

Closed Kinetic Chain Upper Extremity Stability Test

Client's name: _____ DOB: _____

Clinician: _____ Date of injury/surgery: _____

Diagnosis: _____ Ht: _____ in. Wt: _____ lb

PROCEDURE

1. Subject assumes push-up (male) or modified push-up (female) position.
2. Subject has to move both hands back and forth from each line as many times as possible in 15 s. Lines are 3 ft apart.
3. Count the number of lines touched by both hands.
4. Begin with one submaximal warm-up. Repeat three times and average.
5. Normalize score by the following formula:
 - $\text{Score} = \frac{\text{Average number of lines touched}}{\text{Height (in.)}}$
 - Determine power by using following formula (68% body weight = trunk, head, and arms):
 - $\text{Power} = \frac{68\% \text{ Weight} \times \text{Average number of lines touched}}{15}$

DATA COLLECTION AREA

DATE OF TEST				
Trial	1	2	3	Mean
Touches				
Score:				
Power:				

NORMATIVE DATA

	Males	Females
Average number of touches	21	23