

## Controlled Articular Rotations CARS Assessment Sheet! (CARCAS!)

<b>Day/Date and time of day:</b>	
<b>How warm am I?</b> (Starting cold? After training? etc.)	
<b>How hydrated am I?</b> (try pinching the skin on the back of your hand and see how long it takes to spring back)	
<b>On a scale of 1-5</b> , 1 being the roughest day ever, stressed out, and 5 being the happiest sunny day with my favorite songs playing, <b>how do I feel about today so far?</b>	
<b>If using a CARs routine video, which one am I using today?</b> (Capsular, 6 minute, side-lying, etc)	
<b>What intensity do I plan to do these at?</b> (Low, medium, high irradiation?) <b>Am I using any props?</b> If so, list them, including walls.	

Start anywhere you want or feel like starting from today, with or without a video guide.

Joint being assessed	Pain/ discomfort anywhere? (What side of the joint or anywhere else in the body)	Accommodation needed anywhere? (Did anywhere move you didn't ask to? Is coupling necessary?)	Stretch sensation anywhere? (What side of the joint or anywhere else in the body)	Other notes/ Observations Anything at all you notice
Neck				
Thoracic spine				
Lumbar spine				

Joint being assessed	Pain/ discomfort anywhere? (What side of the joint or anywhere else in the body)	Accomodation needed anywhere? (Did anywhere move you didn't ask to? Is coupling necessary?)	Stretch sensation anywhere? (What side of the joint or anywhere else in the body)	Other notes/ Observations Anything at all you notice
Left gleno-humoral joint				
Right gleno-humoral joint				
Left scapula				
Right scapula				
Left elbow				
Right elbow				
Left wrist				
Right wrist				
Fingers left hand				

<b>Joint being assessed</b>	<b>Pain/ discomfort anywhere?</b> (What side of the joint or anywhere else in the body)	<b>Accomodation needed anywhere?</b> (Did anywhere move you didn't ask to? Is coupling necessary?)	<b>Stretch sensation anywhere?</b> (What side of the joint or anywhere else in the body)	<b>Other notes/ Observations</b> Anything at all you notice
<b>Fingers right hand</b>				
<b>Jaw</b>				
<b>Left hip</b>				
<b>Right hip</b>				
<b>Left knee</b>				
<b>Right knee</b>				
<b>Left patella</b>				
<b>Right patella</b>				
<b>Left ankle</b>				

<b>Joint being assessed</b>	<b>Pain/ discomfort anywhere?</b> (What side of the joint or anywhere else in the body)	<b>Accomodation needed anywhere?</b> (Did anywhere move you didn't ask to? Is coupling necessary?)	<b>Stretch sensation anywhere?</b> (What side of the joint or anywhere else in the body)	<b>Other notes/ Observations</b> Anything at all you notice
<b>Right ankle</b>				
<b>Left big toe</b>				
<b>Right big toe</b>				
<b>Left little toes</b>				
<b>Right little toes</b>				

**Which side feels better in general?**

**Which side do I have better control over?**

**Circle or highlight the rows that you feel need the most attention.**

**How many times per week could you spend 5 minutes on each highlighted row?**

**How many times per day could you spend 1 minute?**

Go back to any rows where you reported discomfort. When you next approach these, pause and figure out what you can change to make yourself more comfortable without moving too much. Pause there and breathe 7-8 deep breaths, then assess again.

Put extra work on those ranges in your schedule, utilizing Capsular CARs and pain-free ranges, and being as creative as you can.

How warm do I feel now?	
How do I feel now compared to when I started? (Take a moment)	

**Video recommendations in the Kinstretch membership:**

Not Kinstretch tab → Epimysial groovin'

Recovery tab → Help any stretch, any time, anywhere (low level isometrics work)

Recovery tab → Breathing class

Capsular CARs for whatever you highlighted