

# Neck Flexor Endurance Test

## Patient information

Name:

Date of birth:

Date of assessment:

Medical record number:

## Preparation and equipment

- Ensure the patient is seated comfortably with proper back support.
- Use a chair without armrests to allow freedom of movement.
- Prepare a stopwatch or timer to measure test duration.
- Explain the purpose of the test and demonstrate the chin tuck technique.
- Instruct the patient to sit up straight, shoulders relaxed, and feet flat on the floor.

## Test execution

1. Ask the patient to lift their head/neck up approximately 1 inch from the surface. (You should be able to fit two fingers behind the back of their skull and the surface.)
2. Tell them to hold this position with the optimal form as long as they can.
3. The test time ends when the patient can no longer maintain optimal form. Either they lose their head/neck position, or their head/neck drops down towards the surface.
4. Ask the patient to perform the test twice with a 3-minute rest between each trial.

## Test results

Duration of chin tuck:

Observations:

## Interpretation:

**Recommendations:**

Healthcare professional's name:

Date:

Signature: