

FLEXIBILITY TESTING – CALF



Purpose

This test is done to measure the client's calf flexibility.

Procedure

1. The client should start by placing their hands on a wall with their weight in one foot.
2. Have them stand as far away from the wall while bending the knee enough to reach the wall.
3. The leg being tested should have the foot flat on the ground at all times.
4. Test the other leg as well.

Equipment

- A wall
- A tape measure

Results

Because of leg length discrepancy, there are no charts to compare a person's results to. Measure the distance from toe to wall and record. Records can be compared to indicate improvements in flexibility when re-testing.