



# WELLPATH HEALTHY BACK CHALLENGE

## HEALTHY BACK TESTS

THIS ACTIVITY WILL HELP YOU TO EVALUATE IF YOU MAY HAVE MUSCLE TIGHTNESS WHICH THAT MAY INCREASE YOUR RISK OF CHRONIC LOW BACK PAIN OR MAY BE INDICATIVE OF BACK PROBLEM. YOU WILL USE THESE TESTS AS PART OF YOUR OVERALL RISK ASSESSMENT FOR BACK HEALTH.

**IMPORTANT:** DISCONTINUE ANY OF THESE TESTS IF THEY PRODUCE PAIN, NUMBNESS, OR TINGLING SENSATIONS IN YOUR BACK, HIPS OR LEGS. ANY OF THESE PAINS OR SENSATIONS SHOULD CAUSE YOU TO TERMINATE THIS EVALUATION AND SEEK THE HELP OF A PHYSICAL THERAPIST (SUCH AS IMC) FOR A PROFESSIONAL EVALUATION. IF YOU HAVE ANY CONCERN THAT YOU MAY NOT BE ABLE TO DO A TEST SAFELY, DO NOT PERFORM THAT TEST WITHOUT CONSULTING YOUR HEALTH CARE PROVIDER(S).

**NOTE:** PARTNERS SHOULD USE GREAT CAUTION IN CAUSING MOVEMENT OR APPLYING FORCE. CONSTANT COMMUNICATION SHOULD BE MAINTAINED TO STOP ANY UNWANTED MOVEMENTS, MANIPULATION OR FORCES. BE GENTLE AND LISTEN TO YOUR PARTNER'S FEEDBACK.

THIS IS A GENERAL AND SIMPLE EVALUATION TO BE USED AS PART OF AN ASSESSMENT OF YOUR BACK FOR THE *HEALTHY BACK CHALLENGE*. THEREFORE THESE TEST SHOULD BE DONE CAREFULLY, GENTLY AND WITH GREAT CARE NOT TO CAUSE PAIN, ELICIT SYMPTOMS OR CAUSE INJURY. THE BENEFITS OF THIS LAY-EVALUATION DO NOT OUTWEIGH ANY RISK OF INJURY. IF YOU DESIRE TO HAVE AN EVALUATION PERFORMED BY A PROFESSIONAL, CONTACT YOUR HEALTHCARE PROVIDER(S) OR IMC.

YOU MAY OMIT ANY TEST FOR WHICH YOU ARE CONCERNED OR IS DIFFICULT. THESE ARE FITNESS TESTS AND NOT SUITABLE FOR REGULAR EXERCISE.

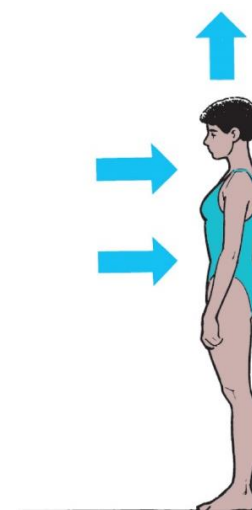
TESTS ADAPTED FROM CORBIN, C., WELK, G., CORBIN, W., WELK, K.: **CONCEPTS OF FITNESS & WELLNESS: A COMPREHENSIVE LIFESTYLE APPROACH**, LABS 11: MCGRAW HILL, NY 14<sup>TH</sup> ED.

**All tests should be done on a suitable, padded and stable surface. For each test, note if you pass or fail.**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**TEST 1: ALIGNMENT:** STAND WITH YOUR BACK AGAINST A WALL WITH YOUR HEAD, HEELS, SHOULDERS, AND CALVES OF LEGS TOUCHING THE WALL, AS SHOWN IN THE DIAGRAM. FLATTEN YOUR NECK AND THE HOLLOW OF YOUR BACK BY PRESSING YOUR BUTTOCKS DOWN AGAINST THE WALL. YOUR PARTNER SHOULD JUST BE ABLE TO PLACE A HAND IN THE SPACE BETWEEN THE WALL AND THE CURVE OF YOUR LUMBAR SPINE (LOWER BACK)

IF THE SPACE BETWEEN THE WALL AND YOUR LUMBAR CURVE IS GREATER THAN THE THICKNESS OF YOUR PARTNER'S HAND, YOU PROBABLY HAVE LORDOSIS WITH SHORTENED LUMBAR AND HIP-FLEXOR MUSCLES, AND YOU FAIL THIS TEST. IF IT IS DIFFICULT TO ASSUME AND MAINTAIN THIS POSTURE, THEN YOU FAIL THIS TEST AS WELL.



