



**Physical Capability Exam
Testing Protocol**

Test Duration:
~30 min

Supplies:

- Pinch Gauge
- Grip Dynamometer
- Inclinometer
- Goniometer
- Stop Watch
- Lift Box
- Table
- Weight Plates (5 lbs., 10 lbs., 20 lbs., 50 lbs., 100 lbs.)
- Physical Capability Testing System

Procedure:

For those exercises that are weighted, the test subject will be asked to perform three (3) reps of each exercise. The test subject must complete all three (3) reps at the weight interval to move up to the next weight interval. If the test subject cannot complete three (3) reps while maintaining proper technique the last weight interval completed will be documented as the result. For example, if the test subject successfully completes three (3) reps at 15 lbs. but can only complete two (2) reps at 20 lbs. the result of 15lbs. will be recorded.

For those exercises (squats and sit-ups) that are non-weighted, the test subject will be asked to complete as many reps as he/she can in 20 sec. The number of reps will be recorded as the result.

For the pinch and grip measurements, the test will be performed three (3) times each. All three (3) sets will be recorded and will be reported as an average.

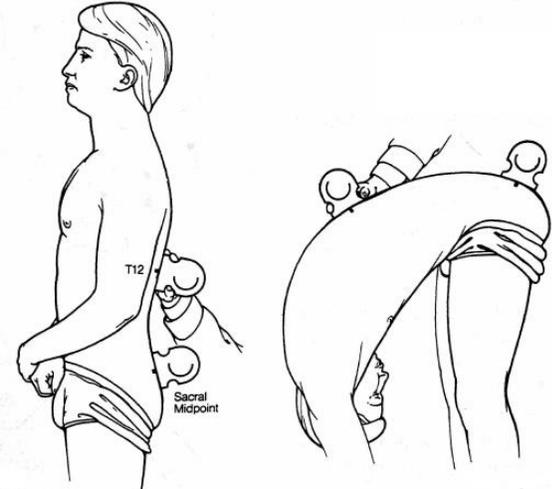
Range of motion (ROM) will be measured using an inclinometer and recorded as a baseline measurement.

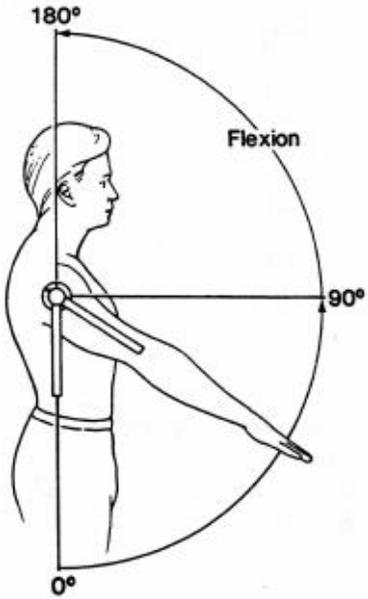
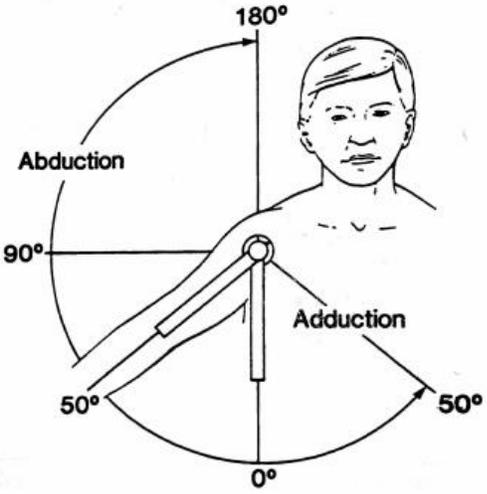
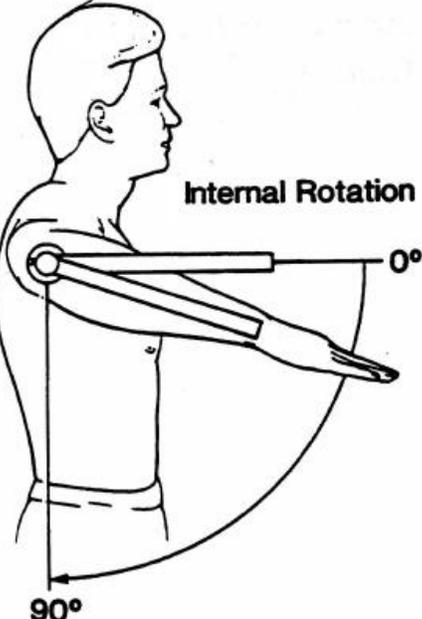
Results:

