

## Seated Medicine Ball Throw Test (SMBTT) Assessment

### Preparation/Ready Position

Note: General instructions are taken from the article titled “The Seated Medicine Ball Throw Test for Older Adults,” published in the American College of Sports & Medicine’s (ACSM) Health & Fitness Journal. If you would like to see the full instructions listed, go to [journals.lww.com/cms-healthfitness/fulltext/2023/11000/the\\_seated\\_medicine\\_ball\\_throw\\_test\\_for\\_older.9.aspx](https://journals.lww.com/cms-healthfitness/fulltext/2023/11000/the_seated_medicine_ball_throw_test_for_older.9.aspx)



**Seated Medicine Ball Throw Test (SMBTT) Starting Position:** Jane Collison demonstrates the starting position of the SMBTT.

- Ensuring proper alignment in the starting position is essential for performing the SMBTT correctly and safely. Clients should sit upright with their feet flat on the floor and that their backs against the chair. Additionally, the chair should be positioned against the wall for stability.

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- To conduct the test, place a tape measure on the ground at the front of the subject's chair, extending it to a distance of 10 feet. Ensure that the client's head, neck, shoulders, and hips are aligned vertically throughout the test. Have them hold the medicine ball with their hands positioned equally apart, and their elbows flexed at approximately 90 degrees, similar to a basketball chest-pass posture.
- It is important to account for arm length differences. Before starting the test, instruct clients to hold the ball with their elbows fully extended, ensuring their backs remain in contact with the chair or wall. They should then gently drop the ball onto the floor. Mark the spot on the floor where the ball lands as the starting point. When the client throws the ball, the back side of the ball will be used as the reference point for measuring the throwing distance during the SMBTT. Place a piece of tape at the location where the ball lands to help you measure the distance accurately.
- Provide the client with a warm-up trial if they would like to practice. Then, offer three attempts, using the longest throw as the best one (Ronai et al. 33).