**TEST 2: STRAIGHT-LEG LIFT:** LIE ON YOUR BACK WITH YOUR HANDS BEHIND YOUR NECK. THE PARTNER ON YOUR LEFT SHOULD STABILIZE YOUR RIGHT LEG BY PLACING HIS/HER RIGHT HAND ON YOUR KNEE. WITH THE LEFT HAND, YOUR PARTNER SHOULD GRASP YOUR LEFT ANKLE AND RAISE YOUR LEFT LEG AS NEAR TO A RIGHT ANGLE AS POSSIBLE. IN THIS POSITION YOUR LOWER BACK SHOULD BE IN CONTACT WITH THE PAD. YOUR RIGHT LEG SHOULD REMAIN STRAIGHT AND ON THE FLOOR THROUGHOUT THE TEST.

IF YOUR LEFT LEG BENDS AT THE KNEE, THIS INDICATES SHORT HAMSTRING MUSCLES. IF YOUR BACK ARCHES AND/OR YOUR RIGHT LEG DOES NOT REMAIN FLAT ON THE FLOOR, THIS INDICATES SHORT LUMBAR MUSCLES OR HIP FLEXOR MUSCLES.

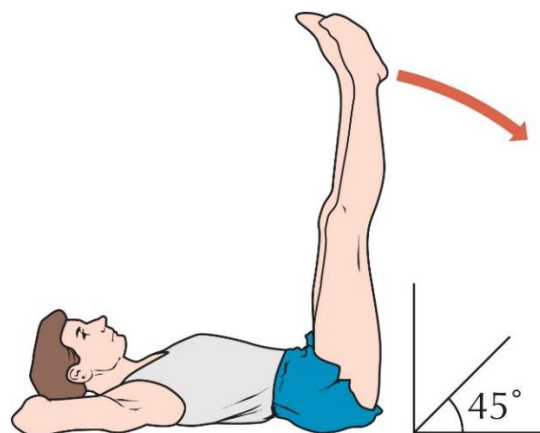


**TO PASS THE TESTS EACH LEG SHOULD BE ABLE TO REACH APPROXIMATELY 90 DEGREES WITHOUT THE KNEE OR BACK BENDING (BOTH SIDES MUST PASS IN ORDER TO PASS THIS TESTS).**

**TEST 3: LEG DROP TEST\***: LIE ON YOUR BACK ON A MAT, PADDED TABLE OR FIRM BED WITH BOTH LEGS EXTENDED OVERHEAD. FLATTEN YOUR LOW BACK AGAINST THE SURFACE BY TIGHTENING YOUR ABDOMINAL MUSCLES. SLOWLY LOWER YOUR LEGS WHILE KEEPING YOUR BACK FLAT AND BREATHING.

**IF YOUR BACK ARCHES BEFORE YOU REACH A 45-DEGREE ANGLE, YOUR ABDOMINAL MUSCLES ARE TOO WEAK AND YOU FAIL THE TEST.** A

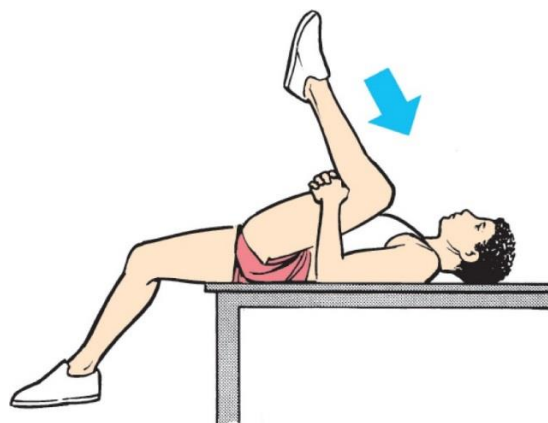
PARTNER SHOULD BE READY TO SUPPORT YOUR LEGS IF NEEDED TO PREVENT YOUR LOWER BACK FROM ARCHING OR STRAIN TO THE BACK MUSCLES.



