



PAMBANSANG PUNONGHIMPILAN TANODBAYBAYIN NG PILIPINAS
(National Headquarters Philippine Coast Guard)
139 25th Street, Port Area,
1018 Manila

NHQ-PCG/CGSSO

05 November 2021

**STANDING OPERATING PROCEDURE
NUMBER 20-21**

PCG STANDARD PHYSICAL FITNESS TEST

I. REFERENCES:

- A. GHQ SOP Nr 2 dtd 04 March 2014, AFP Physical Fitness Program.
- B. NHQ. PNP Memo Circular Nr. 2014-01 dtd 15 January 15 2014, PNP Integrated Health and Physical Fitness Program
- C. HPCG SOP Nr. 10-10 dtd 25 May 2010, PCG Standard Physical Fitness Test.
- D. HPCG SOP NR 11-15 dtd 31 October 2015, PCG Standard Physical Fitness Test.

II. OBJECTIVE:

To provide a common standard in the conduct of Physical Fitness Test in the PCG and provide programs that would help in the development and improvement of physical fitness and overall wellness.

III. SCOPE:

This SOP applies to all members of the PCG and individuals applying in the Coast Guard service.

IV. DEFINITION OF TERMS:

Physical Fitness Test (PFT) - is a set of physical exercises used as a standard capacity of one's skill to function effectively in physical work, training and other activities. Physical fitness as one of the foundation of operational readiness must be maintained as an integral part of a Coast Guardian. (ANNEX A)

Regular PFT - is the standard physical fitness test conducted by the Office of the Coast Guard Special Service (O/CGSS) on a quarterly schedule of each year as an evaluation of the individual's ability to perform physical work, training and Coast Guard service.

Special PFT - is the physical fitness test, utilizing the PFT Assessment Standard, conducted to Officers who are considered for promotion and non-officers who are considered for promotion and re-enlistment.

Remedial PFT - is the physical fitness test, utilizing the PFT Assessment Standard, conducted to individuals who failed in the regular or special PFT

Body Mass Index (BMI) - a weight to height ratio, used to determine if an individual is underweight, normal, overweight or obese. Being overweight and obese is a significant contributor to health problems. It also increases the risk of developing a number of diseases.

PCG PFT Standard - A table of scores (repetitions) used by the Office of the Coast Guard Special Service for determining if a PCG Personnel has passed or failed the PFT. It contains the minimum requirements per event based on the gender and age group of the examinee. (ANNEX B)

Functional Movement Screen - is a simple method to identify movement pattern asymmetries and deficiencies. (ANNEX C)

V. POLICIES:

A. As a member of the Philippine Coast Guard, which is tasked with the safeguarding of the coastal waters of the Philippines, maintaining a high level of physical fitness is the first pre-requisite to be capable and competent in order to meet the physical demands of being a Coast Guard.

B. The Physical Fitness Test (PFT) shall be conducted to all PCG Personnel and PCG Applicants aspiring to be part of the Philippine Coast Guard.

C. The PFT is composed of five (5) events: determining BMI, 3.2 km run (17-35 years old)/2 km run (36-44 years old)/1km run (45 years old-up), 2 minute push-ups, 2 minute sit-ups and sit and reach.

D. Regular, Remedial and Special PFT of PCG Personnel assigned at offices/units within Manila Area will be conducted and supervised by Office of the Coast Guard Special Service personnel.

E. For PCG Personnel assigned at different PCG Districts, their respective Special Service Officers (SSOs) shall be responsible for the conduct and supervision of the regular and remedial PFT. Results of the PFT must be submitted at the Office of the Coast Guard Special Service not later than one (1) week after the conduct of the PFT.

F. Special PFT for Officers assigned at PCG Districts will likewise be conducted by the Office of the Coast Guard Special Service personnel and supervised by any member of the Board of Senior Officers (BOSO). The designated supervisor from the BOSO/ Selection Board shall sign the individual PFT Score Sheet certifying that she /he personally supervised the conduct of Physical Fitness Test.

G. For PCG Personnel assigned within Manila area, only the PFT conducted and supervised by the Office of the Coast Guard Special Service Personnel will be honored/accepted for promotion or re-enlistment.

H. PFT conducted by the Coast Guard Education and Training Command to Officers and enlisted personnel who are undergoing schooling will not be honored/accepted as supporting document for promotion or re-enlistment unless supervised by the Office of the Coast Guard Special Service Personnel.

I. If a PCG Personnel who is to undergo regular or special PFT has a BMI of 30 and up (obese), to prevent further injuries and risks, he/she is not allowed to perform the PFT, instead he/she must seek fitness advice from the Office of the Coast Guard Special Service and nutritional advice from the Coast Guard Medical Service on how



to lose weight properly. They may only perform the PFT upon recommendation of the Coast Guard Medical Service and Office of the Coast Guard Special Service as fit to perform the PFT.