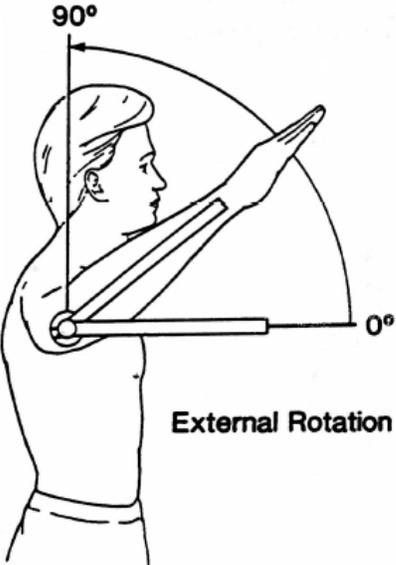
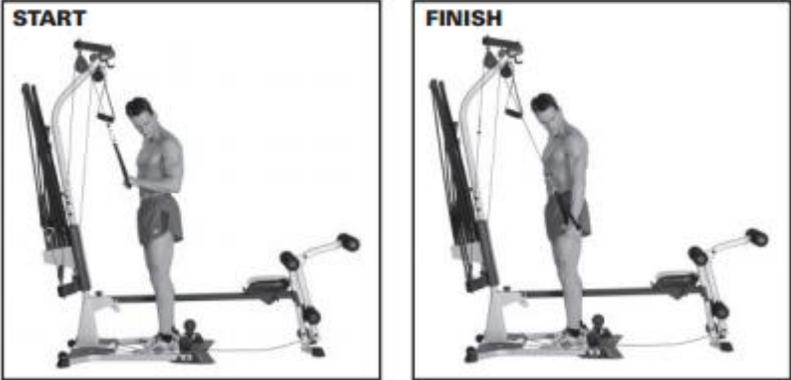
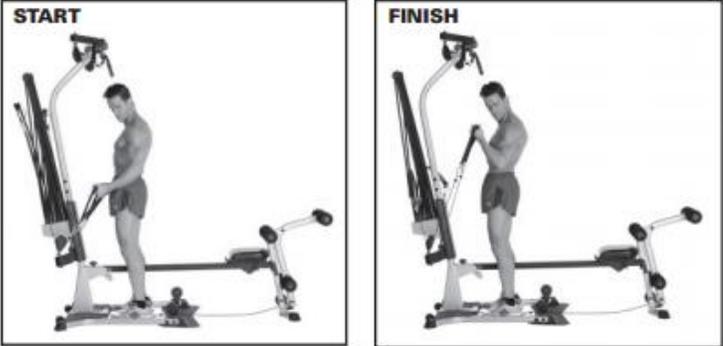
The final result will be a numerical value that correlates with a Department of Labor Work Levels.

