NEW ICF PARACANOE
FUNCTIONAL ASSESSMENT CHART FOR
THE TRUNK

Athlete ID Number [   ] **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	

Functional Trunk Tests		
Test		**Score (0 – 2)**
STATIC	Upright sitting (arms crossed)	
	Upright sitting (shoulders flexed)	
	Upright sitting (shoulders extended)	
	Upright sitting (right shoulder abducted	
	Upright sitting (left shoulder abducted)	
DYNAMIC	Active trunk flexion	
	Active trunk extension	
	Active trunk rotation to right	
	Active trunk rotation to left	
	Active trunk side flexion to right	
	Active trunk side flexion to left	
PERTURBATION	Resistance to flexion	
RESPONSE	Resistance to extension	
	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	

ICF PARACANOE
FUNCTIONAL ASSESSMENT CHART FOR
THE TRUNK (continued)

Note: Before starting these tests ask the athlete to sit up straight on the wobble cushion and hold the position as in the first of the static functional tests. If they are unable to do so, do not continue testing

Functional Trunk Tests	
Test	Score (0 – 2)
PERTURBATION Resistance to flexion	
on Resistance to extension	
Wobble Cushion 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	

Total score for trunk =   /84

Which cluster does this score fit into? (tick one box)	Cluster 1 (0 - 16 points)	Cluster 2 (17 - 68 points)	Cluster 3 (69 - 84 points)

NOTE : This cluster number needs to be added to the cluster numbers for the Lower limb Function and the On water Observation, to give the athletes an overall Classification score.