J. Procedures

1. PCG Personnel who are required to undergo Regular or Special Physical Fitness Test must submit to the Office of the Coast Guard Special Service a photocopy of their Medical Clearance from Coast Guard Medical Service stating that they are fit to perform the PFT.
2. Upon submission of the medical certificate, a PFT form will be given by the Office of the Coast Guard Special Service. This PFT form includes all personal details to be filled up by the PCG Personnel who will perform the PFT. He/She will then bring the PFT Form on the actual PFT day.
3. The conduct of the PFT starts by determining the individual's BMI, followed by the 3.2km/2km/1km run, 2 minute push-ups, 2 minute sit-ups and lastly the sit and reach. (see ANNEX A)
4. The minimum requirements per PFT event for male and female PCG personnel of different age groups is shown in ANNEX B.
5. A PFT Certificate, signed by the Coast Guard Special Service Officer will be issued only to those who passed the PFT indicating the performer's score per event.
6. The PFT Certificate is a required supporting document for deliberations for promotion, re-enlistment and service career schooling.

K. Frequency of Test

1. Regular PFT for all personnel is conducted quarterly: January, April, July and October. PFT results are recorded for monitoring to ensure that the minimum physical fitness requirements are being maintained.
2. Special PFT shall be conducted as directed by the Higher Headquarters.

L. Physical Fitness Waiver

All PCG Personnel must take the Physical Fitness Test (Regular/Special/Remedial) except those who fall under the following conditions:

1. Personnel with certain medical deficiency and/or permanent/partial disabilities due to disease, wound or injury sustained in line of duty or confined in hospital. However, they shall take the PFT after their confinement or after the expiration of his/her medical certificate, unless duly given a waiver to be incapable of performing any strenuous physical fitness activity, duly signed by the Command Surgeon, PCG.
2. Pregnant female personnel who have a medical certificate of their current health condition duly signed by the Command Surgeon, Coast Guard Medical Service.

3. Personnel who are engaged in actual operation or underway on a mission aboard ship, in which case, they shall take the PFT upon termination of such activity.

M. Physical Fitness Test Scores/Remarks

1. Physical Fitness Test Results will be categorized into:
Excellent - PFT score is equivalent to 91-100%
Very Satisfactory - PFT score is equivalent to 76-90%
Satisfactory - PFT score is equivalent to 60-75%
Fail/Needs Improvement - PFT score is equivalent to or below 59 %
2. PCG Personnel who earned the highest scores in the Regular PFT in their respective age groups will be recommended for special awards.

N. Unsatisfactory Performance:

1. PCG Personnel who fails the regular and special PFT are allowed to undergo a maximum of two (2) remedial PFT fifteen (15) days after the scheduled regular and special PFT.
2. Individuals who failed the 1st remedial PFT is required to comply physical training sessions to be supervised by Office of the Coast Guard Special Service personnel in preparation for the 2nd remedial PFT.
3. For remedial PFT, the examinee shall again perform all the five (5) events following the initial PFT failure.
4. Individuals who fail the sit and reach test twice (1st in the regular PFT, 2nd in remedial), will not perform a second remedial PFT instead they will be required to report to CGSSO to perform the Functional Movement Screen to rate and rank their basic movement patterns needed in physical activity. If the target score has been met they will be considered passed.

O. Sanctions and Penalties:

PCG Personnel who fails to meet the minimum requirements after the final remedial PFT shall be imposed corresponding sanction and penalties namely:

1. For Officers, he/she shall be referred to the appropriate Efficiency and Separation Board (ESB) to determine his/her fitness to remain in the service.
2. For non-officers, he/she shall not be recommended for re-enlistment/promotion.
3. For Special PFT, failure to pass the Remedial PFT shall be a ground for deferment for the Officer's promotion. While for non-officers, shall be a ground for deferment of promotion and denial for reenlistment.



P. Validity of PFT:

The validity of PFT results is as follows:

1. For Officers and non-officers - six (6) months from the date of test.
2. Regular PFT taken within one (1) month prior to the scheduled Special PFT shall be considered as a valid Special PFT.

VI. RESPONSIBILITY:

- a. The Office of the Coast Guard Special Service is the designated staff in the implementation of this SOP.
- b. Commanding Officers of units, Heads of offices and Chairmen of created PCG Boards requiring the submission of PFT shall be responsible in the compliance of this SOP as required by their respective functions.
- c. Other than the periodic requirement for Physical Fitness Test, the Office of the Coast Guard Special Service shall be responsible for the conduct and issuance of physical fitness test clearances.

VII. RESCISSION:

All other pertinent publications in conflict with this SOP are hereby rescinded.

VIII. EFFECTIVITY:

This SOP shall take effect upon publication.

BY COMMAND OF COAST GUARD VICE ADMIRAL LAROYA:

OFFICIAL:


JAYSIEBELL B. FERRER
CG CDR
Coast Guard Adjutant

FERDINAN B PICAR
CG COMMO
Chief of Coast Guard Staff

ANNEX A

A. 1. Body Mass Index

BODY MASS INDEX CHART

WEIGHT lbs 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170 175 180 185 190 195 200 205 210 215
 kgs 45.5 47.7 50.0 52.3 54.5 56.8 59.1 61.4 63.6 65.9 68.2 70.5 72.7 75.0 77.3 79.5 81.8 84.1 86.4 88.6 90.9 93.2 95.5 97.7

HEIGHT in/cm	Underweight				Healthy				Overweight				Obese				Extremely obese							
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26

A. 2. Running

The 3.2km/ 2km/ 1km run is intended to measure cardio-vascular endurance the run is started by:

Step 1: The individual or group stands behind the starting line.

