

FUNCTIONAL ABILITY

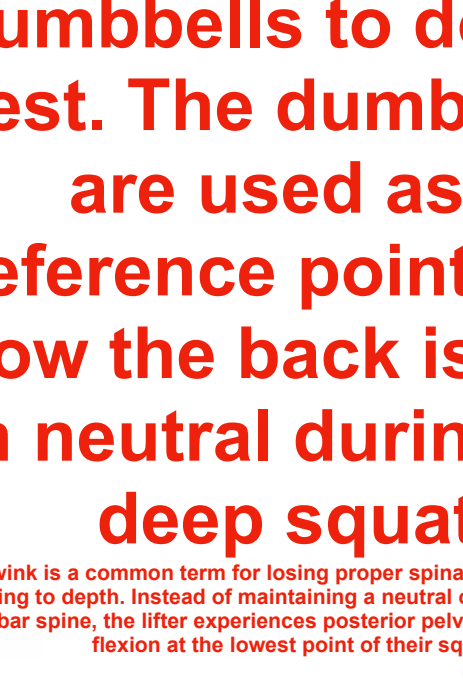
MOVEMENT ABILITY

The list below contains some functional tests, movement screens, and exercises. Use this list to test your ability as well as learn how to do some of exercises properly (since some of the tests are actual stretches and exercises). This list is intended to give the reader an understanding if they are functional enough to do intermediate to advanced functional training exercises. Many of the primary motions like the push, pull, lunge can be found in our muscular ability screen see [link](#).

Movement should be pain-free and balanced.

Overhead Movement Screen

The Overhead Reach Movement Screen Test: **Standing with back against wall with head, buton and heels touching reach overhead with palms facing toward body so thumbs are pointing toward wall and arms straight. Can you touch your thumb to the wall? Are both sides the same?** Is there no pain? If you have tight pectoral and rear rotator cuff muscles stretch those areas. Strengthen the mid to lower trapezius and rhomboids and stretch the upper trapezius to improve. This motion is required when doing overhead activities.



Squat Test Screen

The Squat Movement Screen Test (this motion is essential for any activity that requires you to pick anything off the floor): **Can you squat and touch your shin 8-10 inches from the floor with good form where you do not lose the locked lumbar curve, knees do not go beyond your toes, and where primary motion occurred at the hips?** This position is the start position for the deadlift and many kettlebell and med ball lifts from the floor. If you can not pass this test do not attempt these exercises, especially if you Buttwerk (see insert in picture). Also perform spinal flexion screen below. There are several key motions in the squat. Any error in motion may lead to injury. You should be able to properly initiate hinging at the hip when executing the squat movement where the pelvis is shifted posteriorly. Proper hip flexion reduces stress on the knee joint and shifts the center of gravity towards the spine reducing spinal stress. In a proper hinge motion the buttocks are beyond the ankles and the knees are not past the toes.

Do not use the dumbbells to do this test. The dumbbells are used as a reference point. See how the back is kept in neutral during the deep squat.

Butt wrik is a common term for losing proper spinal positioning when squatting to depth. Instead of maintaining a neutral or slightly extended lumbar spine, the fiber experiences posterior pelvic tilt and lumbar flexion at the lowest point of their squats.



Spinal Flexion Movement Screen

The Spinal Flexion Movement Screen Test: **Can you from a quadruped position rock back touching the buttocks to the heels and the chest to the thighs or come close to doing so without pain? The hands should remain in front of the body, reaching out as far as possible. Also, attempt this again motion without losing a locked back position. The position just before where you can not maintain a locked back is the torso/hip angle that you should go when doing any squat type motion.** If you have pain when doing this test seek medical attention.



