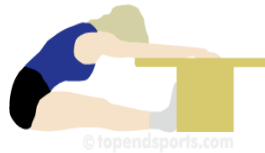


FLEXIBILITY TEST – SIT AND REACH



Purpose

This test is designed to test the flexibility of the lower back and hamstring muscles. This test can be modified for elders with the use of a chair and having them raise one leg and reach towards it.

Procedure

1. This test is best completed after a substantial amount of warm up is completed in order to ensure the best results as well as being a safety precaution. When a warm up is involved it is critical that the same warm up is completed each time the test is conducted.
2. To begin this test, have the client sit on the floor with both feet straight out against a box for them to press their feet against.
3. Make sure their feet are bare, both knees are pressed down to the floor, and their palms are facing downward.
4. Have them reach as far as they can towards their toes, or if they are really flexible, over the box.
5. With a ruler, or some sort, record the length of which the client can reach measuring from their toes to their finger tips.
6. Make sure that both hands are even and one is not reaching further than the other.
7. The client is aloud some practice reaches before you record their final hold.
8. The client should not be making any jerky or quick movements while recording.

Equipment

- A ruler
- A box

Results

Measure the distance from their toes to their fingertips, and record. If their fingers are passed their toes, the results are positive, if the fingers are behind the toes, the results are negative. Use the chart below to gauge their ability.

The measurements are in cm.

	Very Poor	Poor	Fair	Average	Good	Excellent	Super
Female	< -15	-15 to -8	-7 to 0	+1 to +10	+11 to +20	+21 to +30	> +30
Male	< -20	-20 to -9	-8 to -1	0 to +5	+6 to +16	+17 to +27	> +27