Step 2: On the "Ready, Go!" the individual or group runs on the road along the pre-determined route covering the required distance. His/her time is taken after crossing the finish line. Walking is permitted. The individual is allowed to be paced by another runner. However, the individual should never be touched or pushed by anybody.



A. 3. Two (2) Minutes Push-up

The push-up is intended to measure upper body muscular endurance. The Push-up is done by:

Step 1: Female: Kneel on the floor and place your hands on the floor about shoulder-width apart. Make sure your body is straight from head to back of knees.

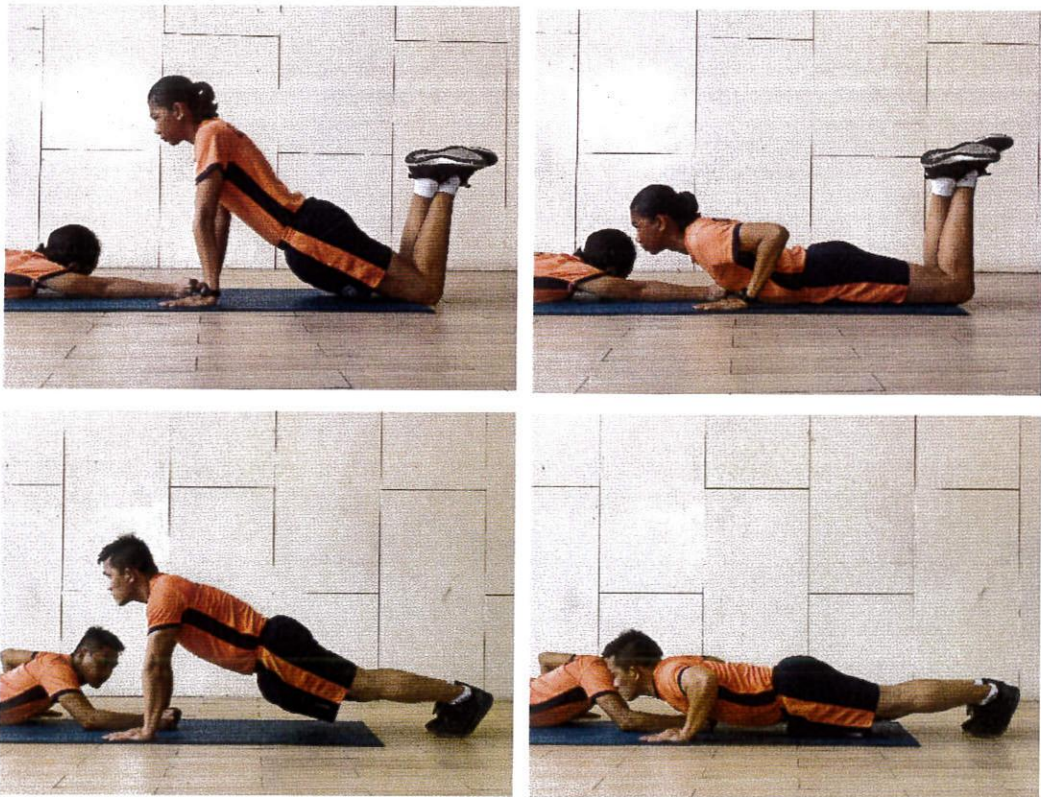
Male: Kneel on the floor and place your hands on the floor about shoulder-width apart lift your knees off the floor and balance your weight on your hands and feet in a traditional push-up position.

Step 2: Inhale and lower your torso to the floor by bending your elbows, allowing the to flare/slightly flare out to the sides. Keep your body in a straight line from your shoulders to your ankles. Do not allow your hips to sag or rise.

Step 3: Continue lowering your body until your upper arms are parallel to the floor, chest at one-fist distance from the floor and your elbows are bent 90 degrees.

Step 4: Exhale and press back up until your arms are fully extended. Repeat at a quick pace. Count the total repetitions you complete in two minutes.

No push-up shall be counted if the individual fails to do the following: keep His/her body straight form head to heels (for male)/head to knees (for female), lower the body observe one-fist distance from the ground and extend fully His/her arms and return to starting position.



A. 4. Two (2) Minutes Bent Leg Sit-up

The Sit-up is intended to measure the muscular strength and endurance of the mid-body section. The sit-up is done by:

Step 1: Lie on your back with your knees bent and feet flat on the floor. Bend your arms, with your fingertips touching your ears.

