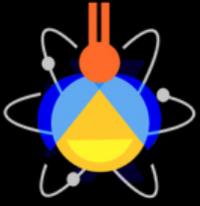


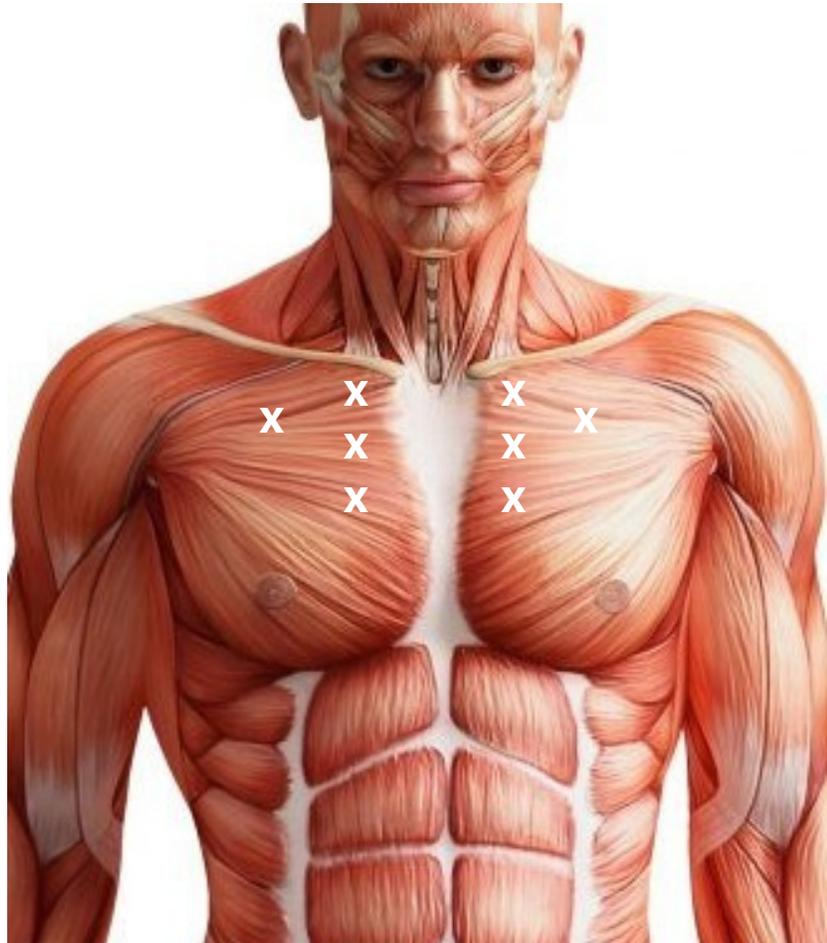
NeuPTTECH

NEUFIT TESTS & ACTIVATIONS





NECK FLEXORS

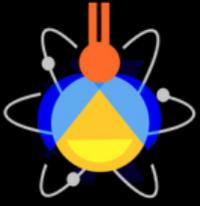


Test:

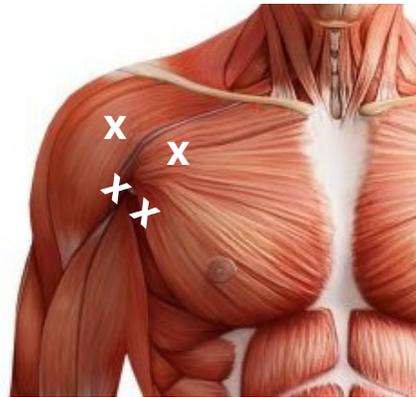
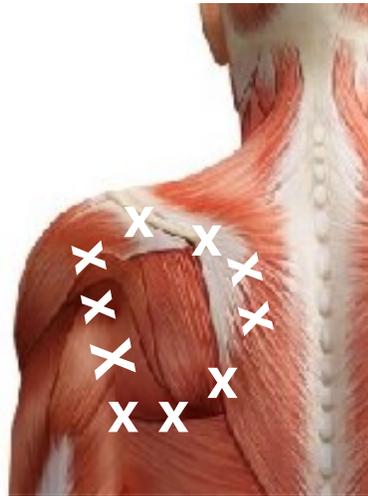
- (1) Have patient lie supine
- (2) Have patient flex and tuck chin
- (3) If patient can't hold against your resistance, use activation.