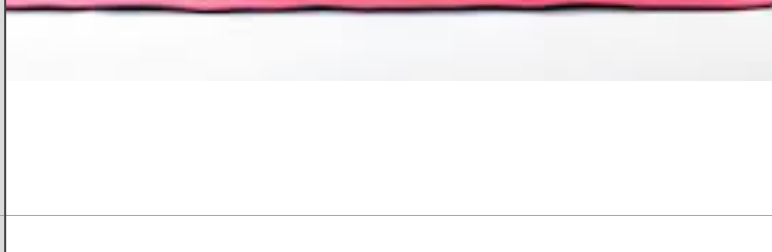
Spinal Extension Movement Screen

The Spinal Extension Movement Screen Test: **Lying on your stomach press up keeping your pelvis on the floor. Can you extend your spine more than 20 degrees without any pain?** If you have pain when doing this test seek medical attention.



Prone Knee Flexion Test Screen

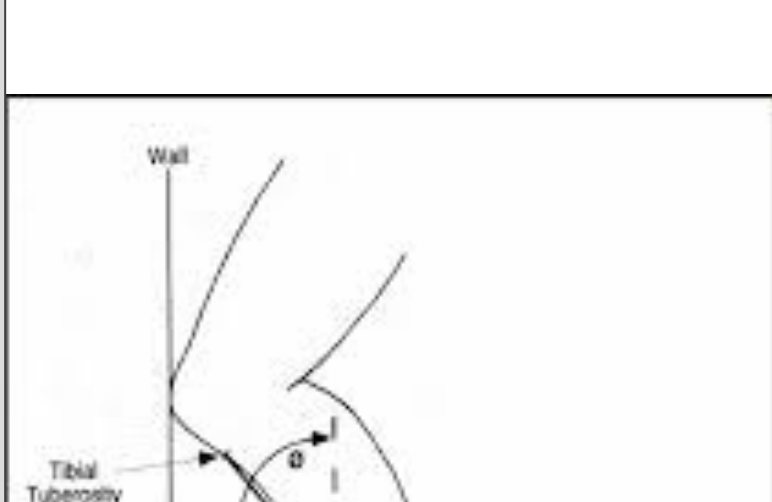
Prone Knee Flexion Test (PKFT): **Can you while lying flat on your belly bring your ankle into body with some assistance where the heel comes close to touching the buttocks?** If you have pain when doing this test seek medical attention. Side note: From this position you should be able to lift your knee off ground 1-3 inches (test of tightness rectus femurs).



Lunge Screen Test

The Wall (Lunge) Test is a very important test. **Standing facing 6 inches from wall try to touch a knee to wall while keeping foot flat (do this to other side). Can you touch your knee to the wall while keeping foot flat? Are both sides the same?** Is there no pain?

Limited ankle range (especially ankle dorsiflexion- where your foot bends up towards your shin, like at the bottom of a squat) affects many of our everyday movements and activities, such as squats, climbing down stairs, landing from and jump, and even walking. This test easily shows whether you are at risk of lower limb injury. It is very reliable and accurate, even when done by novices, and it is one of the most common tests used in Physiotherapy.

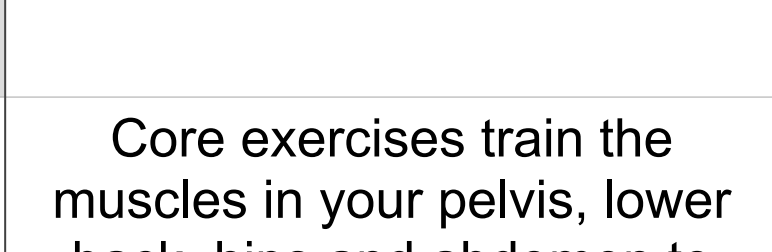


Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles. Weak core muscles can also leave you susceptible to poor posture, lower back pain and muscle injuries. Improving muscular endurance core of the muscles may also help improve back pain.