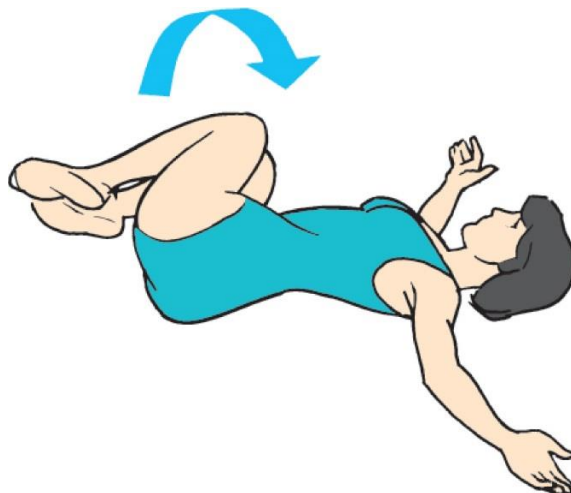
\* THE DOUBLE-LEG DROP IS SUITABLE AS A DIAGNOSTIC TEST WHEN PERFORMED ONE TIME. IT IS NOT A GOOD EXERCISE TO BE PERFORMED REGULARLY BY MOST PEOPLE. IF IT CAUSES PAIN, STOP THE TEST.

**TEST 4: THOMAS TEST:** LIE ON YOUR BACK ON A BED, TABLE OR BENCH WITH YOUR RIGHT LEG EXTENDED BEYOND THE EDGE OF THE TABLE (APPROXIMATELY ONE-THIRD OF YOUR THIGH OFF THE END). BRING YOUR LEFT KNEE TO YOUR CHEST AND PULL YOUR THIGH DOWN TIGHTLY WITH YOUR HANDS. LOWER YOUR RIGHT LEG. YOUR LOWER BACK SHOULD REMAIN FLAT AGAINST THE TABLE.

**TO PASS THIS TEST, YOUR RIGHT THIGH SHOULD BE LEVEL OR BELOW THE LEVEL OF THE PLATFORM ON WHICH YOU ARE LYING.**

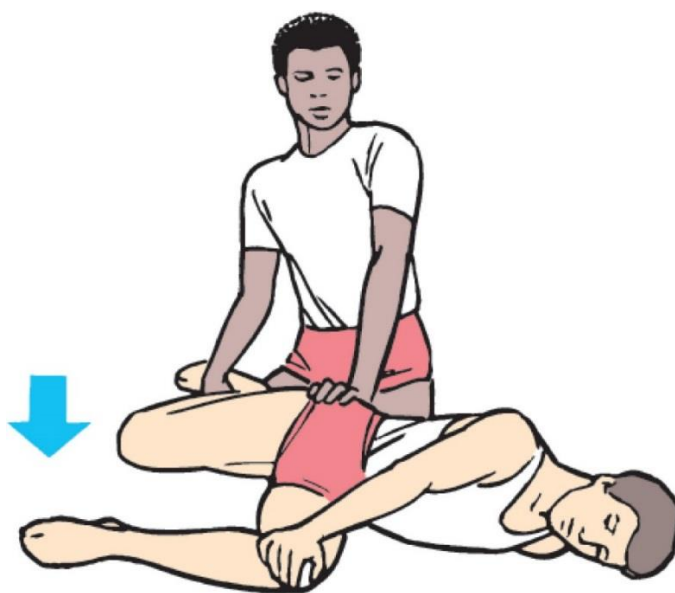


**TEST 5: KNEE ROLL:** LIE ON YOUR BACK (SUPINE) ON A BED, TABLE OR BENCH WITH YOUR KNEES AND HIPS FLEXED AT 90 DEGREES, & ARMS EXTENDED TO THE SIDES AT SHOULDER LEVEL. KEEP YOUR KNEES AND HIPS IN POSITION AND LOWER THEM TOGETHER TO THE RIGHT. THEN RETURN TO THE STARTING POSITION. REPEAT THE PROCESS TO THE LEFT.



