

ICF PARACANOE FUNCTIONAL CLASSIFICATION TEST CHART FOR THE TRUNK

Athlete ID Number

Federation

Manual Muscle Tests	
Test	Score (0 – 2)
Trunk Flexion	
Trunk Rotation to Right	
Trunk Rotation to Left	
Trunk Side Flexion to Right	
Trunk Side Flexion to Left	
Trunk Lumbar Extension	
Trunk and Hip Extension	

Functional Trunk Tests	
Static	Score (0 – 2)
Upright sitting (arms crossed)	
Upright sitting (shoulders flexed)	
Upright sitting (shoulders extended)	
Upright sitting (right shoulder abducted)	
Upright sitting (left shoulder abducted)	
Dynamic	
Active trunk flexion	
Active trunk extension	
Active trunk rotation to right	
Active trunk rotation to left	
Active trunk side flexion to right	
Active trunk side flexion to left	
Perturbation	
Resistance to flexion	
Resistance to extension	
Resistance to right rotation	
Resistance to left rotation	
Resistance to right side flexion	
Resistance to left side flexion	
Trunk push into flexion	
Trunk push into extension	
Trunk push into right rotation	
Trunk push into left rotation	
Trunk push into right side flexion	
Trunk push into left side flexion	

**ICF PARACANOE FUNCTIONAL CLASSIFICATION TEST CHART FOR
THE TRUNK continued**

Before starting the testing on the wobble cushion, ask the athlete to sit up straight and hold the position to make sure that the athlete can sit still for 2 seconds. If they are unable to maintain good sitting posture on the cushion do not continue with the testing.

Functional Trunk Tests	
Perturbation on Wobble Cushion	Score (0 – 2)
Resistance to flexion	
Resistance to extension	
Resistance to right rotation	
Resistance to left rotation	
Resistance to right side flexion	
Resistance to left side flexion	
Trunk push into flexion	
Trunk push into extension	
Trunk push into right rotation	
Trunk push into left rotation	
Trunk push into right side flexion	
Trunk push into left side flexion	

Total score for trunk = /84

	Cluster 1 (0 - 16 points)	Cluster 2 (17 - 68 points)	Cluster 3 (69 - 84 points)
Which cluster does this score fit into? (tick one box)			

NOTE : This cluster number needs to be added to the cluster numbers for the Lower limb Function and the On water Observation, to give the athletes overall score.