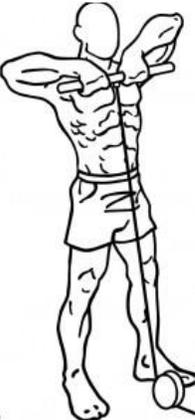
Department of Labor Work Levels

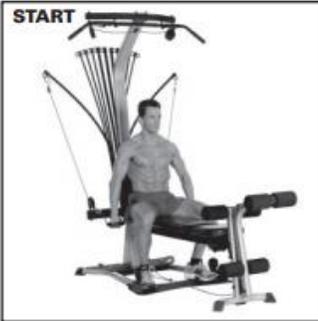
Level 1 – Sedentary Work	Exerting up to 10 pounds of force occasionally, and/or a negligible amount of force frequently. Involves sitting most of the time, but may involve walking or standing.
Level 2 – Light Work	Exerting up to 20 pounds of force occasionally, and/or up to 10 pounds of force frequently. Required walking or standing to a significant degree; or requires sitting most of the time but entails pushing and/or pulling of arm or leg controls.
Level 3 – Medium Work	Exerting 20 to 50 pounds of force occasionally, and/or 10 to 25 pounds of force frequently, and/or greater than negligible up to 10 pounds of force constantly.
Level 4 – Heavy Work	Exerting 50 to 100 pounds of force occasionally, and/or 25 to 50 pounds of force frequently, and/or 10 to 20 pounds of force constantly.
Level 5 – Very Heavy Work	Exerting in excess of 100 pounds of force occasionally, and/or in excess of 50 pounds of force frequently, and/or in excess of 20 pounds of force constantly.

Test	Weight (lbs)	Instructions
<p>Lateral Pinch (Right and Left) 3x Each</p> <p>Supplies: Pinch Gauge</p>		<ol style="list-style-type: none"> 1. Test arm at side with elbow flexed 90° palm facing inward. 2. Pinch gauge between flexed PIP joint of index finger and the thumb 3. Have patient squeeze. Hold and release. Repeat 3 times. 
<p>Grip (Right and Left) 3x Each</p> <p>Supplies: Grip Dynamometer</p>		<ol style="list-style-type: none"> 1. Perform the test from a standing position with your elbow bent at 90-degrees to the side of, but not against, your body. 2. Grab the dynamometer with a neutral grip, with your thumb pointing up. Take a deep breath. As you breathe out, squeeze the dynamometer as hard as you can for around 10 to 15 seconds. 3. Perform three (3) series of squeezes with at least 30 seconds of rest between each squeeze. 
<p>Lumbar ROM Sacral ROM</p> <p>Supplies: Inclinometer</p>		<ol style="list-style-type: none"> 1. With the individual standing erect with knees straight, and weight balanced on both feet and hands on hips for support if necessary. The trunk should be in neutral position while the inclinometers are “zeroed out.” 2. Locate and place the inclinometer over the T12 spinous process and instruct the individual to bend the trunk maximally as if to touch their toes (do not bend the knees). Record the measurement. 3. Place the inclinometer over the sacrum. Instruct the individual to bend the trunk maximally as if to touch their toes (do not bend the knees) 

<p>Shoulder Flexion ROM</p> <p>Supplies: Goniometer</p>		<ol style="list-style-type: none"> 1. Sitting in chair with good posture and feet on floor. 2. Start with arms hanging down at side 3. Place the axis of the goniometer 1" below acromion process with the movable arm of the goniometer along the humerus and fixed arm pointed at the floor. 4. Have individual keep arm straight and raise forward and overhead as high as possible. 5. Record measurement for each arm. 	
<p>Shoulder Abduction ROM</p> <p>Supplies: Goniometer</p>		<ol style="list-style-type: none"> 1. Sitting in chair with good posture and feet on floor. 2. Measure from behind to avoid breast tissue. 3. Place the axis of the goniometer on the posterior Glenohumeral joint with the movable arm along the lateral humerus and the fixed arm pointed at the floor. 4. Have individual abduct arm to the side of the body as high as allowed with palms facing forward. 5. Record measurement for each arm. 	
<p>Shoulder Internal Rotation ROM</p> <p>Supplies: Goniometer</p>		<ol style="list-style-type: none"> 1. Sitting in chair with good posture and feet on floor. 2. Position arm so the humerus is parallel to the floor with the arm bent at a 90° angle. 3. Place the axis of the goniometer on the Olecranon Process with the movable arm along the ulna and the fixed arm pointed at the floor. 4. Have individual keep humerus parallel to floor as they rotate forearm down to floor. 5. Record measurement for each arm. 	

