

# Functional Assessments for Upper Extremity in Athletes

The Pros and Cons of the Most Popular Protocols

# What is a Functional Assessment

- Functional assessment measures an individual's level of function and ability to perform specific tasks on a safe and dependable basis over a defined period. A detailed assessment should include a pertinent clinical history; a neurologic and musculoskeletal evaluation, a physical effort determination, and a comprehensive evaluation of behaviors that might impact physical performance.

• Functional Assessments. Available at [http://www.whscc.nf.ca/healthcare/HC\\_FunctionalAssessment.whscc](http://www.whscc.nf.ca/healthcare/HC_FunctionalAssessment.whscc)

# Financial Disclosure

I have nothing to declare

# Functional Movement Assessments

- Seated Medicine Ball Throw
- Single Arm Seated Shot Put Test
- Timed push up test
- Modified pull up test
- Closed Kinetic Chain Upper Extremity Stability Test (CKCUEST)
- Upper Quarter Y Balance Test (YBT-UQ)
- Assessment of mechanics

## Seated Medicine Ball Throw



## Single Arm Seated Shot Put Test



## Timed push up test



## Modified Pull Up Test



# Closed Kinetic Chain Upper Extremity Stability Test (CKCUEST)

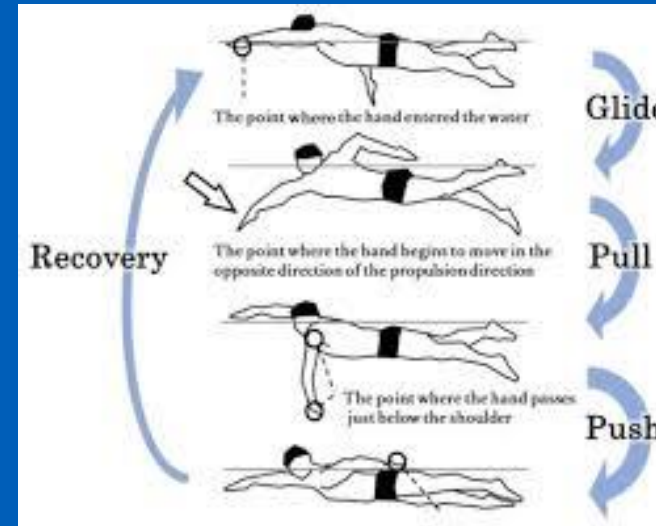
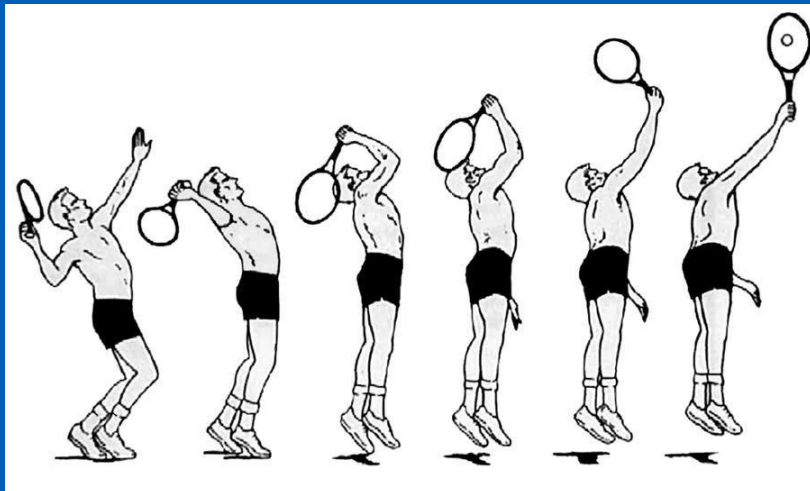
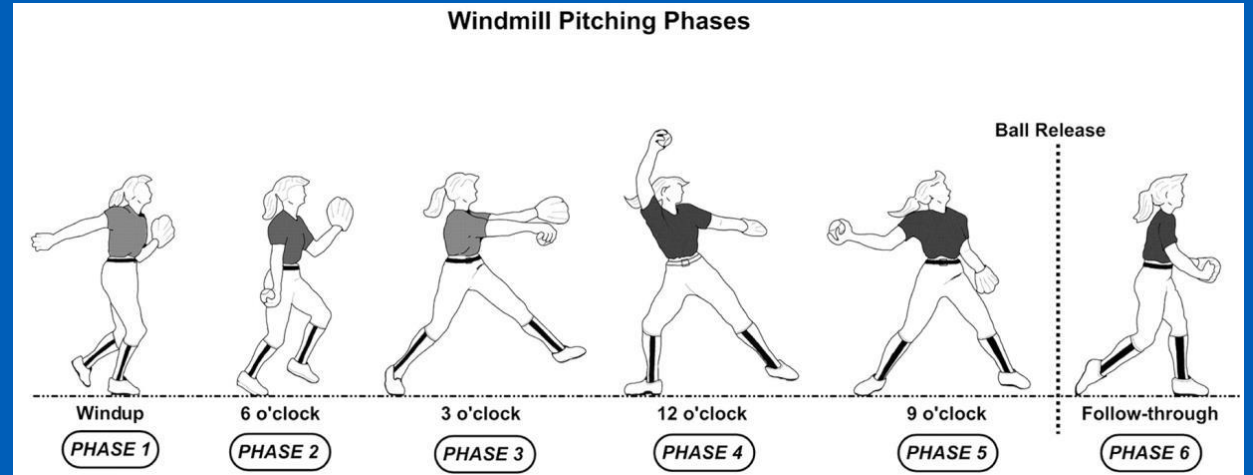
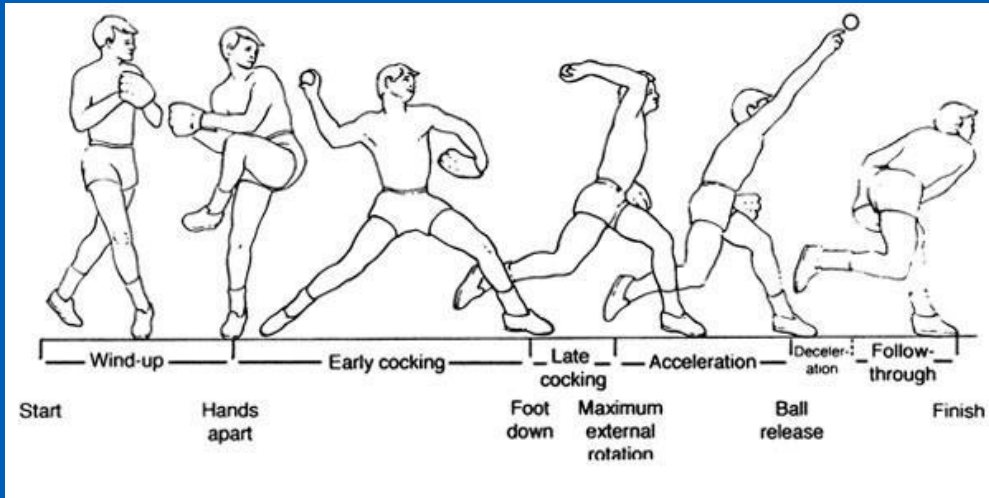


# Upper Quarter Y Balance Test (YBT-UQ)





# SPECIFIC MOVEMENT ASSESSMENTS



# THE MOVEMENT SYSTEM

Athlete Upper Quarter

Jared Vagy PT, DPT, OCS



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# THE MOVEMENT SYSTEM

Athlete Lower Quarter and Spine

Jared Vagy PT, DPT, OCS



## The Treatment Pyramid



Developed by Jared Vagy. Adapted from FMP by Clare Frank and Phil Page



Recorded Webinar: The Athlete Movement System: Lower Quarter  
*Jared Vagy PT, DPT, OCS, GSCS*

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