DOI: 10.7860/JCDR/2025/80478.21684

Role of Bunkie's Test Over Kinetic Chain: A Literature Review

Gargi Bisht, MPT Student, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.
Nitin Kumar Indora, Assistant Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Dr. Nitin Kumar Indora,

Assistant Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana- Ambala, Haryana, India.

E-mail: nitin.kumar@mmumullana.org

ABSTRACT

The kinetic chain refers to the activation of the body segment, which transfers mechanical energy to support the movement. If there is any defect, then it affects the transfer of energy, physical performance, and force to the body segment. The kinetic chain is assessed by the Bunkie's test, which is used to evaluate the core muscular endurance, strength, and fascial lines with 5 different plank positions (bilaterally a total of 10 tests) and hold for 40 sec. For the maintenance of posture and mobility, fascia is an important component. This study aims to find out the role of Bunkie's test over the kinetic chain, which is used to evaluate the strength, endurance, and stability of the core. It is also used to evaluate the fascial dysfunction and imbalances. The research is conducted by using Google Scholar, PubMed, DOAJ, and Cochrane, including articles from 2000-2024. A total of 8 articles were relevant to my selection criteria, and they were thoroughly reviewed. The sensitivity of Bunkie's test is 0.89, (95%) and the specificity is 0.52. Every research study supports that the Bunkie's test is used to test the kinetic chain and fascial dysfunction. Therefore, Coaches and trainers used the Bunkie's test for fascial dysfunction, and there is no difference between the hold position times per gender. The test can improve the dynamic balance.

Keywords: Dynamic balance, Fascia, Fascial dysfunction