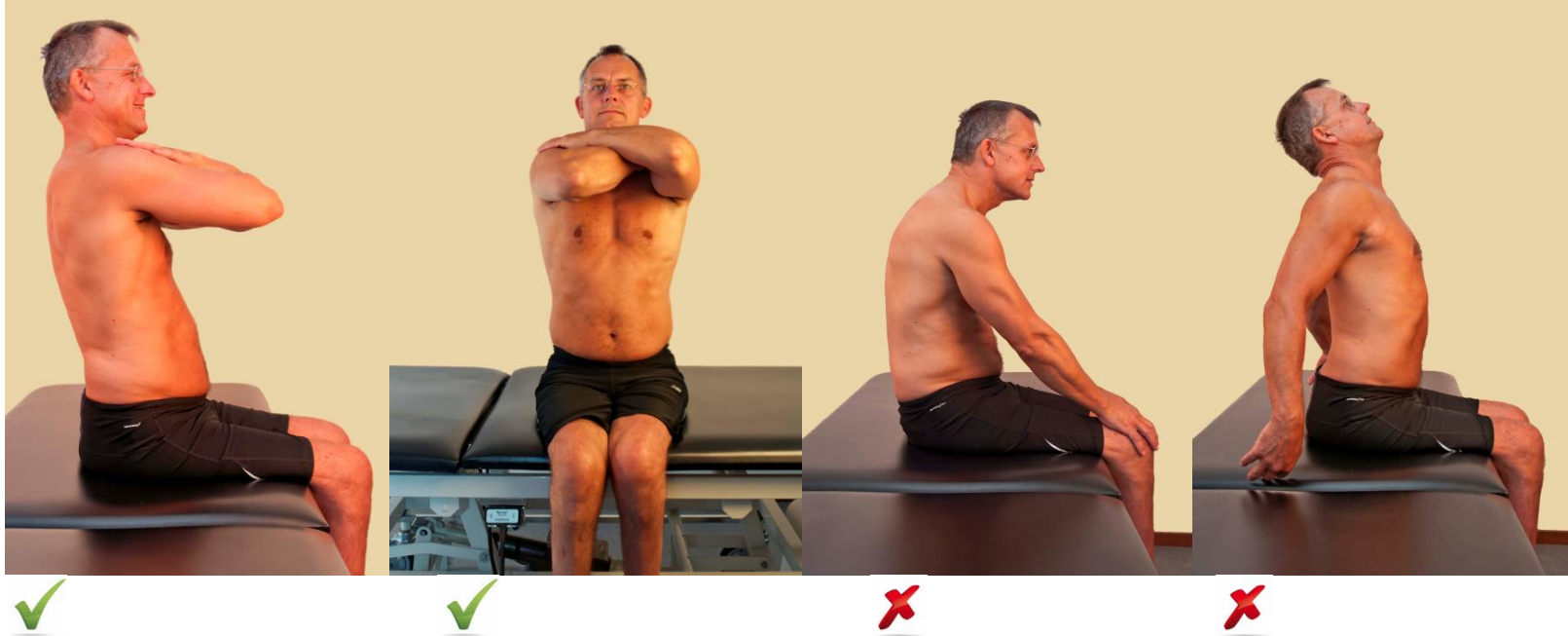


Trunk test no.	Test description	Evaluation	Score: succeeds	Score: fails
1	Athlete sitting unsupported. Athlete sitting in wheelchair not supported by backrest, or sitting on plinth with legs hanging over edge of plinth with the feet unsupported. The athlete crosses the arms in front of his chest, to prevent support for sitting balance from the arms. Bring athlete into upright position with hand on sternal bone and hand on back and slowly let go of support.	Observe sitting position after removing support from classifier's hands: straight/upright or kyphotic? Observe stomach: flat or "quad belly".	Sits straight/upright, without marked kyphosis and with flat belly.	Sits with marked kyphosis or with quad belly.