CORE ABILITY is a CONSIDERED FUNCTIONAL TRAINING AND IS A SPECIFIC FORM OF MUSCULAR ENDURANCE

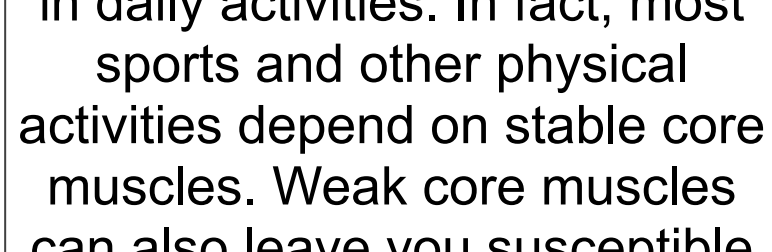
Core McGill Curl Up

Can you do 10 McGill Curl Ups? How to do it: McGill Crunch Form: Place your hands flat under your lower back and raise your elbows slightly off the ground. Your hands are there to make sure you do not flex your spine. Your spine needs to be neutral. Bend one leg so it is straight. Keeping a straight neck, tighten your abs as if bracing for a punch and raise your head and shoulders off the ground slightly. Hold this position for 10 seconds and repeat as many times with good form.



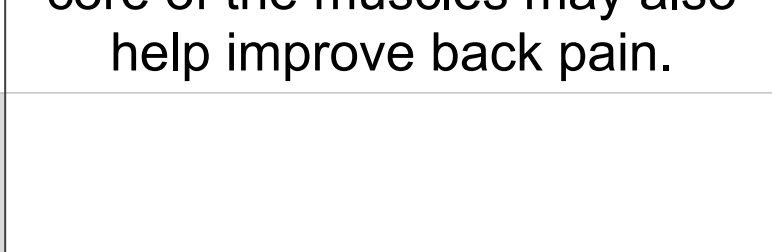
Core Sidebridge

Can you do hold a side bridge for 60 seconds? Repeat other side. Are both hold times roughly the same? If you can and the times are roughly the same place a check in the checkbox. **How to do it:** Side Bridge Form: Lie on your side, with your forearm on the floor and elbow underneath your shoulder with extended legs, aligning the feet on top of each other or in a tandem position (heel-to-toe). The hips should be elevated off the mat and the body should be in straight alignment (i.e., head, neck, torso, hips, and legs). The torso should be supported only by the client's foot/feet and the elbow/forearm of the lower arm. Hold as long as you can with good form and no pain.



Core BirdDog

Can you do hold a BirdDog for 75 seconds? Repeat other side. Are both hold times roughly the same? If you can and the times are roughly the same place a check in the checkbox. **How to do it:** BirdDog Form: This exercise involves simultaneous movement of your leg and contralateral (opposite) arm. Hip Extension: Slowly extend your left hip (raise and straighten the knee) extending it until it is at, or near parallel, to the floor without any rotation in the hip. Shoulder flexion: Slowly flex your right arm (raise and straighten the arm) attempting to raise it until it is at, or near parallel, to the floor without any tilting at the shoulders. Your goal is to keep the both shoulders parallel to the floor. Your head should remain aligned with the spine throughout the movement. Hold as long as you can with good form and no pain.



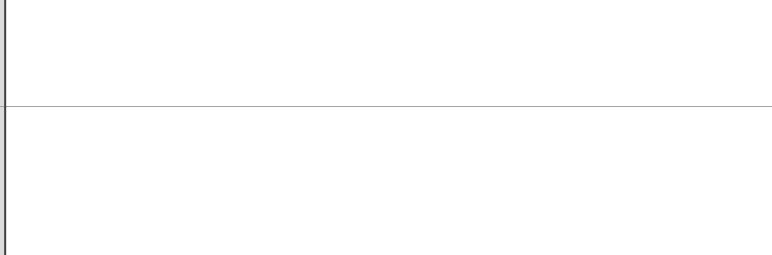
Core Single Leg Bridge

Can you do hold a Single Leg Bridge for 75 seconds? Repeat other side. Are both hold times roughly the same? If you can and the times are roughly the same place a check in the checkbox. **How to do it:** Single Leg Bridge Form: While on Back make bridge by pressing through heels and raising pelvis up to neutral. While keeping back locked, abdomen braced, and spine in neutral raise one leg out and hold as long as you can with good form and no pain.



Core Flexion Hold

Can you do a Core Flexion hold for 60 seconds? How to do it: While seated on ground with knees bent and feet anchored move back into a 60 degree position keeping back locked, abdomen braced, and spine in neutral and hold as long as you can with good form and no pain.



