES
	MP Hypermobility	NO	YES
Digits	Excess MP flexion	NO	YES
	MP Hyperextension	NO	YES
	DIP hyperextension	NO	YES
	Curvature	YES	NO