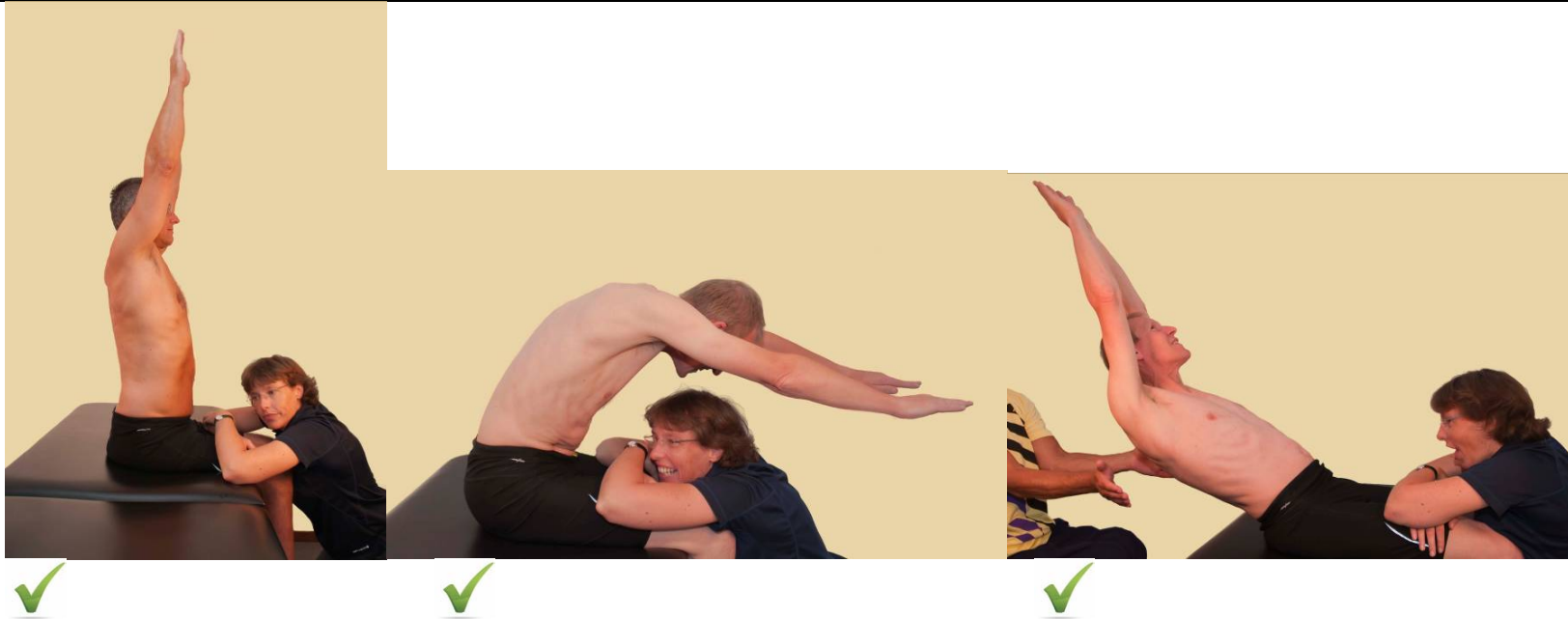
Trunk test no.	Test description	Evaluation	Score: succeeds	Score: fails
2a	Athlete lying on back, classifier flexes knees and hips to 90°, feet are unsupported. The classifier holds the lower legs and the classifier rotates the legs from one side to the other. Ask athlete to resist movement of the classifier.	Palpate abdominal and spinal extensor muscle contractions.	Muscle contractions palpable in abdominals and/or spinal extensor muscles.	No muscle contraction palpable in abdominals and/or spinal extensor muscles.