Activation #1: Press along sternum and upper 3-4 ribs bilaterally

Activation #2: Along cervical and thoracic posterior musculature



ROTATOR CUFF & DELTOID



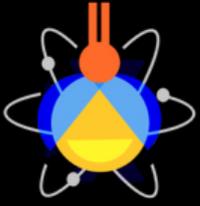
Test:

- (1) Check patients internal and external rotation
- (2) If weak, use activation techniques below

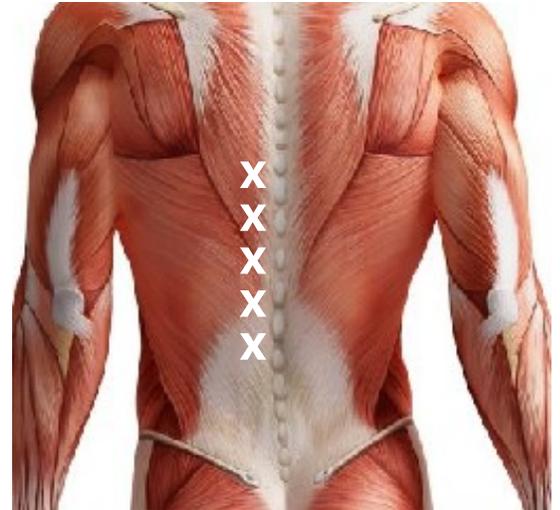
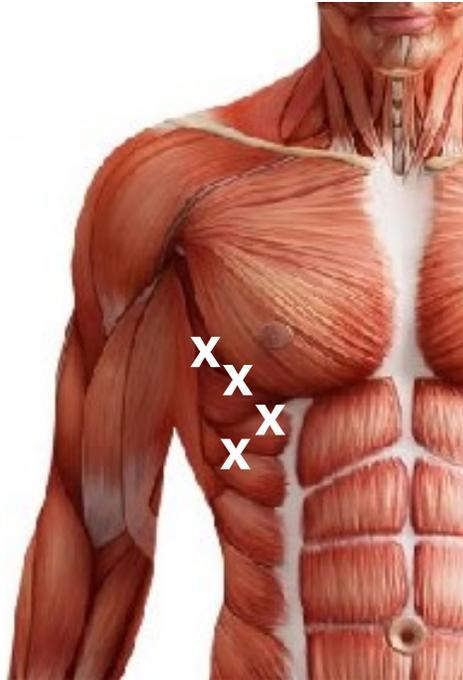
Activation #1: Press along border of scapula

Activation #2: Press along posterior Cervical region

Activation #3: Press along the region surrounding the coracoid process



LATS

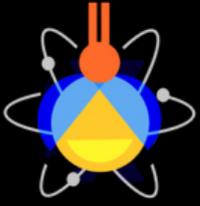


Test:

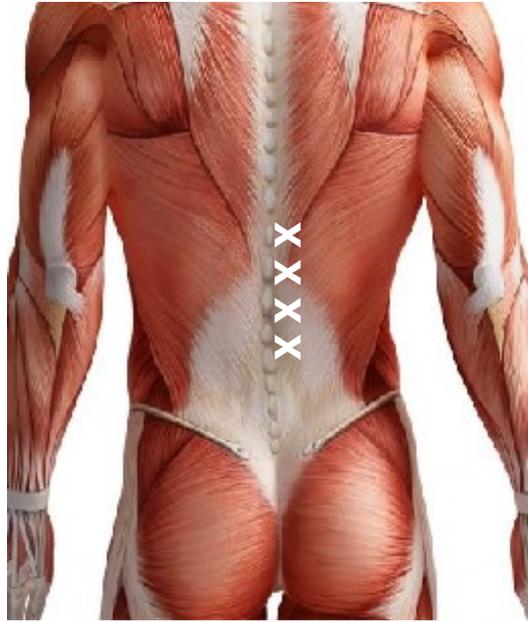
- (1) Place patient arm in internal rotation and adduction
- (2) Pull patient arm into abduction as they resist
- (3) if weak use activation points