**IF YOU CAN LOWER YOUR KNEES TO THE FLOOR (BED, BENCH), KEEPING YOUR SHOULDERS FLAT AND IN CONTACT WITH THE FLOOR, THEN YOU HAVE ADEQUATE ROTATION IN THE SPINE, ESPECIALLY AT THE LUMBAR & THORACIC JUNCTION. (BOTH SIDES MUST COMPLETE THE RANGE OF MOTION TO PASS)**

**TEST 6: OBER TEST:** LIE ON YOUR LEFT SIDE WITH YOUR LEFT LEG FLEXED 90 DEGREES AT THE HIP AND 90 DEGREES AT THE KNEE. A PARTNER SHOULD PLACE YOUR RIGHT HIP IN A NEUTRAL POSITION (NO BEND (FLEXION) AND RIGHT KNEE AT 90 DEGREES (FLEXION). YOUR PARTNER STABILIZES YOUR PELVIS WITH THE LEFT HAND TO PREVENT MOVEMENT. YOUR PARTNER THEN ALLOWS THE WEIGHT OF THE TOP LEG TO LOWER THE LEG TO THE FLOOR.



**TO PASS THIS TEST YOUR KNEE OR UPPER LEG SHOULD BE ABLE TO TOUCH THE TABLE (BOTH SIDES).**

**THERE SHOULD BE NO TIGHTNESS IN THE ILIOTIBIAL BAND (FASCIA AND MUSCLES ON LATERAL SIDE OF LEG), THE KNEE TOUCHES THE FLOOR WITHOUT PAIN. (REPEAT LYING ON OTHER SIDE.) BOTH SIDES MUST PASS TO PASS THIS TEST.**

**TEST 7: ELY'S TEST\***: LIE PRONE (FACING DOWN). FLEX YOUR RIGHT KNEE. A PARTNER SHOULD GENTLY ASSIST YOU TO MOVE YOUR RIGHT HEEL TOWARDS YOUR BUTTOCKS. STOP THE TEST WHEN RESISTANCE OR DISCOMFORT ARE FELT, OR YOU COMPLETE THE FULL RANGE OF MOTION.



**IF YOUR PELVIS LEAVES THE FLOOR, YOUR HIP FLEXES (HIP MOVES BY TWISTING OR AWAY FROM THE FLOOR), YOUR KNEE FAILS TO MOVE FREELY (135 DEGREES), OR YOUR HEEL FAILS TO TOUCH YOUR BUTTOCKS, THERE IS TIGHTNESS IN THE QUADRICEPS MUSCLES. REPEAT WITH YOUR LEFT LEG. (BOTH SIDES MUST PASS TO PASS THE TEST.)**

\*ELY'S TEST IS SUITABLE AS A DIAGNOSTIC TEST WHEN PERFORMED PROPERLY, ONE TIME ON EACH SIDE. THE TEST ITEM IS NOT A GOOD EXERCISE FOR REGULAR USE. IT IS IMPORTANT TO FOLLOW DIRECTIONS CAREFULLY. IF PAIN, OR DISCOMFORT OCCURS, STOP THE TEST.

**TEST 8: BACK EXTENSION (PRESS-UP/STRAIGHT ARM TEST)**: LIE ON PADDED TABLE OR FIRM BED AND PRESS TO A STRAIGHT-ARM POSITION, KEEPING YOUR PUBIS IN CONTACT WITH THE BED.

