

127 PRUEBA DE PUENTE O TEST DE FLOP

Tiene como objetivo medir la capacidad de extensión dorsal y lumbar del tronco. Inicialmente, el ejecutante se colocará en posición de decúbito supino sobre el suelo. Flexionará las piernas hasta colocar los talones lo más cerca posible de los glúteos y apoyará las manos junto a la cabeza, lo más cerca posible de los hombros.

A la señal del examinador, el ejecutante realizará una extensión de tronco, elevando el mismo hacia arriba, intentando arquearse lo máximo posible, acortando a su vez la distancia de separación entre pies y manos.



Se medirá distancia entre el pulpejo de las manos y los talones de los pies. Para obtener la valoración de la prueba, se ha de medir previamente la altura de pie, con los brazos alzados y medida desde el suelo hasta de los pulpejos de las manos.

Con las dos medidas anteriores se obtendrá el índice siguiente, atendiendo a la fórmula:

$$\text{Índice de valoración del puente} = \frac{\text{Distancia de prueba} \times 100}{\text{Distancia de pie}}$$

Moras (1992) afirma en sus pruebas de análisis crítico sobre los actuales tests de flexibilidad que la prueba de puente presenta unos resultados íntimamente relacionados con la longitud de las piernas y brazos

del sujeto. En este sentido, su valoración se debe realizar sólo como comparación tras un período de tiempo con el mismo ejecutante y de ningún modo con los alumnos con diferentes medidas antropométricas.

El material necesario para realizar la prueba es una colchoneta y cinta métrica.

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Chandresh Agrawal, nandini books

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