

Belly Press Test

Name:

Date:

The Belly Press Test is a simple physical assessment tool used to evaluate the strength and endurance of the abdominal muscles. It is commonly used in the field of fitness, sports medicine, and physical therapy.

Instructions

1. Have the patient lie on their back on a flat surface, such as an exercise mat or padded table. Their knees should be bent and their feet flat on the ground.
2. Ask the patient to extend their arms straight above their head, with their palms facing up.
3. Explain to the patient that you will perform the Belly Press Test, assessing their abdominal strength and endurance.
4. Instruct the patient to contract their abdominal muscles and press the small of their back into the ground.
5. At the same time, ask the patient to press their hands into their thighs just above the knees.
6. Encourage the patient to maintain this position for as long as possible without lifting their shoulders or head off the ground.
7. Use a stopwatch or timer to record how much time the patient can maintain the position.
8. Note any signs of discomfort or pain during the test.
9. Repeat the test 2-3 times with short breaks to allow the patient to rest.
10. After completing the test, provide the patient with feedback on their performance and discuss any areas for improvement.

Reminders

- Assess the patient's medical history and any existing conditions or injuries that may affect their ability to perform the test safely. Modify or avoid the test if deemed inappropriate for the patient's health status.
- Consider using the Belly Press Test as part of a comprehensive assessment that includes other measures of core strength and function, and use the results in conjunction with other clinical findings to inform treatment planning or progress tracking.
- Always prioritize the safety and comfort of the patient during the assessment, and discontinue the test if the patient experiences pain or discomfort beyond a reasonable level.

Notes