Abstract

Objectives

To adapt the trunk stability test to facilitate the further sub-classification of higher levels of core stability in athletes for use as a screening tool. To establish the inter-tester and intra-tester reliability of this adapted core stability test.

Design

Reliability study;

Setting

Collegiate athletic therapy facilities.

Participants

Fifteen physically active male subjects (19.46±0.63) free from any orthopaedic or neurological disorders were recruited from a convenience sample of collegiate students.

Main Outcome Measures

The intraclass correlation coefficients (ICC) and 95% Confidence Intervals (CI) were computed to establish inter-tester and intra-tester reliability.

Results

Excellent ICC values were observed in the adapted core stability test for inter-tester reliability (0.97) and good to excellent intra-tester reliability (0.73-0.90). While the 95% CI were narrow for inter-tester reliability, Tester A and C 95% CI's were widely distributed compared to Tester B.

Conclusions

The adapted core stability test developed in this study is a quick and simple field based test to administer that can further subdivide athletes with high levels of core stability. The test demonstrated high inter-tester and intra-tester reliability.

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Keywords

Inter-tester reliability; intra-tester reliability; pre-participation screening; trunk stability push up test

Highlights

- The adapted core stability test is a quick and simple field based screening test.
- The test aims to further subdivide athletes with high levels of core stability.
- Excellent inter-tester reliability with a high ICC and narrow 95% CI was noted.
- Good to excellent intra-tester reliability with a wide 95% CI was found.
- Further familiarisation sessions prior to testing may be required.