<p>Shoulder External Rotation ROM</p> <p>Supplies: Goniometer</p>		<ol style="list-style-type: none"> 1. Sitting in chair with good posture and feet on floor. 2. Position arm so the humerus is parallel to the floor with the arm bent at a 90° angle. 3. Place the axis of the goniometer on the Olecranon Process with the movable arm along the ulna and the fixed arm pointed at the floor. 4. Have individual keep humerus parallel to floor as they rotate forearm up to the ceiling. 5. Record measurement for each arm. 
<p>Elbow Extension Single Arm Pushdown (Right and Left)</p> <p>Supplies: Hand grips</p>	<p>10 ●</p> <p>20 ●●</p> <p>30 ●●●</p> <p>40 ●●●●</p> <p>50 ●●●●●</p>	<ol style="list-style-type: none"> 1. Straddle the Seat Rail, facing the Power Rod® unit and grasp the handgrips, palms facing down. 2. Bring your hands in front of you, keeping the hand grips approximately at rib level. 3. Keeping your upper arms stationary, elbows next to your trunk, slowly push your arms downward in a gentle arc until your hands are near the tops of your thighs 4. Keeping your triceps tightened, slowly return to the start position. 
<p>Elbow Flexion Bicep Curl (Right and Left)</p> <p>Supplies: Hand Grips</p>	<p>5 ●</p> <p>10 ●●</p> <p>20 ●●●</p> <p>30 ●●●●</p> <p>40 ●●●●●</p>	<ol style="list-style-type: none"> 1. Straddle the Seat Rail, facing the Power Rod® unit, reach down and grasp the handgrips, palms facing up. 2. Keeping your upper arms stationary and your elbows at your sides, slowly curl the Handgrips forward, then upward and in toward your shoulders. 3. Slowly reverse the arcing motion, bringing your hands back to the Start position. 

<p>Wrist Flexion Standing Wrist Curl (Right and Left)</p> <p>Supplies: Hand grips</p>	<p>10 ● 20 ●● 30 ● 40 ●● 50 ●</p>	<ol style="list-style-type: none"> 1. Straddle the Seat Rail, facing the Power Rod® unit and grasp the handgrips, palms facing up. 2. Bend your elbows 90° palms up, and maintain that position throughout the entire exercise. 3. With your upper arms stationary and your elbows at your sides, slowly curl your fists toward the front of your forearms. 4. Keeping your forearms still, slowly let your fists return to the start position. <div style="display: flex; justify-content: space-around;"> <div data-bbox="667 296 1045 678"> <p>START</p>  </div> <div data-bbox="1073 296 1458 678"> <p>FINISH</p>  </div> </div>
<p>Torso Lift Standing Row</p> <p>Supplies: Straight Lat Bar</p>	<p>20 (10ea) ● 40 (20ea) ●● 60 (30ea) ● 80 (40ea) ●● 100 (50ea) ●</p>	<ol style="list-style-type: none"> 1. Straddle the Seat Rail, facing the Power Rod® unit, reach down and grasp the bar with thumbs pointing to each other. 2. Slowly lift the bar, close to the body, to just below chine level and hold for two seconds. 3. Slowly return to the Start position. <div style="display: flex; justify-content: center; align-items: center;">   </div>
<p>Pectoral Press (Right and Left)</p> <p>Supplies: Hand Grips</p>	<p>25 ●●● 35 ●● 45 ●●● 55 ●● 65 ●●●</p>	<ol style="list-style-type: none"> 1. Grasp the Handgrips in both hands. 2. Raise your upper arms until they are in line with your shoulders. 3. Bend your elbows until your forearms are in line with the cables. Keep your wrists straight. (Test each arm separately) 4. Press your hand forward, straightening your arm. 5. Return to the Start position, keeping your wrists at shoulder width and in line with the cables, stopping before the upper arms/elbows move behind the bench. <div style="display: flex; justify-content: space-around;"> <div data-bbox="716 1570 1045 1896"> <p>START</p>  </div> <div data-bbox="1073 1570 1403 1896"> <p>FINISH</p>  </div> </div>

