

# PULL ASSESSMENT PROTOCOL

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## Standing Row

**Objective:** To assess movement efficiency and potential muscle imbalances during pulling movements

**Equipment:**

- ▶ Selectorized cable machine with handle attachments or resistance band with handles

**Instructions:**

- ▶ Briefly discuss the protocol so the client understands what is required.
- ▶ A light resistance appropriate for the client should be selected.
- ▶ Ask the client to stand with feet shoulder-width apart and knees slightly bent.
- ▶ Position the anchor point at a height that aligns with the client's xyphoid process.
- ▶ Instruct the client to grab the handles.

- ▶ Instruct the client to pull the bar or handle toward his or her pectoral muscles/torso while keeping the chest forward and back straight. The client should briefly pause and then return to the starting position.
- ▶ Ask the client to perform several repetitions slowly and with control.
- ▶ It is important to remember not to cue the client to use good technique, but instead observe his or her natural movement.

**Observations:**

- ▶ Observe for shoulder elevation or head migrating forward.
- ▶ Observe for lumbar hyperextension in the pull position.

**General interpretations:**

- ▶ Identify the origin(s) of movement limitation or compensation.
- ▶ Evaluate the impact on the entire kinetic chain.