Standing Row

Objective: To assess movement efficiency and potential muscle imbalances during pulling movements

Equipment:
- Selectorized cable machine with handle attachments or resistance band with handles

Instructions:
- Briefly discuss the protocol so the client understands what is required.
- A light resistance appropriate for the client should be selected.
- Ask the client to stand with feet shoulder-width apart and knees slightly bent.
- Position the anchor point at a height that aligns with the client’s xyphoid process.
- Instruct the client to grab the handles.
- Instruct the client to pull the bar or handle toward his or her pectoral muscles/torso while keeping the chest forward and back straight. The client should briefly pause and then return to the starting position.
- Ask the client to perform several repetitions slowly and with control.
- It is important to remember not to cue the client to use good technique, but instead observe his or her natural movement.

Observations:
- Observe for shoulder elevation or head migrating forward.
- Observe for lumbar hyperextension in the pull position.

General interpretations:
- Identify the origin(s) of movement limitation or compensation.
- Evaluate the impact on the entire kinetic chain.