



Sahrmann Core Stability Test

Level 0	Unable to achieve level 1 position
Level 1	Begin in supine, hook-lying position while abdominal hollowing. Slowly raise 1 leg to 100 deg of hip flexion with comfortable knee flexion. Bring opposite leg to same position.
Level 2	From hip flexed position, slowly lower 1 leg until heel contacts surface. Slide heel out to fully extend the knee. Return to starting flexed position.
Level 3	From hip flexed position, slowly lower 1 leg until heel is 12 cm above surface. Slide heel out to fully extend the knee. Return to starting flexed position.
Level 4	From hip flexed position, slowly lower both legs until heel contacts surface. Slide heel out to fully extend knees. Return to starting flexed position.
Level 5	From hip flexed position, slowly lower both legs until heels are 12 cm above surface. Slide heel out to fully extend knees. Return to starting flexed position.

*Must maintain Functional Neutral Position (abdominal hollowing / pelvic neutral) to progress to next level. This is most accurately done with use of a blood pressure cuff but can also be accomplished with therapist hand placement or use of exercise band for feedback.

*Functional Neutral Position: Activate TA by drawing naval down toward spine. Complete APT / PPT to end range. Functional Neutral Position is half-way between these end ranges.