

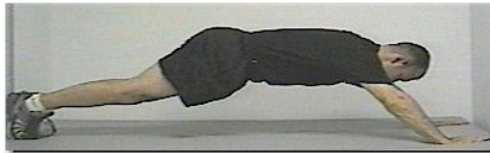
## TEST #3 TRUNK STABILITY PUSH-UP

**Purpose** - The Trunk Stability Push-Up is used to assess trunk stability in the sagittal plane while a symmetrical upper extremity motion is performed.

**Description** - The individual assumes a prone position. The hands are then placed shoulder width apart at the appropriate position per the below criteria, knees fully extended. The individual is asked to perform one push-up in this position. The body should be lifted as a unit; there should be no "lag" in the lumbar spine when performing this push-up. If the individual cannot perform a push-up in this position, the hands are lowered to the appropriate position per the below criteria, and a push-up is performed. The Trunk Stability Push-Up can be performed as many as 3 times.

### Criteria To Score A III

- Males perform 1 repetition with thumbs above head
- Females perform 1 repetition with thumbs in line with chin



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\* Lumbar extension should also be cleared after this test, even if a score of III is given. Spinal extension can be cleared by performing a press-up in the push-up position. If there is pain associated with this motion, a zero is given and a more thorough evaluation should be performed.



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### Clinical Implications For Trunk Stability Push-Up

The ability to perform the Trunk Stability Push-up requires symmetric trunk stability in the sagittal plane during a symmetric upper extremity movement. Many functional activities in sport require the trunk stabilizers to transfer force symmetrically from the upper extremities to the lower extremities and vice versa. Movements such as rebounding in basketball, overhead blocking in volleyball, or pass blocking in football are common examples of this type of energy transfer. If the trunk does not have adequate stability during these activities, kinetic energy will be dispersed, leading to poor functional performance as well as increased potential for micro-traumatic injury. Poor performance during this test can be simply attributed to poor symmetric stability of the trunk stabilizers.