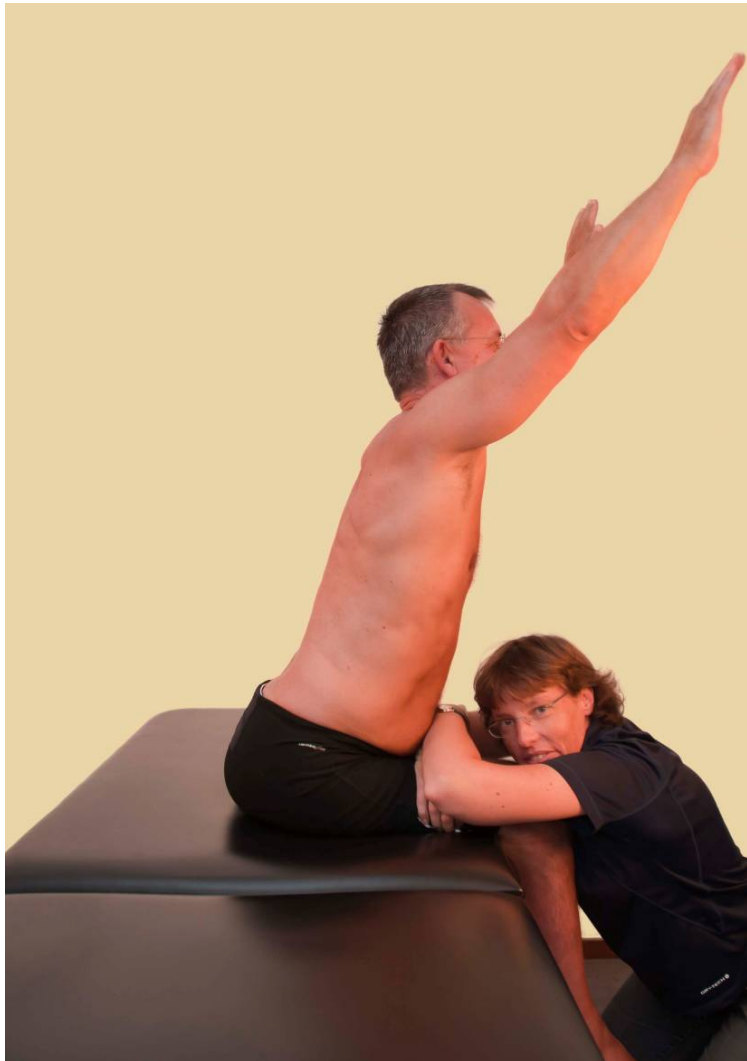


Trunk test no.	Test description	Evaluation	Score: succeeds	Score: fails
2b	Athlete sitting on plinth, legs unsupported. Shoulders at 90° of flexion with arms crossed in front of shoulders. Classifier applies resistance at the arms against trunk flexion and extension.	Palpate abdominals and spinal extensor muscle contractions.	Muscle contractions palpable in abdominals (resistance against extension) or spinal extensors (resistance against flexion).	No muscle contraction palpable in abdominals and spinal extensors.

