

# Cutting Movement Assessment Score (CMAS): Practice Handout

Penultimate Contact		
	Variable	Score
Clear penultimate foot contact braking strategy	Yes = 0 No = 1	Right = Left =
Final Contact		
	Variable	Score
Lateral leg plant distance (at initial contact)	Wide = 2 Moderate = 1 Narrow = 0	Right = Left =
Initial Knee Valgus Position (at initial contact)	Yes = 1 No = 0	Right = Left =
Foot not in neutral foot position (at initial contact)	Yes = 1 No = 0	Right = Left =
Frontal/transverse plane trunk motion relative to intended direction of travel (initial contact and weight acceptance)	Lateral / Rotation = 2 Upright = 1 Medial = 0	Right = Left =
Trunk upright or leaning back throughout contact (at initial contact and during weight acceptance)	Yes = 1 No = 0	Right = Left =
Limited Knee flexion during final contact <30 (during weight acceptance)	Yes = 1 No = 0	Right = Left =
Excessive knee valgus motion (during weight acceptance)	Yes = 1 No = 0	Right = Left =
<b>Total</b>		Right = Left =

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## High-Risk Indicators

- ✓ **Lateral trunk lean** toward stance leg
- ✓ **Trunk rotation** out of direction of travel
- ✓ **Upright posture** with limited hip/knee flexion
- ✓ **Dynamic knee valgus** on plant limb
- ✓ **Large foot plant angle** (>30–45°)
- ✓ **Poor braking strategy** (overreliance on plant step)
- ✓ **COM lateral shift** beyond base of support
- ✓ **Pivoting** instead of cutting