

PUSH ASSESSMENT PROTOCOL

Shoulder Push Stabilization

Objective: To assess stabilization of the scapulothoracic joint and core control during closed-kinetic-chain pushing movements

Instructions:

- ▶ Briefly discuss the protocol so the client understands what is required.
 - The client presses his or her body off the ground as the personal trainer evaluates the ability to stabilize the scapulae against the thorax (rib cage) during pushing-type movements.
- ▶ Instruct the client to lie prone on the floor with arms abducted in the push-up position or bent-knee push-up position.
- ▶ Ask the client to perform several push-ups to full arm extension.
 - Subjects should perform full push-ups; modify to bent-knee push-ups if necessary.

- It is important to remember not to cue the client to use good technique, but instead observe his or her natural movement.
- Repetitions need to be performed slowly and with control.

Observations:

- ▶ Observe any notable changes in the position of the scapulae relative to the rib cage at both end-ranges of motion (i.e., the appearance of scapular “winging”).
- ▶ Observe for lumbar hyperextension in the press position.

General interpretations:

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