

Back Health Assessment

Back pain is almost experienced or easily developed in every single person and is important to assess, rehabilitate or strengthen for proper support. When assessing back health it is important to understand proper posture.. Along with abdominals, hamstrings and the back help to support all the vital organs and are essential for balance, posture and flexibility, and protection. Flexibility is important to maintain mobile and be able to complete every day tasks. Low flexibility in the back or core area causes stress on the spine and excess damage. To test flexibility, a seat and reach test is administered. The client sits on the ground and reaches as far forward as possible testing the hamstring and lower back flexibility. Muscle endurance defines how long the muscle can do its job without fatigue. Weak endurance of back muscles can cause low back pain and hip misalignments. Abdominal endurance is measuring the endurance capabilities of all the external and internal abdominal muscles. Clients lay on a mat with hands flat at their side, a sit up movement is performed where the hands slide forward approximately 10cm. Back pain can be generated from all sorts of activities, injuries or deficiencies. One element is waist circumference; width of the waist is a dictator of back pain due to excess weight bearing and stress on vertebral discs. There are many ways to test and prevent back injuries. A simple way is to increase physical activity and meet the required needs for healthy individuals. The higher the physical activity, the lower incidence of back pain problems. Once all measurements and test are run, using the CPAFLA protocol, a score of needs improvement to excellent is given.