

# WORKPLACE WORKOUTS - ASSESSMENTS

You will need a stopwatch, measuring tape/ruler, masking tape and pen to complete these. Fill in the date and your score in the score sheet. It is strongly recommended to warm up your muscles before beginning the assessment (ex. brisk 5 minute walk, walking up and down the stairs for 5 minutes with arms moving back and forth).

## A. STORK BALANCE TEST

Get ready to test your static (non-moving) balance on the ball of your foot!

1. Remove your shoes and stand on a flat, non-slip surface.
2. Position your hands on your hips and your non-supported foot against the inside knee of your standing leg.  
*\*Variation: If you are having difficulty performing this test with your foot against your knee, raise your non-standing knee up towards your chest and hold.*
3. Raise you heel of your standing foot to balance on the ball of your foot. Begin timing as soon as your heel comes off the ground. Switch your standing leg and record the time for both legs.
4. Stop the time when:
  - Hands come off the hips
  - Non-standing foot loses contact with the knee
  - Heel of the standing foot touches the floor
  - Standing foot swivels, moves, or hops in any direction



Rating	Score (seconds)
Excellent	>50
Good	40-50
Average	25-39
Fair	10-24
Poor	<10

## B. STANDING TOE TOUCH

“Head and shoulders knees and toes...” Put that song to the test to measure the flexibility of your back and hamstrings!

1. Remove your shoes and stand on a flat, non-slip surface.  
*\*Variation: If you have lower back problems, it is strongly advised **not** to participate in this test and perform the **Seated Chair Toe Touch** instead (see below).*
2. Stand upright with your feet tight together, legs straight, and hands on your thighs (palms down).
3. Slowly and under control, start to bend forward at your waist, reaching down with your hands trying to touch your toes. Record under “notes” your rating and the distance measured from your fingertips to the floor.
4. The test stops when:
  - You can grab or touch your toes – you pass!
  - You cannot touch your toes
  - You bend your knees
  - You experience discomfort or pain in lower back – always stop the activity when you feel pain or discomfort.



### **Seated Chair Toe Touch**

Seated in a chair, with one leg extended, reach forward with both hands, bending from the waist trying to reach/touch your toes.

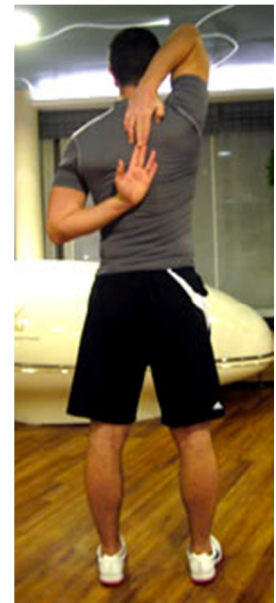
Rating	Score
Excellent	Grabbing toes
Good	Touching toes
Average	Touching top of foot
Fair	Touching top of ankle
Poor	Touching middle to lower shin

## C. SHOULDER REACH TEST

This test will examine the flexibility of your shoulders.

1. Stand upright with your feet shoulder width apart, knees slightly bent and your right arm in the air (as if you were asking a question).
2. Bend your right elbow with your right hand hanging behind your head, palm in between your shoulder blades.
3. Reach around your back with your left arm so that the palm is facing away from your back. Try to touch the fingers of your left hand with the fingers of your right hand. Record in “notes” your rating. Switch hands and record scores for both.
4. The test stops when:
  - You can touch your fingers together
  - You cannot touch your fingertips together
  - You experience pain or discomfort

Rating	Score
Excellent	Fingers are overlapping (+1 for every inch)
Good	Fingers are touching (0)
Fair	Fingers are not touching but are less than 2” apart (-1 for every inch)
Poor	Fingertips are greater than 2” apart (-1 for every inch)



## D. CHAIR DIP TEST

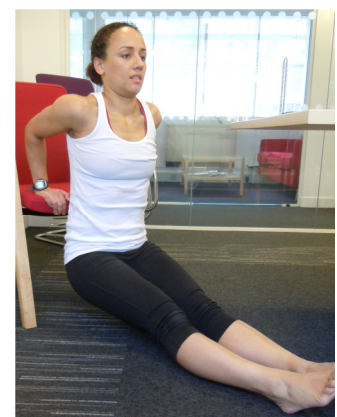
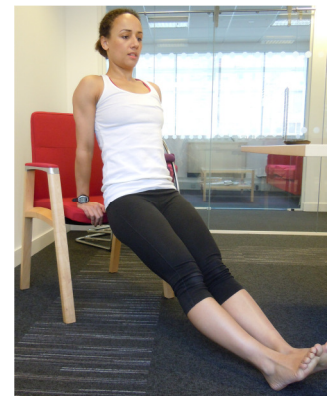
This test will examine your upper body strength useful for push-pull arm movements.

1. Sit upright on the end of a chair or bench on a non-slip surface. Bend your knees at 90°, feet hip-width apart, placed securely on the floor.  
*\*Variation: If you have shoulder, elbow, lower back or wrist problems, it is strongly advised **not** to participate in this test and perform the **Push Up Test** instead (see below).*
2. Grasp the edge of the chair with palms down and knuckles facing outward. Hands should be near your thighs, closer than shoulder-width apart.
3. Transfer your body weight off the chair by walking your feet out slowly and keeping your arms extended with a slight bend. Start the timer.
4. Bend your elbows as you lower your body towards the floor. Elbows should be no more than 90°.
5. Straighten your arms and raise your body back to step 3.
6. Do as many repetitions you can in 90 seconds.