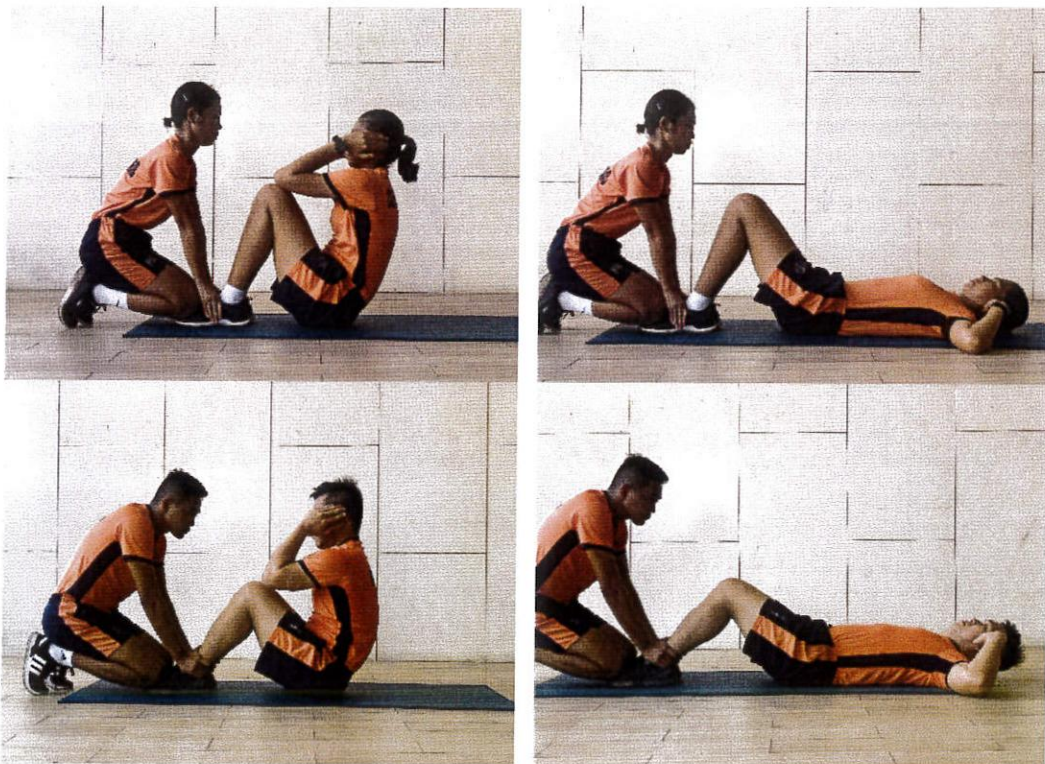
Step 2: Tighten your abdominal muscles, gently by drawing in your belly button to your spine.

Step 3: Keeping your heels on the ground and your toes flat on the floor, slowly and gently lift your head first.

Step 4: Focus your eyes on your bent knees, all the while gently contracting the abdominal muscles, pull-up the floor until your elbows are on, or past the knees.

Step 5: Hold the position for a second, slowly bringing the torso back to the floor but try to keep it slightly elevated off the ground making a slight, relaxed arch. Count the repetitions in two (2) minutes.

No bent leg sit-up shall be counted when the individual fails to do the following: keep His/her fingertips touching His/her ears. Touch His/her knees/front thighs with His/her elbows and lower His/her back and touch the floor upon touching the knees/thighs.



A. 5 Sit and Reach

The sit and Reach is intended to measure flexibility. The Sit and Reach is done by:

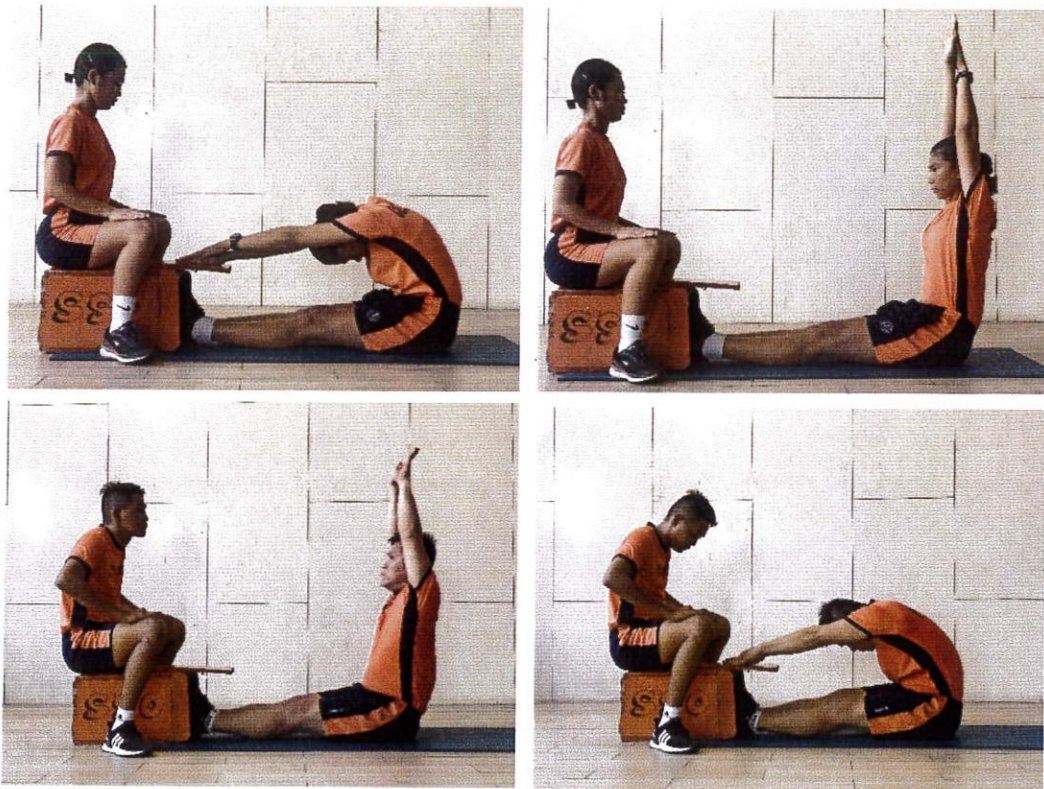
Step 1: Sit down with legs straight, knees and feet together. Make sure that your heels are touching the edge of the Sit and Reach box.