**IF YOUR PARTNER DETERMINES THAT THE ARCH IN YOUR BACK IS A CONTINUOUS CURVE (NOT JUST A SHARP ANGLE AT THE LUMBOSACRAL JOINT), THEN THERE IS ADEQUATE FLEXIBILITY AND YOU PASS.**



## HEALTHY BACK SCORING SHEET - PASS/FAIL

TEST	ASSESSMENT:	PASS/FAIL (CIRCLE)
<b>1. ALIGNMENT</b>	IF THE SPACE BETWEEN THE WALL AND YOUR LUMBAR CURVE IS GREATER THAN THE THICKNESS OF YOUR PARTNER'S HAND, &/OR IF IT IS DIFFICULT TO ASSUME AND MAINTAIN THIS POSTURE, THEN YOU FAIL THIS TEST.	PASS OR FAIL
<b>2. STRAIGHT-LEG TEST</b>	TO PASS THE TESTS EACH LEG SHOULD BE ABLE TO REACH APPROXIMATELY 90 DEGREES WITHOUT THE KNEE OR BACK BENDING (BOTH SIDES MUST PASS IN ORDER TO PASS THIS TESTS).	PASS OR FAIL
<b>3. LEG DROP TEST</b>	IF YOUR BACK ARCHES BEFORE YOU REACH A 45-DEGREE ANGLE, YOUR ABDOMINAL MUSCLES ARE TOO WEAK AND YOU FAIL THE TEST. A PARTNER SHOULD BE READY TO SUPPORT YOUR LEGS IF NEEDED TO PREVENT YOUR LOWER BACK FROM ARCHING OR STRAIN TO THE BACK MUSCLES.	PASS OR FAIL
<b>4. THOMAS TEST</b>	TO PASS THIS TEST, YOUR RIGHT THIGH SHOULD BE LEVEL OR BELOW THE LEVEL OF THE PLATFORM ON WHICH YOU ARE LYING.	PASS OR FAIL
<b>5. KNEE ROLL</b>	IF YOU CAN LOWER YOUR KNEES TO THE FLOOR (BED, BENCH), KEEPING YOUR SHOULDERS FLAT AND IN CONTACT WITH THE FLOOR, THEN YOU HAVE ADEQUATE ROTATION IN THE SPINE, ESPECIALLY AT THE LUMBAR & THORACIC JUNCTION. (BOTH SIDES MUST COMPLETE THE RANGE OF MOTION TO PASS)	PASS OR FAIL
<b>6. OBER TEST</b>	TO PASS THIS TEST YOUR KNEE OR UPPER LEG SHOULD BE ABLE TO TOUCH THE TABLE (BOTH SIDES). THERE SHOULD BE NO TIGHTNESS IN THE ILIOTIBIAL BAND (FASCIA AND MUSCLES ON LATERAL SIDE OF LEG), THE KNEE TOUCHES THE FLOOR WITHOUT PAIN. (REPEAT LYING ON OTHER SIDE.) BOTH SIDES MUST PASS TO PASS THIS TEST.	PASS OR FAIL
<b>7. ELY'S TEST</b>	IF YOU PELVIS LEAVES THE FLOOR, YOUR HIP FLEXES (HIP MOVES BY TWISTING OR AWAY FROM THE FLOOR), YOUR KNEE FAILS TO MOVE FREELY (135 DEGREES), OR YOUR HEEL FAILS TO TOUCH YOUR BUTTOCKS, THERE IS TIGHTNESS IN THE QUADRICEPS MUSCLES. REPEAT WITH YOUR LEFT LEG. (BOTH SIDES MUST PASS TO PASS THE TEST.)	PASS OR FAIL
<b>8. BACK EXTENSION</b> (PRESS-UP/STRAIGHT ARM TEST)	IF YOU CAN PUSH UP TO STRAIGHT ARMS WITH A CONTINUOUS, NORMAL CURVE WITHOUT DISCOMFORT YOU PASS THIS TEST.	PASS OR FAIL

## HEALTHY BACK TEST RATINGS

CLASSIFICATION	NUMBER OF TESTS PASSED
EXCELLENT	7-8
VERY GOOD	6
GOOD	5
FAIR	4
POOR	1-3