Activation #1: Press along serratus anterior

Activation #2: Press along transverse processes of T7-T12



ABDOMINALS

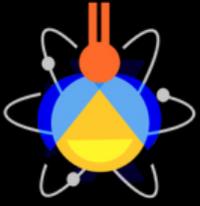


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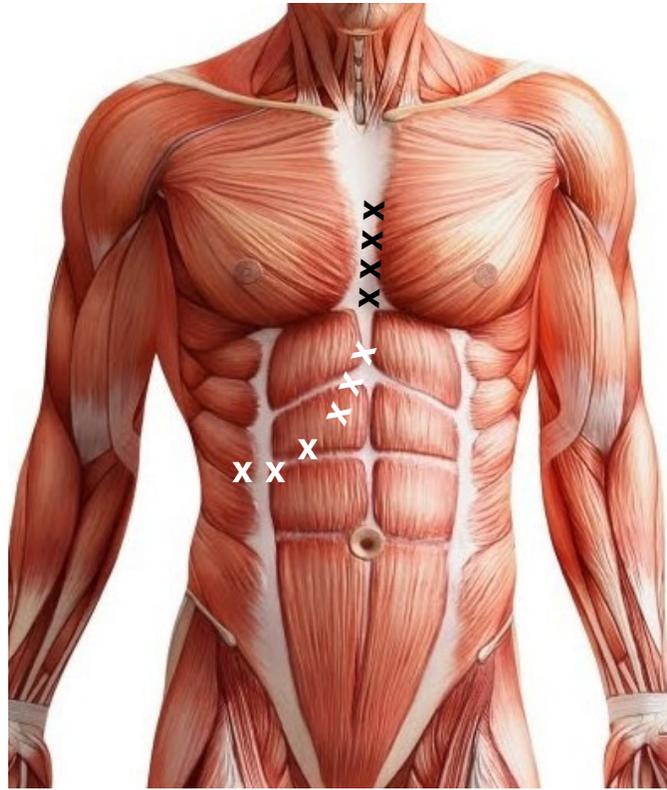
- (1) Start with patients knees bent and arms crossed
- (2) Place forearm over thighs to block
- (3) have patient do a sit up
- (4) press against crossed arms
- (5) if patient falls back abs are weak

Activation: (1) Have patient lie prone (2) wedge fingers under erector spinae bilaterally (3) work up and down thoracic and lumbar vertebrae

Activation #2: (1) Inform patient you will be palpating pubic symphysis (2) press along insertion of rectus abdominis at pubic symphysis



DIAPHRAGM



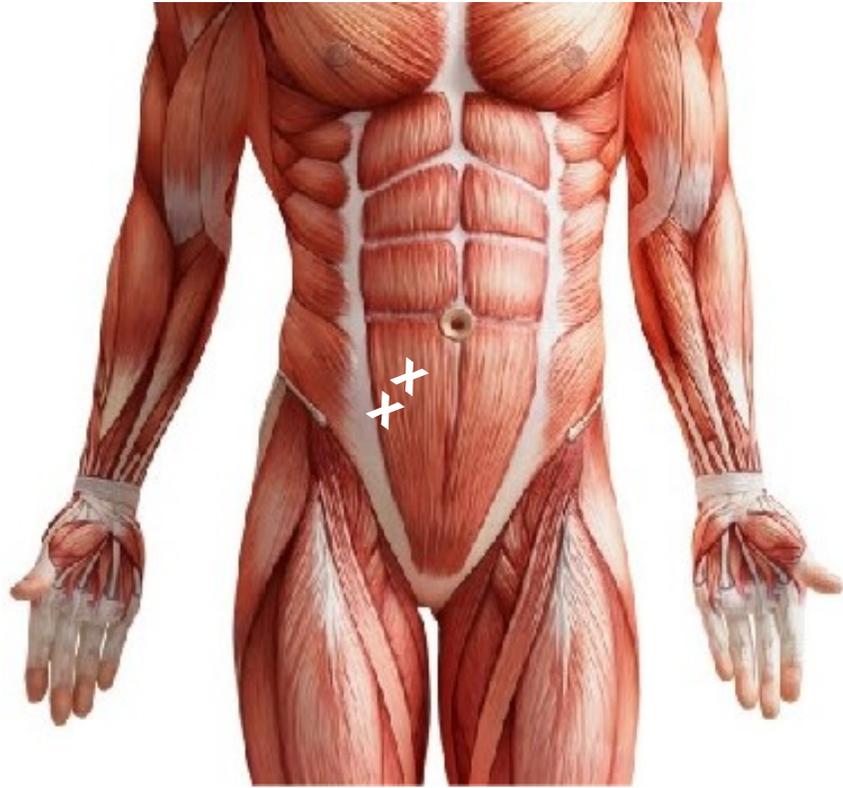
Test:

- (1) Check length of Hamstrings by straight leg raise test
- (2) If 90 degrees is unattainable, press down on diaphragm and psoas (Lower lateral quadrant of the thorax) with the palm of your hand.

Activation: Press along the base of the ribcage and up the sternum (as pictured)



PSOAS



Test:

- (1) Pull leg into external rotation and abduction
- (2) Point toes and extend knee
- (3) Place hands on leg and opposite hip
- (4) Apply equal force as patient contracts psoas.

