

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

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	
	...../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	
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**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 continued

Athlete ID Number

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**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.