Step 2: With your back straight, extend your arms over head, one palm over the other.

Step 3: Inhale and slowly bend towards the ruler of the Sit and Reach box.

Step 4: Exhale, keeping your legs straight and reach as far as you can, hold that position for two (2) seconds.

No Sit and Reach will be recorded if the knees are bent and feet are not touching the edge of the Sit and Reach box.



ANNEX B

The PFT evaluation standard in all events is categorized according to age and sex.

AGE CATEGORY	2 MINUTES PUSH-UP		2 MINUTES SIT- UP		3.2 KM RUN		SIT AND REACH			
	NUMBER OF REPITIONS				MINUTES		INCHES		CENTIMETERS	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
17-25	47	35	55	39	18:14	20:14	13	14.6	33	37
26-30	39	31	51	35	18:44	21:14	13	14.1	33	36
31-35	35	27	47	31	20:14	22:59	12.6	13.8	33	35
2KM RUN										
36-40	29	23	41	27	14:40	16:08	12.6	13.8	32	35
41-44	25	21	35	23	16:10	18:00	11	13	28	33
1 KM RUN										
45-48	21	15	29	19	8:43	9:10	11	13	28	33
49-52	19	13	23	17	9:21	9:21	10.6	12.6	27	32
53-UP	15	11	19	15	10:24	10:55	10.6	12.6	27	32

CIRCUIT RUN

TIME	AGE CATEGORY																	
	3.2 KM						TIME	2KM				TIME	1KM					
	17-25		26-30		31-35			36-40		41-44			45-48		49-52		53-UP	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F		
11:00 - 11:14	100																	
11:15 - 11:29	99																	
11:30 - 11:44	98		100															
11:45 - 11:59	97		99															
12:00 - 12:14	96		98															
12:15 - 12:29	95		97															
12:30 - 12:44	94		96															
12:45 - 12:59	93		95															
13:00 - 13:14	92	100	94		100													
13:15 - 13:29	91	99	93		99													
13:30 - 13:44	90	98	92		98													
13:45 - 13:59	89	97	91		97													
14:00 - 14:14	88	96	90	100	96		8:54	100										
14:15 - 14:29	87	95	89	99	95		9:04	99										
14:30 - 14:44	86	94	88	98	94		9:14	98										
14:45 - 14:59	85	93	87	97	93		9:22	97										
15:00 - 15:14	84	92	86	96	92		9:32	96										
15:15 - 15:29	83	91	85	95	91	100	9:40	95		100								
15:30 - 15:39	82	90	84	94	90	99	9:46	94		99								
15:40 - 15:49	81	89	83	93	89	98	9:54	93		98								
15:50 - 15:59	80	88	82	92	88	97	9:59	92		97								
16:00 - 16:09	79	87	81	91	87	96	10:06	91	100	96		5:03	100					
16:10 - 16:19	78	86	80	90	86	95	10:12	90	99	95		5:06	99					
16:20 - 16:29	77	85	79	89	85	94	10:18	89	98	94		5:09	98					
16:30 - 16:34	76	84	78	88	84	93	10:21	88	97	93		5:11	97					
16:35 - 16:39	75	83	77	87	83	92	10:24	87	96	92		5:12	96		100			
16:40 - 16:44	74	82	76	86	82	91	10:27	86	95	91	100	5:14	95		99			
16:45 - 16:49	73	81	75	85	81	90	10:30	85	94	90	99	5:15	94		98			
16:50 - 16:54	72	80	74	84	80	89	10:34	84	93	89	98	5:17	93		97			
16:55 - 16:59	71	79	73	83	79	88	10:37	83	92	88	97	5:18	92		96			
17:00 - 17:09	70	78	72	82	78	87	10:43	82	91	87	96	5:21	91	100	95	100		
17:10 - 17:19	69	77	71	81	77	86	10:49	81	90	86	95	5:25	90	99	94	99		
17:20 - 17:39	68	76	70	80	76	85	10:55	80	89	85	94	5:28	89	98	93	98		
17:40 - 17:49	67	75	69	79	75	84	11:08	79	88	84	93	5:34	88	97	92	97		
17:50 - 17:59	66	74	68	78	74	83	11:15	78	87	83	92	5:37	87	96	91	96		
18:00 - 18:14	65	73	67	77	73	82	11:24	77	86	82	91	5:42	86	95	90	100	95	
18:15 - 18:29	64	72	66	76	72	81	11:33	76	85	81	90	5:46	85	94	89	99	94	
18:30 - 18:44	63	71	65	75	71	80	11:42	75	84	80	89	5:51	84	93	88	98	93	
18:45 - 18:59	62	70	64	74	70	79	11:52	74	83	79	88	5:56	83	92	87	97	92	
19:00 - 19:14	61	69	63	73	69	78	12:01	73	82	78	87	6:00	82	91	86	96	91	100
19:15 - 19:29	60	68	62	72	68	77	12:10	72	81	77	86	6:05	81	90	85	95	90	99
19:30 - 19:44	59	67	61	71	67	76	12:20	71	80	76	85	6:10	80	89	84	94	89	98
19:45 - 19:59	58	66	60	70	66	75	12:29	70	79	75	84	6:15	79	88	83	93	88	97
20:00 - 20:14	50	65	59	69	65	74	12:39	69	78	74	83	6:20	78	87	82	92	87	96
20:15 - 20:29	50	64	58	68	64	73	12:48	68	77	73	82	6:24	77	86	81	91	86	95
20:30 - 20:44	50	63	50	67	63	72	12:58	67	76	72	81	6:29	76	85	80	90	85	94
20:45 - 20:59	50	62	50	66	62	71	13:07	66	75	71	80	6:33	75	84	79	89	84	93
21:00 - 21:14	50	61	50	65	61	70	13:16	65	74	70	79	6:38	74	83	78	88	83	92
21:15 - 21:29	50	60	50	64	60	69	13:26	64	73	69	78	6:43	73	82	77	87	82	91
21:30 - 21:44	50	59	50	63	59	68	13:35	63	72	68	77	6:47	72	81	76	86	81	90
21:45 - 21:59	50	58	50	62	58	67	13:45	62	71	67	76	6:52	71	80	75	85	80	89
22:00 - 22:29	50	57	50	61	50	66	14:03	61	70	66	75	7:02	70	79	74	84	79	88
22:30-22:59	50	56	50	60	50	65	14:20	60	69	65	74	7:10	69	78	73	83	78	87
23:00-23:29	50	55	50	59	50	64	14:41	59	68	64	73	7:20	68	77	72	82	77	86
23:30 - 23:59	50	54	50	58	50	63	14:59	58	67	63	72	7:29	67	76	71	81	76	85
24:00-24:29	50	53	50	50	50	62	15:18	57	66	62	71	7:39	66	75	70	80	75	84
24:30-24:59	50	52	50	50	50	61	15:36	56	65	61	70	7:48	65	74	69	79	74	83
25:00-25:29	50	51	50	50	50	60	15:55	55	64	60	69	7:57	64	73	68	78	73	82

