

# Y Balance Test



Average Composite Score			
Dominant		Non-dominant	
Men	Women	Men	Women
86.5	82.9	88.1	85.2

Westrick et al

Set up and materials	Cues	Scoring
<ul style="list-style-type: none"> <li><b>Y balance test kit</b></li> </ul>	<ul style="list-style-type: none"> <li>Maintain push up position no more than 12 inches apart</li> <li>3 practice trials</li> </ul> <p>Sequence:</p> <ol style="list-style-type: none"> <li>Medial reach</li> <li>Superior lateral</li> <li>Inferior lateral</li> </ol>	<ul style="list-style-type: none"> <li>Average of 3 trials</li> </ul> <p><u>Normalize for limb length</u></p> <p>Limb length (cm) = C7 – distal tip of R middle finger (arm at 90 Ab)</p> <p><u>Composite score:</u></p> <p>(sum of 3 reach directions)/(3 x limb length) x 100</p>

# CKCUES Test

Roush et al



Collegiate male baseball players = 30.41 touches

Set up and materials	Cues	Scoring
<ul style="list-style-type: none"> <li>• <b>2 pieces of white tape 1.5 cm wide</b></li> <li>• <b>Distance apart = 36 inches</b></li> </ul>	<ul style="list-style-type: none"> <li>• Start position is traditional push up position</li> <li>• Maintain position while touching with one hand the ground on their opposite side</li> </ul>	<ul style="list-style-type: none"> <li>• Three 15 second trials with 45 sec rest breaks</li> <li>• Average of three trials</li> </ul>

Tucci et al

Group	Males	Females
Sedentary	22-25	24-28
Active	24-27	27-31
SIS	10-11	12-13

# Unilateral Shot Put Test

Chmielewski et al

Set up and materials	Cues	Scoring
<ul style="list-style-type: none"><li>• <b>Tape measure</b></li><li>• <b>2.72 kg (6 lb ball) medicine ball</b></li></ul>	<ul style="list-style-type: none"><li>• Push the ball, do not throw it, keep head, scapula of non-throwing arm, and back on the wall</li><li>• Warm up 75% and 100%</li><li>• 20-30 sec rest between each throw</li></ul>	<ul style="list-style-type: none"><li>• 3 max efforts (dominant and non-dominant arm)</li><li>• Average of three scores</li></ul>



Group	cm
Men's football, baseball	542 – 598
Women's basketball, lacrosse, softball volleyball	296 - 365

# Ball Drop Test



Set up and materials	Test	Scoring
<ul style="list-style-type: none"><li>• <b>Treatment table</b></li><li>• <b>2-lb weight ball</b></li></ul>	<ul style="list-style-type: none"><li>• Prone position with the arm abducted at 90° with the elbow extended</li><li>• Using a 2-pound weighted ball</li><li>• 30 seconds counting the number of releases and catches and then compare involved to uninvolved side</li></ul>	<ul style="list-style-type: none"><li>• A satisfactory score is &gt; 110% on the dominant extremity *</li></ul>

Wilk et al (2020)

# Wall throws test at 90°/90°

Wilk et al (2020)

Set up and materials	Test	Scoring
<ul style="list-style-type: none"><li>• <b>2-lb plyo-ball</b></li><li>• <b>Wall</b></li></ul>	<ul style="list-style-type: none"><li>• Patient stands in a doorway and throws a 2 lb plyo-ball against the wall at 90 degrees of abduction for 30 sec</li><li>• The number of throws on both the dominant and nondominant shoulder are calculated</li></ul>	<ul style="list-style-type: none"><li>• Bilateral comparison should be 112% or greater on the dominant side *</li></ul>

