



OCCUPATIONAL HEALTH PROGRAMS

FLEXIBILITY & STRENGTH TESTING WORKSHEET

Employee Name: _____ Last 4 SSN: _____

Grip Strength: Repeat testing of both hands alternatively until three evaluations per hand are completed. Client is _____ hand dominant. Record to nearest kilogram.

Right Hand: Trial 1: _____ **Left Hand:** Trial 1: _____
Trial 2: _____ Trial 2: _____
Trial 3: _____ Trial 3: _____

Many job tasks require lifting, holding, and controlling heavy objects for extended periods. Inadequate grip strength may limit the ability to perform these tasks safely and increases the risk of injuries and accidents.

	Poor	Marginal	Average	Good	Excellent
Right	<45	45-49	50-55	56-60	>60
Left	<43	43-47	48-53	54-58	>58

Highest Right: _____ kg
Highest Left: _____ kg

Push-up Evaluation The test is complete when:
a. A maximum of 80 push-ups have been performed, or 2 minutes has elapsed,
b. Three consecutive incorrect push-ups are performed, or
c. Subject fails to perform push-ups in continuous motion.

Push-ups: _____
(at 1 minute)
Push-ups: _____
(at test end)

Upper body strength and endurance while maintaining proper spinal alignment is a requirement of numerous job tasks, and deficiencies may limit the ability to perform these tasks safely. Inability to maintain correct spinal alignment indicates poor core strength and endurance and possible susceptibility to back injuries.

Poor	Marginal	Average	Good	Excellent
<20	20-28	29-36	37-45	>45

Core Strength Evaluation: This may be assessed by either Curl-ups or Plank testing. Participant may elect to do both tests.

Adequate core strength and endurance is a requirement to stabilize the torso in virtually all lifting tasks. Deficiencies will limit the ability to maintain proper body mechanics during lifting tasks and may indicate a susceptibility to back injuries.

Curl-Ups: The test is complete when:
a. A maximum of 105 curl-ups have been performed, or 3 minutes has elapsed.
b. Three consecutive incorrect curl-ups are performed, or
c. Subject fails to perform curl-ups in continuous motion.

Curl-ups: _____ (at 1 minute)

Curl-ups: _____ (at test end)

Poor	Marginal	Average	Good	Excellent
<22	22-29	30-40	41-50	>50

Prone Static Plank: The test is complete when subject:

- Reaches 2 minutes, or
- Is unable to maintain proper form after the 2nd warning

Plank Time _____ (seconds)

Sit and Reach Flexibility Evaluation: Round distance to nearest 1/4 inch.

Trial 1: _____ in.

Trial 2: _____ in.

Trial 3: _____ in.

Furthest Distance: _____ in.

Inadequate trunk flexion may limit the ability to perform many job tasks safely and may indicate a susceptibility to lower back and hamstring injuries.

Poor	Marginal	Average	Good	Excellent
<10.0	10-12	13-14	15-16	>16

To Clinic Staff: Give reason for early termination and/or non-participation in any test: _____

Name of Clinic Staff Member: _____
(Printed Name)

(Signature)

To Wellness Participant: I have received a copy of this report: _____

Signature