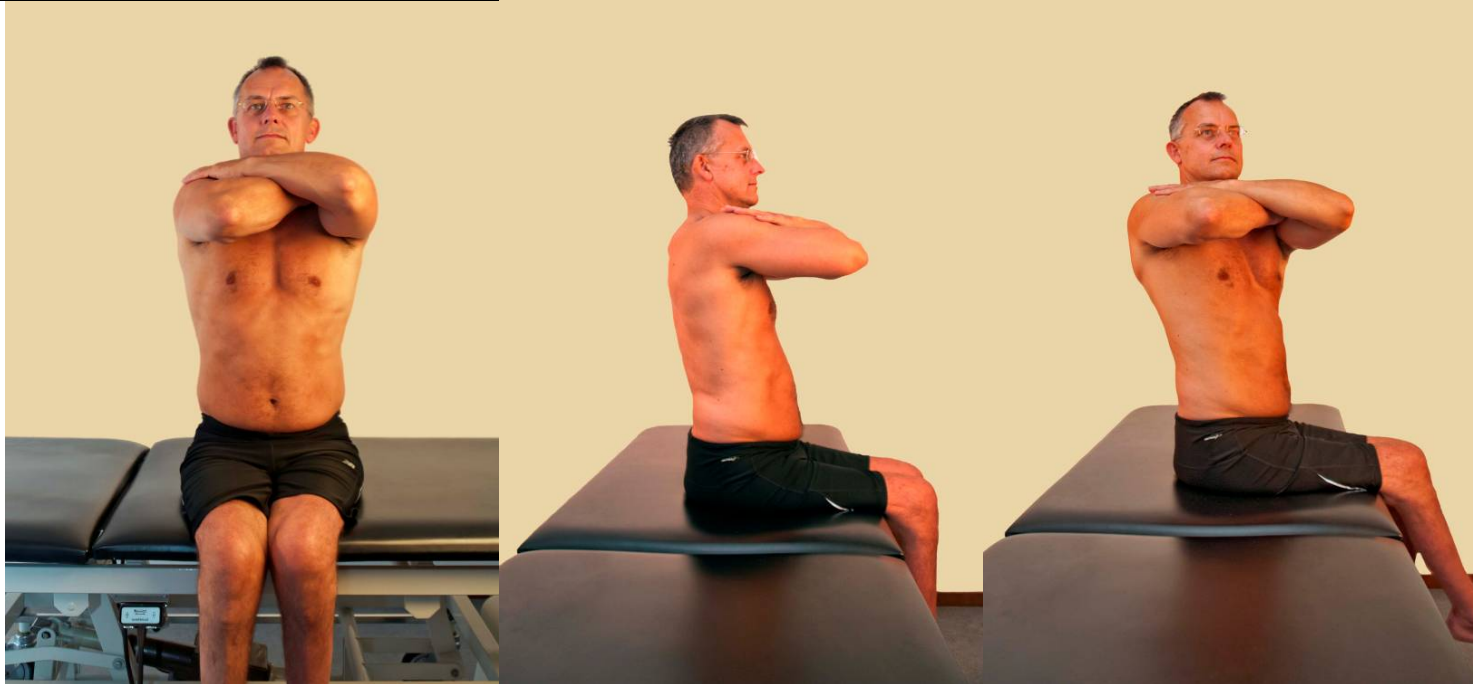


Trunk test no.	Test description	Evaluation	Score: succeeds	Score: fails
3	<p>Athlete sitting on plinth, legs hanging over the edge of the plinth with the feet unsupported. Bending forward with trunk towards lap and arms outstretched in maximum shoulder flexion. (If the athlete has triceps weakness, the classifier supports the forearms, to keep the elbows extended). Ask athlete to assume straight/upright position and maintain arm position in maximum shoulder flexion. The classifier fixates both legs to the plinth at the proximal 1/3 of the thighs, close to the hips. The feet should be unsupported. Athlete extends trunk past upright and flexes forward to assume upright position again.</p>	Observe movement, standing lateral to the athlete.	<p>Athlete performs trunk flexion to at least 45° line between pelvis and C7 and vertical and maintains position. And Athlete performs at least 30° trunk extension and maintains position. Resumes straight position without support of arms.</p>	<p>Athlete does not perform flexion to 45° and extension to 30° or compensates by kyphosis/ lordosis.or cannot resume straight position without support or compensations.</p>





Trunk test no.	Test description	Evaluation	Score: succeeds	Score: fails
4.	Athlete sitting on plinth, legs hanging over the edge of the plinth with the feet unsupported. Arms crossed in front in 90° shoulder flexion. Ask for maximum rotation to both sides. The classifier fixates both legs to the plinth at the proximal 1/3 of the thighs, close to the hips. The feet should be unsupported.	Observe from the front, back and lateral from the athlete,	Athlete stays in upright position in sagittal plane. Rotates 45° or more to both sides, measured in straight line between both shoulders and line between ASIS on both sides.	Athlete does not rotate or rotates less than 45°, or athlete cannot maintain upright position in sagittal plane while rotating (e.g. assumes kyphotic posture). Or athlete can perform test to one side, but not to the other.



