



Assessing core function

Clients name _____ clients id number _____ date _____

1) Cervical flexion activation

Tongue loose in mouth approx lbs. of pressure _____

Tongue in physiological rest position approx lbs of pressure _____

2) Cervical flexor/trunk flexor interaction # of crunches

Natural ____ correct form ____ supporting head ____ imbalance ratio ____

3) Forward flexion activation test fingers move

Closer ____ stay the same ____ farther apart _____



4) Transverse abdominis strength test

Starting time ____ ending time ____ difference in pressure ____
Cheating mechanisms if any _____

5) Deep abdominal wall exercises (A)

	Hold	rest	reps
Level 1	10 seconds	10 seconds	10
Level 2	10 seconds	5 seconds	10
Level 3	build up to 120 continues work _____rest____ reps ____		

Comments

By _____ trainer