25:30-25:59	50	50	50	50	50	59	16:14	54	63	59	68	8:07	63	72	67	77	72	81
26:00-26:29	50	50	50	50	50	58	16:33	53	62	58	67	8:16	62	71	66	76	71	80
26:30-26:59	50	50	50	50	50	50	16:52	52	61	57	66	8:26	61	70	65	75	70	79
27:00-27:29	50	50	50	50	50	50	17:10	51	60	56	65	8:35	60	69	64	74	69	78
27:30-27:59	50	50	50	50	50	50	17:29	50	59	55	64	8:44	59	68	63	73	68	77
28:00-28:29	50	50	50	50	50	50	17:48	50	58	54	63	8:54	58	67	62	72	67	76
28:30-28:59	50	50	50	50	50	50	18:06	50	57	53	62	9:03	57	66	61	71	66	75
29:00-29:29	50	50	50	50	50	50	18:25	50	56	52	61	9:12	56	65	60	70	65	74
29:30-29:59	50	50	50	50	50	50	18:45	50	55	51	60	9:22	55	64	59	69	64	73
30:00-30:29	50	50	50	50	50	50	19:03	50	54	50	59	9:32	54	63	58	68	63	72
30:30-30:59	50	50	50	50	50	50	19:22	50	53	50	58	9:41	53	62	57	67	62	71
31:00-31:29	50	50	50	50	50	50	19:40	50	52	50	57	9:45	52	61	56	66	61	70
31:30-31:59	50	50	50	50	50	50	19:59	50	51	50	56	9:59	51	60	55	65	60	69
32:00-32:29	50	50	50	50	50	50	20:18	50	50	50	55	10:09	50	59	54	64	59	68
32:30-32:59	50	50	50	50	50	50	20:37	50	50	50	54	10:18	50	58	53	63	58	67
33:00-33:29	50	50	50	50	50	50	20:55	50	50	50	53	10:27	50	57	52	62	57	66
33:30-33:59	50	50	50	50	50	50	21:15	50	50	50	52	10:37	50	56	51	61	56	65
34:00-34:59	50	50	50	50	50	50	21:51	50	50	50	51	10:55	50	55	50	60	55	64
35:00-35:59	50	50	50	50	50	50	22:35	50	50	50	50	11:17	50	54	50	59	54	63
36:00-36:59	50	50	50	50	50	50	23:08	50	50	50	50	11:34	50	53	50	58	53	62
37:00-37:59	50	50	50	50	50	50	23:45	50	50	50	50	11:52	50	52	50	57	52	61