Trunk test no.	Test description	Evaluation	Score: succeeds	Score: fails
5.	Athlete sitting on plinth, legs hanging over the edge of the plinth with the feet unsupported. Arms in horizontal (90°) abduction in the shoulders, maximum elbow flexion and hands on the back of the head. Ask for maximal lateral flexion to both sides and hold this maximum position for two seconds, before returning to the upright position. One classifier fixates both legs firmly to the plinth at the proximal 1/3 of the thighs, close to the hips to prevent the athlete from shifting weight to one leg. The feet should be unsupported. The athlete is not allowed to abduct the legs. The other classifier palpates the ASIS (anterior superior iliac spine).	Observe movement quality and range from front and back of athlete.	Athlete stays in upright position in sagittal plane and performs lateral flexion at least with suprasternal notch in vertical line above the ASIS to both sides. And can hold this position for two seconds before resuming the upright position.	Athlete cannot perform lateral flexion to the level where the suprasternal notch is in a vertical line above the ASIS. Or athlete cannot maintain straight position in sagittal plane while performing lateral flexion (e.g. kyphotic posture). Or performs lateral flexion without holding the position in the end range, but falls to the side. Or athlete can perform test to one side, but not to the other.



Trunk test no.	Test description	Evaluation	Score: succeeds	Score: fails
6	<p>Athlete lying on plinth.</p> <ul style="list-style-type: none"> • Test MMT hip abduction with athlete lying on side with the shoulder resting on the table. With the hip in full extension • Test hip flexion with athlete lying on back and the knee in 90° flexion. Support the lower legs if there is knee extensor weakness. • Test hip extension with athlete lying prone, with the trunk on the plinth and the hip joints on the edge of the plinth in 90° flexion. The athlete is allowed to hold himself to the plinth using the arms. The feet are allowed to touch the floor. The athlete extends the leg that is tested to maximum extension in the hip. The classifier supports the lower leg in full knee extension if there is weakness around the knee. <p>If there is severe spasticity in the hip adductors, limiting the range of hip abduction, repeat the test for hip abduction with the knee in 60° flexion, the hip remaining in neutral extension.</p>	<p>MMT grade 3 or more in hip abduction, flexion and extension? If leg length deficiency: estimate leg length: is there a minimum of 2/3 upper leg length? (If both legs are amputated the estimated full femur length is the same as the length from the point of the elbow to the tip of the middle finger.)</p>	<p>Strength in MMT grade 3 or more in at least two of the three tested muscle groups in both legs. If leg length deficiency: MMT grade 3 or more and at least 2/3 upper leg length bilaterally.</p>	<p>Strength in MMT grade 2 or less in at least two of the tested muscle groups in one of the legs. If leg length deficiency: less than 2/3 upper leg length in at least one of the legs, despite MMT, which might be 3 or more.</p>



Trunk test no.	Test description	Evaluation	Score: succeeds	Score: fails
7.	Athlete lying on back, flexes knees and hips to 90°. The classifier holds the lower legs to get into and maintain the hip and knee position. The classifier continues to hold the lower legs and asks athlete to move legs from one side to the other. The arms of the athlete are positioned in 90° abduction. The athlete has to keep his shoulder flat on the plinth and is not allowed to use his hands to push down or hold on to the plinth.	Observe quality of movement and amount of resistance.	Athlete moves both legs to one side to a minimum of 45°, and resumes position. The athlete performs the test to both sides, one side at a time.	Athlete is unable to perform test to both sides or cannot resume position. Or can only perform by using compensations (e.g. lifting arms from plinth to gain momentum).



Trunk test no.	Test description	Evaluation	Score: succeeds	Score: fails
8	Athlete sitting on plinth, unsupported. Ask to perform "bum shuffling". The feet should be unsupported.	Observe quality of movement lateral from athlete.	Athlete sits with upright posture. Moves the body forward with alternating elevation and forward movement of the pelvis on one side. At the same time the pelvis elevates and rotates the ipsilateral leg moves up to clear the plinth. The athlete can perform this on both sides.	Athlete cannot elevate pelvis in upright sitting position or cannot move one side of pelvis forwards. Or shuffles forwards, moving the leg forwards without clearing the plinth.