Activation: (1) Find the middle between the belly button and the ASIS (2) press firmly with palm of hand (3) pinpoint location by pressing with thumb



QUADS



Test:

Rectus Femoris:

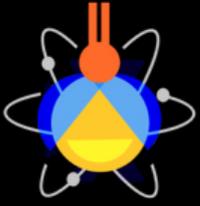
- (1) Flex hip to 45 degrees and extend knee
- (2) press tibia towards mat table while patient resists

Vastei:

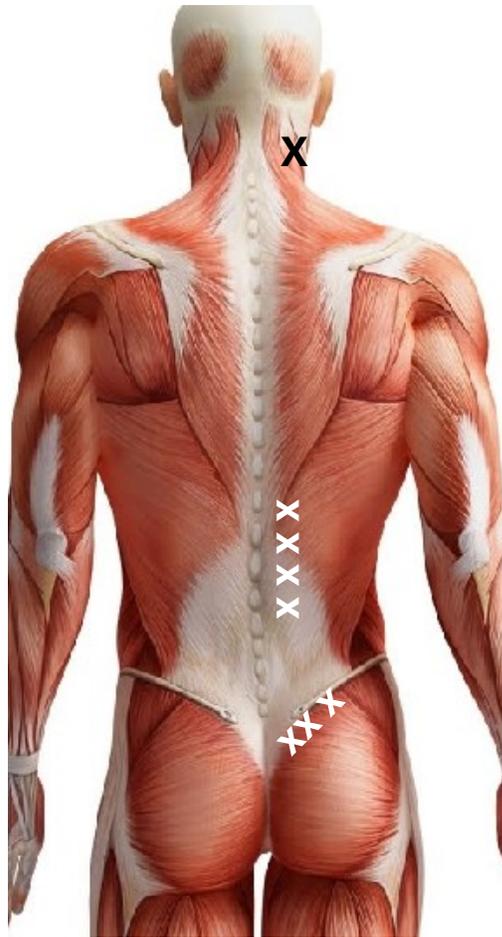
- (1) Flex hip to 75 degrees and bent knee to 110 degrees
- (2) press tibia towards mat table while patient resists

Activation #1: (1) Find the point between the bottom of the rib cage and the top of the iliac crest (2) press firmly at location to activate.

Activation #2: dig along and underneath the muscle belly of the VMO



GLUTE MAX

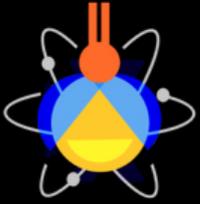


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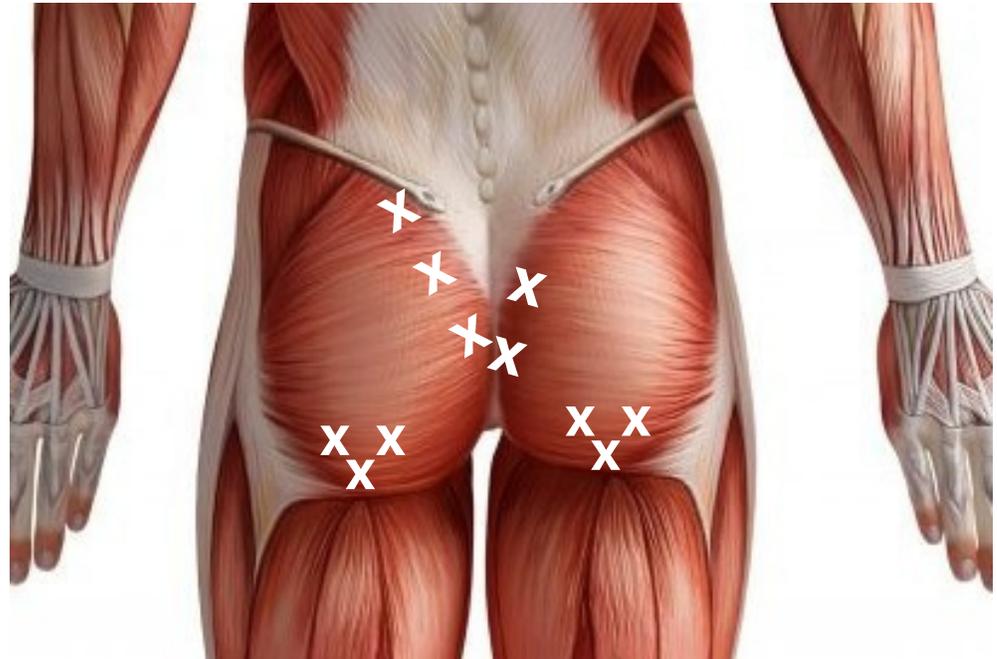
- (1) Place patient in prone
- (2) Have patient flex to 90 degrees to minimize use of hamstrings
- (3) Have patient extend hip
- (4) Press against hamstrings and opposite scapula to test glute max strength

Activation #1 and #2: Press fingers along the SCM origin and down the (B) erector spinae.

Activation #3: The ridge of the glute max from PSIS to sacrum



HAMSTRINGS



Test:

- (1) Patient lies prone with ankle plantar flexed. Pull downward to try to break hamstring curl.

Activation #1: Work along edge of sacroiliac joint.

Activation #2: Ischial tuberosity and origin of hamstrings



LOWER LEG



Test:

- (1) Test patients dorsiflexion

Activation #1: Press and knead along the inguinal ligament.

Activation #2: Press and knead along the fibular head down the shaft of the fibula.