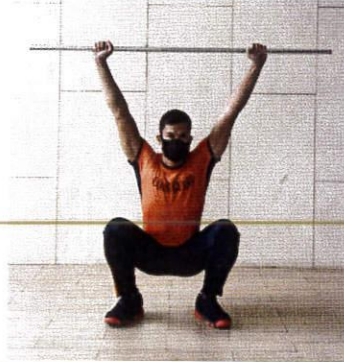
ANNEX C

FUNCTIONAL MOVEMENT SCREEN

Scoring the Deep Squat

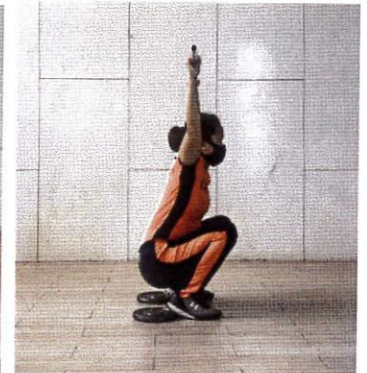
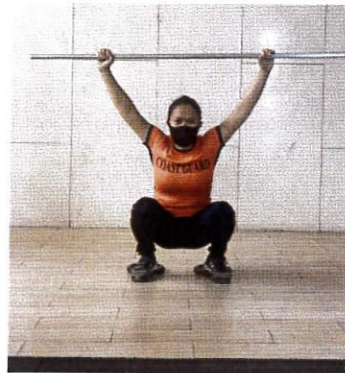
3

- Torso is parallel with tibia or toward vertical
- Femur is below horizontal
- Knees do not track inside of feet
- Dowel aligned over feet



2

- Torso is parallel with tibia or toward vertical
- Femur is below horizontal
- Knees do not track inside of feet
- Dowel aligned over feet
- Heels are elevated



1

- Tibia and torso are not parallel
- Femur is not below horizontal
- Knees track inside of feet
- Dowel is not aligned over feet



An individual receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.

Scoring the Hurdle Step

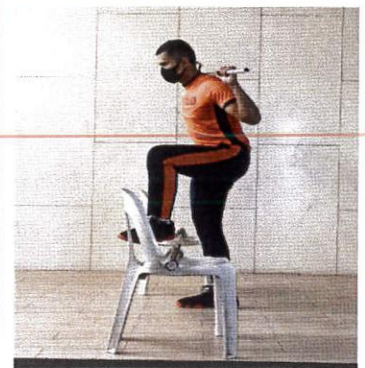
3

- Hips, knees and ankles remain aligned in the sagittal plane
- Minimal to no movement in lumbar spine
- Dowel and hurdle remain parallel



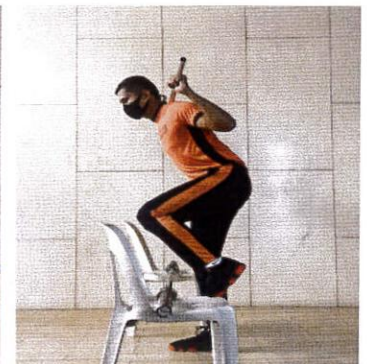
2

- Alignment is lost between hips, knees and ankles
- Movement in Lumbar Spine
- Dowel and hurdle do not remain parallel



1

- Inability to clear the cord during the hurdle step
- Loss of balance



An individual receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.

Scoring the Inline Lunge

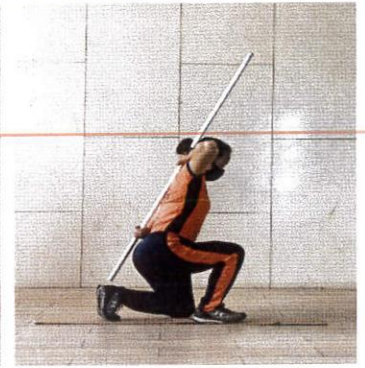
3

- Dowel contact maintained
- Dowel remains vertical
- Minimal to no torso movement
- Dowel and feet remain in sagittal plane
- Knee touches the center of the board
- Front foot remains in start position



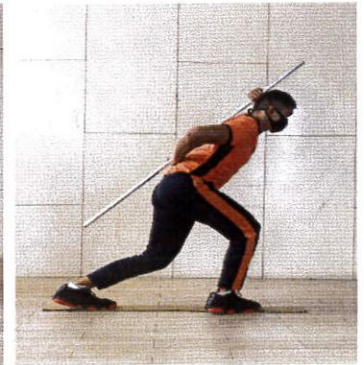
2

- Dowel contact remains not maintained
- Dowel does not remain vertical
- Movement in torso
- Dowel and feet do not remain in sagittal plane
- Knee does not touch center of the board
- Flat front foot does not remain in start position



1

- Loss of balance by stepping off the board
- Inability to complete movement pattern
- Inability to get into set up position



An individual receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.

Scoring the Shoulder Mobility

3

- Fists are within one hand length



2

- Fists are within one and a half hand length



1

- Fists are not within one and a half hand length



An individual receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.

