

## ICF PARACANOE FUNCTIONAL ASSESSMENT CHART FOR THE UPPER LIMBS (To be used for Va'a only)

Athlete ID Number

Federation

REMINDER: Only the Muscle Strength scores (shaded in orange) will be used for the ICF Classification System. If an athlete scores 2 for Muscle Strength they will automatically score 2 for ROM. Passive ROM is only tested if the athlete scores 0 or 1 on strength.

| Functional Assessment     | Muscle Strength through sports specific ROM (0 – 2 Scale) |      | Passive ROM (0 – 2 Scale) |      |
|---------------------------|---|------|---------------------------|------|
|                           | RIGHT   | LEFT | RIGHT                     | LEFT |
| <b>UPPER LIMBS</b>        |   |      |                           |      |
| <b>SHOULDER</b>           |   |      |                           |      |
| Flexion 0° - 115°         |   |      |                           |      |
| Extension 0° - 40°        |   |      |                           |      |
| Abduction 0° - 60°        |   |      |                           |      |
| External Rot'n 0° - 60°   |   |      |                           |      |
| Internal Rot'n 0° - 70°   |   |      |                           |      |
| <b>ELBOW</b>              |   |      |                           |      |
| Flexion 15° - 130°        |   |      |                           |      |
| Extension 130° - 15°      |   |      |                           |      |
| <b>WRIST</b>              |   |      |                           |      |
| Flexion 0° - 20°          |   |      |                           |      |
| Extension 0° - 40°        |   |      |                           |      |
| Radial Deviation 0° - 15° |   |      |                           |      |
| Ulna Deviation 0° - 30°   |   |      |                           |      |
| Grip Strength             |   |      |                           |      |
| <b>TOTAL UPPER LIMB</b>   | /24   | /24  | /22                       | /22  |
| <b>DIFFERENTIAL (-)</b>   |   |      |                           |      |

|                                 |     |
|---------------------------------|-----|
| Total number of points scored = | /48 |
|---------------------------------|-----|

|  |     |    |
|--|-----|----|
| Does athlete meet minimal eligibility criteria?<br>(loss of 2 points on one limb, or 1 point on each)<br>If NO athlete is classed as Not Eligible (NE) | YES | NO |
|--|-----|----|

|   |                                   |                                    |                                    |
|---|-----------------------------------|------------------------------------|------------------------------------|
| Which cluster does this score fit into?<br><br>(tick one box) | <b>Cluster 1</b><br>(0-10 points) | <b>Cluster 2</b><br>(11-14 points) | <b>Cluster 3</b><br>(15-22 points) |
|---|-----------------------------------|------------------------------------|------------------------------------|

# Test guidelines

| Grip strength |               |              |
|---------------|---------------|--------------|
| Points        | Men           | Women        |
| 2             | 28kg or more  | 17kg or more |
| 1             | 14.1 - 27.9kg | 9.1 - 16.9kg |
| 0             | 14kg or less  | 9kg or less  |

NOTES on Grip Strength: where athlete has one affected limb, grip strength is tested for both. If grip strength is <50% the unaffected side they score 2. If less than 25% they score 0.

Where athlete has 2 affected upper limbs use the "Upper Limb Grip Strength Table" to determine score.

Dynamometer should be adjusted to the size of the athletes' hand. Base of dynamometer should rest on the heel of the palm, and the handle should rest on the middle of the fingers. The elbow should be tucked in to the side in 90° of flexion, with the forearm in neutral pronation/supination. The athlete has 3 attempts at squeezing the dynamometer for 3 seconds, with a 15 second recovery period between each attempt. The best of the 3 attempts is recorded.

Va'a paddlers with upper limb impairment will also be required to go through the Trunk Function testing and On Water observations. These scores will be used in further research for Paracanoe Classification. However, it will not be necessary to add the upper limb score to the Trunk or On water clusters.