

Isoinertial Lift Evaluation Form Occasional Lift Test

Client Name: _____ Evaluation Date : _____ Age: _____

Heart Rate: _____ bpm Numeric Pain Rating: _____ /10 Blood Pressure: _____ / _____

Maximum Safe Heart Rate: 220 minus _____ x 0.85 = _____ bpm
age

Maximum Safe Weight: _____ x 0.6 = _____ lbs
body weight

Test	Max Weight	Acceptable Weight	Pain	Reason Stopped	Percentile
Floor - Knuckle			/10		%
12" - Knuckle			/10		%
Knuckle - Shoulder			/10		%
Shoulder-Overhead			/10		%

Post Test Data

Body

Mechanics: _____

Heart Rate: _____ Numeric Pain Rating: _____ /10 Blood Pressure: _____ / _____

Evaluator: _____

Isoinertial Material Handling Evaluation Form

Client Name: _____ Evaluation Date : _____ Age: _____

Heart Rate: _____ bpm Numeric Pain Rating: _____ /10 Blood Pressure: _____ / _____

Maximum Safe Heart Rate: 220 minus _____ x 0.85 = _____ bpm
age

Maximum Safe Weight: _____ x 0.6 = _____ lbs
body weight

TEST	MAX WEIGHT	ACCEPTABLE WEIGHT	PAIN	REASON STOPPED	PERCENTILE
Carry 30'			/10		%
Push 30'			/10		%
Pull 30'			/10		%

Post Test Data

Body Mechanics: _____

Heart Rate: _____ Numeric Pain Rating: _____ /10 Blood Pressure: _____ / _____

Evaluator: _____

Cervical PILE for Women – Worksheet

Name: _____ Date: _____

Height: _____ Weight: _____ Ideal Weight: _____ Adjusted Weight: _____

Beginning Heart Rate = _____

Aerobic End Point = $220 - \text{_____ (age)} \times 85\% = \text{_____}$

Safety End Point = (Body Weight) _____ x .6 _____

Heart Rate	Completed (X)	Weight Lifted	Cumulative Force	Time	Comments
		8#	8#	20	
		13#	21#	40	
		18#	39#	60	
		23#	62#	80	
		28#	90#	100	
		33#	123#	120	
		38#	161#	140	
		43#	204#	160	
		48#	252#	180	
		53#	305#	200	

Adjusted Weight = _____ pounds

Cumulative Force (cf) = _____ pounds

Distance = 16 feet

Cervical Total Work = _____ (cf) pounds x 16 feet

Cervical Total Work = _____ foot pounds

Cervical Total Work / Adjusted Weight = _____

Normative Value for Females = 14.6

Total Power = _____ pounds per foot/second

Cervical PILE for Men – Worksheet

Name: _____ Date: _____

Height: _____ Weight: _____ Ideal Weight: _____ Adjusted Weight: _____

Beginning Heart Rate = _____ Aerobic End Point = $220 - \text{_____ (age)} \times 85\% = \text{_____}$

Safety End Point = (Body Weight) _____ x .6 _____

Heart Rate	Completed (X)	Weight Lifted	Cumulative Force	Time	Comments
		13#	13#	20	
		23#	36#	40	
		33#	69#	60	
		43#	112#	80	
		53#	165#	100	
		63#	228#	120	
		73#	301#	140	
		83#	384#	160	
		93#	477#	180	
		103#	580#	200	

Adjusted Weight = _____ pounds

Adjusted Weight = _____ pounds

Cumulative Force (cf) = 16 feet

Distance = _____ (cf) pounds x 16 feet

Cervical Total Work = _____ foot pounds

Cervical Total Work = _____

Cervical Total Work / Adjusted Weight = _____

Normative Value for Males = 24.6

Total Power = _____ pounds per foot / seconds

Lumbar PILE for Women – Worksheet

Name: _____ Date: _____

Height: _____ Weight: _____ Ideal Weight : _____ Adjusted Weight : _____

Beginning Heart Rate = _____

Aerobic End Point = $220 - \text{_____ (age)} \times 85\% = \text{_____}$

Safety End Point = (Body Weight) _____ x .6 _____

Heart Rate	Completed (X)	Weight Lifted	Cumulative Force	Time	Comments
		8#	8#	20	
		13#	21#	40	
		18#	39#	60	
		23#	62#	80	
		28#	90#	100	
		33#	123#	120	
		38#	161#	140	
		43#	204#	160	
		48#	252#	180	
		53#	305#	200	

Adjusted Weight = _____ pounds

Cumulative Force (cf) = _____ pounds

Distance = 20 feet

Lumbar Total Work = _____ (cf) pounds x 20 feet

Lumbar Total Work = _____ foot pounds

Lumbar Total Work / Adjusted Weight = _____

Normative Value for Females = 34.1

Total Power = _____ pounds per foot/second

Lumbar PILE for Men – Worksheet

Name: _____ Date: _____

Height: _____ Weight: _____ Ideal Weight : _____ Adjusted Weight : _____

Beginning Heart Rate = _____

Aerobic End Point = 220 - _____ (age) x 85 % = _____

Safety End Point = (Body Weight) _____ x .6 _____

Heart Rate	Completed (X)	Weight Lifted	Cumulative Force	Time	Comments
		13#	13#	20	
		23#	36#	40	
		33#	69#	60	
		43#	112#	80	
		53#	165#	100	
		63#	228#	120	
		73#	301#	140	
		83#	384#	160	
		93#	477#	180	
		103#	580#	200	

Adjusted Weight = _____ pounds

Cumulative Force (cf) = _____ pounds

Distance = 20 feet

Lumbar Total Work = _____ (cf) pounds x 20 feet

Lumbar Total Work = _____ foot pounds

Lumbar Total Work / Adjusted Weight = _____

Normative Value for Males = 45.6

Total Power = _____ pounds per foot/second