### **Push Up Test**

Perform as many push ups (either on your knees or toes) as you can in 90 seconds. Remember to lower your chest to the ground, back straight and come back up to full extension with elbows bent.

Rating	Score (dips/reps)
Excellent	20+
Good	15-19
Average	0-14
Fair	8-10
Poor	1-9



## E. SQUAT LIFT TEST

This test measures the muscular endurance of your thighs, gluteus maximus, back, shoulders and arms. You will also need a full water bottle or small weight.

- Stand with feet slightly wider than shoulder-width apart and toes pointed out slightly. With both arms extended in front of you, hold the top of the water bottle placed in between your thighs.  
*\*Variation: If you have lower back, knee or hip problems, it is strongly advised **not** to participate in this test and perform the **Squat Lift Chair** instead (see below).*
- Lower your body down to a squat position, hinging at the hips, keeping knees behind your toes and hands in front of you.
- Touch the ground with the bottom of the water bottle while keeping your torso upright and chest up.
- Do as many squats as you can in one minute and record your total number of repetitions.
- The test stops when:
  - You bend too far forward from the waist to touch the water bottle to the ground
  - You cannot touch the bottom of the water bottle to the ground anymore
  - One hand comes off the water bottle
  - You experience pain or discomfort in lower back or knees



Rating	Score (squats/reps)
Excellent	25+
Good	20-24
Average	11-19
Poor	1-10

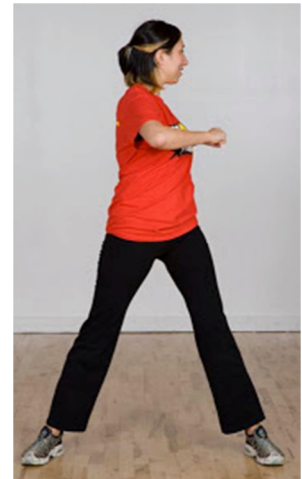
### **Squat Lift Chair Test**

Perform the same test without the water bottle. Instead, place a chair behind you and perform the test touching your buttocks lightly to the chair with each squat.

## F. STANDING TWIST

Twist and shout! Believe it or not, twisting will help you throughout your busy workday and prevent injury as you increase the flexibility and mobility of your upper and lower back and core.

- Stick a 20" inch masking tape vertically on a wall.
- Standing approximately an arm's distance from the wall with your body centered along the vertical line, facing away from the wall.
- Extend your arms and hands in front of you and raise them to shoulder level, parallel to the floor.
- Slowly twist your torso (keeping your arms in that position) reaching behind you as far as you safely and comfortably can. Try to touch the wall with your fingertips, keeping your feet facing forward throughout the entire test.  
*\*Note: Do not rotate beyond your ability or move too quickly!*
- Have someone mark where the fingertips of your right hand touch the wall. Measure the distance from the fingertips to the vertical line.
- Repeat the same test but with the left hand. Add the two scores together and divide by 2 to get your average score.
- The test stops when:
  - You use momentum to propel your body further
  - You turn your feet to the side
  - You experience pain or discomfort in your neck, lower back or knees



Rating	Score
Excellent	8" (20cm)
Very Good	6" (15cm)
Good	4" (10cm)
Average	2" (5cm)
Poor	0" (0cm)

## G. SINGLE LEG LUNGE

This will test your lower body muscular endurance and strength assisting you in many day-to-day activities.

1. Stand with your feet close together, hands at your side.
2. Balance on your right foot, bending your left knee back and raising your left foot off the ground behind you.
3. Lower your body down as much as you can, bending your right knee and keeping it behind your toes.
4. Once your left foot taps the ground (without straightening your leg), extend your right leg back up to step 2.
5. Do as many lunges as you can in 30 seconds. If your foot does not touch the ground, it does not count as a repetition. Switch legs and record both legs in the chart.
6. The test stops when:
  - You straighten your non-standing leg
  - Your experience pain or discomfort in your knees, hips or back



Rating	Score
Excellent	25+
Good	20-24
Average	11-19
Poor	<11

## SCORE SHEET.

Test	Date	Score	Notes
<b>A. Stork Balance Test</b>			
Pre-Assessment Date			
Post-Assessment Date			
<b>B. Standing Toe Touch</b>			
Pre-Assessment Date			
Post-Assessment Date			
<b>C. Shoulder Reach Test</b>			
Pre-Assessment Date			
Post-Assessment Date			
<b>D. Chair Dip Test</b>			
Pre-Assessment Date			
Post-Assessment Date			
<b>E. Squat Lift Test</b>			
Pre-Assessment Date			
Post-Assessment Date			
<b>F. Standing Twist</b>			
Pre-Assessment Date			
Post-Assessment Date			
<b>G. Single Leg Lunge Test</b>			
Pre-Assessment Date			
Post-Assessment Date			

Source: [www.welcoa.org](http://www.welcoa.org)