

ICF PARACANOE FUNCTIONAL CLASSIFICATION TEST CHART FOR THE TRUNK – VA'A

Athlete Name 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 | |
|/14 | |

| Functional Trunk Tests | |
|---|---------------|
| Static Test | 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) | |
|/10 | |
| Dynamic Test | |
| Active trunk flexion | |
| Active trunk extension | |
| Active trunk rotation to right | |
| Active trunk rotation to left | |
| Active trunk side shift to right | |
| Active trunk side shift to left | |
|/12 | |
| Perturbation Response | |
| Flex against Resistance | |
| Extend against Resistance | |
| 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 | |
|/24 | |

NOTE: Only the Dynamic trunk tests (shaded pink) will be used to determine the athlete's classification

ICF PARACANOE FUNCTIONAL CLASSIFICATION TEST CHART FOR THE TRUNK - VA'A continued

Athlete Name

Federation

Before starting the testing on the wobble cushion, ask the athlete to sit up straight and hold the position to make sure 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 Test | Score (0 – 2) |
| Flex against Resistance | |
| Extend against Resistance | |
| 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 | |
|/24 | |

Total score for trunk = /84

Transformed score for
Dynamic trunk tests = /18

| Basic score | Transformed score |
|-------------|-------------------|
| 1 | 1.5 |
| 2 | 3 |
| 3 | 4.5 |
| 4 | 6 |
| 5 | 7.5 |
| 6 | 9 |
| 7 | 10.5 |
| 8 | 12 |
| 9 | 13.5 |
| 10 | 15 |
| 11 | 16.5 |
| 12 | 18 |

Medical Classifier Signature

Technical classifier Signature

Date

NOTE: The **transformed score** from the Dynamic Trunk Tests needs to be added to the scores for the Lower limb Function and the On-water Observation, to give the athlete's overall score.