Core Extension Hold

Can you do a Core Extension (cobra) hold for 60 seconds? How to do it: While lying on stomach place hands behind back and raise chest off the ground keeping back locked, abdomen braced, and spine in neutral and hold as long as you can with good form and no pain. This is a simplified version of the McGill Back Extension. If you have access to a back extension machine use that instead to perform the extension hold.



BALANCE ABILITY

Good balance impacts posture, efficient movement, and joint health.

One Leg Knee Bent Balance Test

Can you do a One Leg Knee Bent Balance Test hold for 30 seconds? Are both legs the same?



Stork Balance Test

Can you do a Stork Balance Test hold for 30 seconds? Are both legs the same?



Tandem Balance Test

Can you do a Tandem Balance Test hold for 60 seconds? Are both legs the same?



Tandem Balance Test Eyes Closed

Can you do a Tandem Balance Test hold for 30 seconds with Eyes Closed? Are both legs the same?



MUSCULAR PRIMARY MOVEMENT ABILITY as seen in the Muscular Ability Assessment

These are some primary movements that are often used in a muscular fitness programs that are safe and effective for most people. Use this list to test your ability as well as learn how to do each exercise properly.

Bodyweight Squat Test

If female can you do a body weight squat for >24 reps if 20-30 yrs old, >21 reps if 30-40 yrs old, >18 reps if 40-50 yrs old, and >15 reps if 50-60 yrs old. If male can you do a body weight squat for >30 reps if 20-30 yrs old, >27 reps if 30-40 yrs old, >24 reps if 40-50 yrs old, and >21 reps if 50-60 yrs old. How to do it: When performing the squat you should be able to make a 90 degree angle at your knee. Your knees should stay shoulder width apart and not go beyond your toes. Use a steady pace, not faster than a 2 count down and a 1 count up.



<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/41/bodyweight-squat/>

Inverted Suspension Row

If female can you do a suspension row for >8 reps? If male can you do a suspension row for >12 reps? How to do it: Lie on your back underneath a Suspension Trainer; the handles should hang just higher than arm's length above the floor. With your arms extended, grab the handles, palms facing each other, and lift your upper body a few inches off the floor (a). Your body should form a straight line from head to heels. Bend your elbows to pull your body up toward the handles (b). Once the handles are on either side of your chest, pause, then return to start. That's one rep; continue for as many reps as you can. Use a steady pace not faster than a 2 count down and a 1 count up. If you do not have access to a suspension trainer do the dumbbell row test using this form (ACE Fitness). If female can you do 15 lbs. dumbbell row for > 8 reps? If male can you do a 30 lbs. dumbbell row for >10 reps?



Push Ups

If female can you do a push up for >23 reps if 20-30 yrs old, >22 reps if 30-40 yrs old, >18 reps if 40-50 yrs old, and >15 reps if 50-60 yrs old. If male can you do a push up for >30 reps if 20-30 yrs old, >25 reps if 30-40 yrs old, >21 reps if 40-50 yrs old, and >18 reps if 50-60 yrs old. How to do it: Push Up Form: Men should use the standard "military style" pushup position with only the hands and the toes touching the floor in the starting position. Women have the additional option of using the "bent knee" position. To do this, kneel on the floor, hands on either side of the chest and keep your back straight. Lower the chest down towards the floor, always to the same level each time, either till your elbows are at right angles or your chest touches the ground. Use a steady pace not faster than a 2 count down and a 1 count up.



<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/41/pushup/>

Bodyweight Lunge

Can you do a standard lunge for >18 reps if 20-30 yrs old, >16 reps if 30-40 yrs old, >14 reps if 40-50 yrs old, and >10 reps if 50-60 yrs old. How to do it: Lunge Form: Keep your upper body straight, with your shoulders back and head up. Always engage your core by bracing your abdomen. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far or to either side, and make sure your other knee doesn't touch the floor but comes 1-3 inches from floor. Keep the weight in your heels as you push back up to the starting position. Use a steady pace not faster than a 2 count down and a 1 count up.

