



# Functional Testing

Functional test	Protocol Must use correct technique to hold position	Unable to test	Results Date tested:	Results Date re tested:	Comments
Lower Limb Flexibility: Hamstring test	Long sitting. Legs outstretched to the wall, measure distance from finger tips to wall	Date:			
Upper Limb Flexibility: arm goal post test	Position as above, measure distance the elbow moves vertically, while maintaining dorsum of wrist and elbows on wall	Date:	R            L	R            L	
Strength: Client pole strength test	Holding pole outstretched to 90 degrees shoulder flexion maintaining correct posture for 15 seconds 5kg/10kg/15kg	Date:	Weight achieved	Weight achieved	
Or Press up test	Maximum no. of push ups performed (max 30) indicate position, wall. Knees. Feet.	Date:	# of press ups	# of press ups	
Core strength: lower ab test	Table top position, ability to maintain neutral spine. Measure ° hip flexion +/- 90°	Date:	° hip flexion +/- 90°	° hip flexion +/- 90°	
Cardio: 2 min step up test	Measuring midpoint between kneecap and iliac crest, put tape on wall, raising knee to tape. Count every right step and take HR at end of test. Or time 2 mins on a step	Date:	# of steps      HR	# of steps      HR	
Balance Test: Walk the line	Eyes straight ahead, walking heel to toe, counting how many steps before going off imaginary line	Date:	# of steps	# of steps	
Balance Test: One leg stranding	10 second intervals: 1)   flamingo stand 2)   hands on head 3)   eyes closed	Date:	R    Circle one    L Just standing    Just standing Arms on head    Arms on head Eyes closed      Eyes closed	R    Circle one    L Just standing    Just standing Arms on head    Arms on head Eyes closed      Eyes closed	