<p>Shoulder Flexion Front Shoulder Raise (Right and Left)</p> <p>Supplies: Hand Grips</p>	<p>10 ● 15 ●● 20 ●● 30 ● 40 ●●</p>	<ol style="list-style-type: none"> 1. Sit on the Bench, facing away from the Power Rod® unit keeping your chest up, abs tight, and maintain a slight arch in your lower back. 2. Grasp the Handgrips, palms facing back and arms straight at your sides. 3. Keeping your arms straight, move them forward, leading with your forearms, until your arms are extended in front of you at shoulder height. (Test each arm separately) 4. Slowly return to the Start position. <div style="display: flex; justify-content: space-around;"> <div data-bbox="727 359 1045 680"> <p>START</p>  </div> <div data-bbox="1073 359 1398 680"> <p>FINISH</p>  </div> </div>
<p>Fixed Row Seated Lat Row</p> <p>Supplies: Hand Grips</p>	<p>50 (25 ea) ●●● 70 (35 ea) ●●● 90 (45 ea) ●●●● 120 (60 ea) ●●●●● 140 (70 ea) ●●●●●●</p>	<ol style="list-style-type: none"> 1. Sit on the Bench, facing the Power Rod® unit, with your posterior near the back (leg extension) end of the Bench. 2. Grasp the Handgrips, palms facing each other. 3. Place your heels on the edge of the Standing Platform, and bend your knees comfortably. 4. Pull your upper arms downward and backward while rotating your palms inward, brushing past the sides of your body while keeping your forearms pointing in the direction of the cable. 5. Slowly return to the Start position. <div style="display: flex; justify-content: space-around;"> <div data-bbox="716 974 1045 1304"> <p>START</p>  </div> <div data-bbox="1073 974 1409 1304"> <p>FINISH</p>  </div> </div>
<p>Knee Extension (Right and Left)</p> <p>Supplies: Leg Extension</p>	<p>60 (30ea) ● 80 (40ea) ●● 100 (50ea) ●●● 120 (60ea) ●●●● 140 (70ea) ●●●●●</p>	<ol style="list-style-type: none"> 1. Sit on the Leg Extension Seat with your knees near the pivot point and the lower roller pads in front of your shins. 2. Adjust your thighs to hip width, pointing your knee caps forward. 3. Grasp the sides of the Seat to stabilize yourself. 4. Sit up straight, chest lifted, abs tight, and a slight arch in your lower back. 5. Tighten your quads and slowly straighten your legs, moving your feet forward then upward until your legs are completely straight and your kneecaps point toward the ceiling. 6. Slowly reverse the motion, returning to the Start position without relaxing your quads. <div style="display: flex; justify-content: space-around;"> <div data-bbox="732 1654 1052 1976"> <p>START</p>  </div> <div data-bbox="1073 1654 1393 1976"> <p>FINISH</p>  </div> </div>

<p>PILE</p> <p>Supplies: Lift Box Table Weight Plates</p>	<p>10 ● 20 ●● 50 ●●● 75 ●●●● 100 ●●●●●</p>	<ol style="list-style-type: none"> 1. Position the client directly in front of the box to be lifted. 2. Keeping your back straight, bend your knees and pick up the box. 3. Straighten your knees to lift the box onto the table. 4. Remove the box from the table and place it back on the ground, keeping your back straight. 
<p>Squats</p> <p>Supplies: Stopwatch</p>	<p>Total reps in 20 secs</p>	<ol style="list-style-type: none"> 1. Start with your feet shoulder width apart and toes pointed forward. 2. Look slightly upward and lower yourself by sitting back with your hips and bending forward at the waist to balance themselves. 3. Progress to a full squat, where the thighs reach 90 degrees (parallel) to the ground. 
<p>Sit-ups</p> <p>Supplies: Stopwatch</p>	<p>Total reps in 20 secs</p>	<ol style="list-style-type: none"> 1. Lay on the ground with your knees bent and the balls of your feet and heels placed flat on the ground. 2. Place your hands on opposing shoulders, so that your arms are crossed over your chest, or behind your head. 3. Keeping your heels on the ground and your toes flat to the ground, slowly and gently lift your head first, followed by your shoulder blades. 4. Pull up from the floor until you're at a ninety-degree angle, or when the elbows are on, or past, the knees. 5. Hold the position for a second. Slowly bring the torso back to the floor but try to keep it slightly elevated off the ground. This means not to place your back flat to the ground but to keep a slight, yet relaxed, arch. 