CLEARING TEST

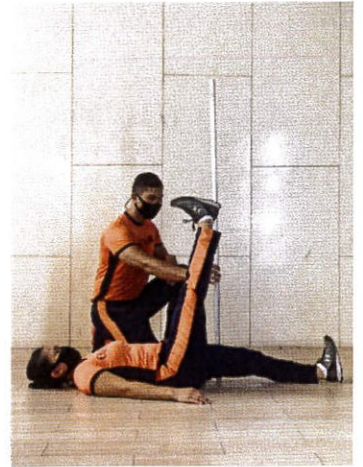
Perform this clearing test bilaterally. If the individual receives a positive score, document both scores for future references. If there is pain associated with this movement, give a score of zero and perform a thorough evaluation of the shoulder or refer out.



Scoring the Active-straight Leg Raise

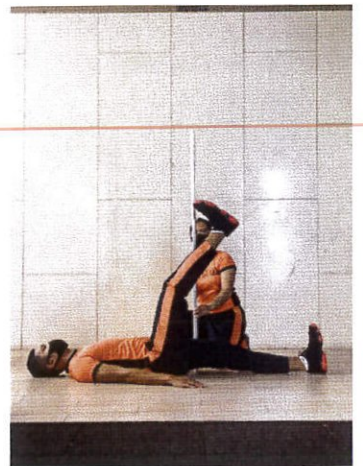
3

- Vertical line of the malleolus resides between mid-thigh and ASIS
- The non-moving limb remains in neutral position



2

- Vertical line of the malleolus resides between mid-thigh and joint line
- The non-moving limb remains in neutral position



1

- Vertical line of the malleolus resides below and joint line
- The non-moving limb remains in neutral position



An individual receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.

Scoring the Trunk Stability Push-Up

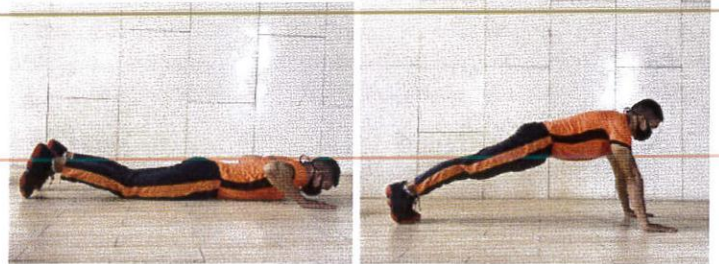
3

- Men performs repetition with thumbs aligned with the top of the forehead
- Women performs repetition with thumbs aligned with the chin
- The body lifts as a unit with no lag in the spine



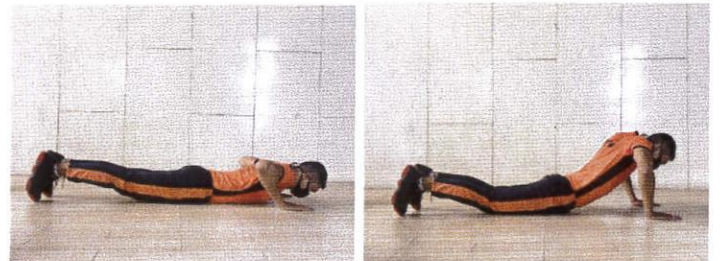
2

- Men performs repetition with thumbs aligned with the chin
- Women performs repetition with thumbs aligned with the clavicle
- The body lifts as a unit with no lag in the spine



1

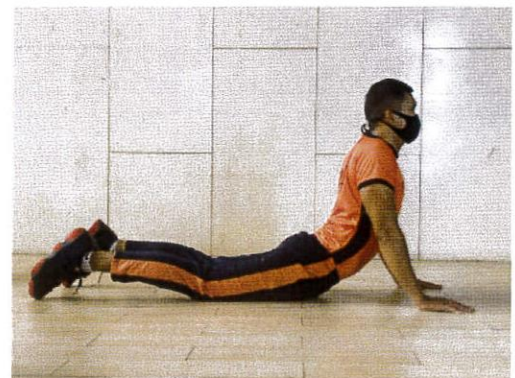
- Men are unable to perform a repetition with thumbs aligned with the chin
- Women are unable to perform a repetition with thumbs aligned with the clavicle



An individual receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.

EXTENSION CLEARING TEST

Extension is cleared by performing a press up in from the floor with hands under the shoulders. If there is no pain associated with this motion, give a positive score with a final score of zero and perform a more thorough evaluation or refer out. If the individual does receive a positive score, document both scores for future reference.



Scoring the Rotary Stability

3

- Performs a correct unilateral repetition
- Unilateral limbs remain over the board
- Without touching down, touch the same-side elbow to the same-side knee over the board



2

- Performs a correct diagonal repetition
- The diagonal knee and elbow meet over the board
- Without touching down, touch the opposite elbow and knee over the board



1

- Inability to perform a diagonal repetition



An individual receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.

FLEXION CLEARING TEST

Flexion can be cleared by first assuming a quadrupedal position, the rocking back and touching the buttocks to the heels and chest to the thighs. The hands should remain in the front of the body, reaching out as far as possible. If there is pain associated with this motion, give a positive score with a final score of zero and perform a more thorough evaluation or refer out. If the individual does receive a positive score, document both scores for future reference.