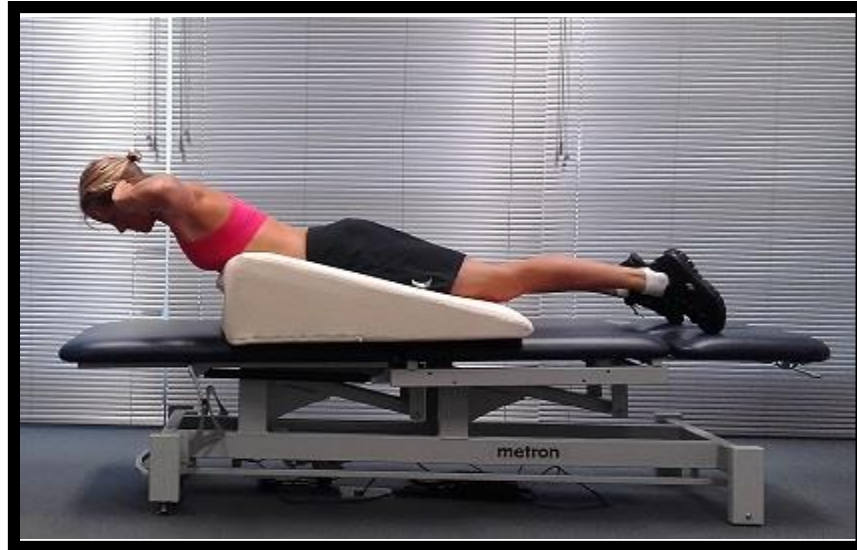


# Back Strength Testing



<b>Name of Test</b>	Prone Isometric Chest Raise Test
<b>Purpose of Test</b>	To assess upper back extensor muscle strength/endurance
<b>Instructions for Test</b>	<p>Lay of Stomach on a small foam wedge cushion</p> <p>Hands placed at the sides of your temples</p> <p>Lift chest, arms and head clear of the bed. Timer starts</p> <p>Hold this position for as long as possible.</p> <p>As soon as you drop down from this position or cannot continue the timer will stop and the test ends.</p>