



Lab A5-I Shoulder, Trunk, and Ankle Flexibility Assessment

Equipment

1. Two yardsticks (or a flexomeasure)
2. Wall
3. Chair

In addition to the person being tested, these assessments require one or two people to take measurements and ensure proper technique. It may be easiest to perform these tests in groups of three. Record all measurements to the nearest $\frac{1}{4}$ inch.

Shoulder and Wrist Elevation Test

1. Have a partner measure the length of your arm, as it hangs down, from the top of the shoulder (acromial process) to the middle fingertip.

Arm length: _____ in.

2. Lie face down on the floor with your arms fully extended overhead. Grasp a yardstick, with your hands shoulder-width apart. Your partner should place the second yardstick perpendicular to the floor (and to the yardstick you are holding), with the 0 end on the floor.
3. Keeping your chin on the floor, raise the yardstick up as far as you can. Have your partner record the highest point the yardstick reaches. Perform three trials.

Trial 1: _____ in. Trial 2: _____ in. Trial 3: _____ in.

4. To calculate your score, subtract your best trial from your arm length. Obtain your rating from the table at the end of the lab.

Score: $\frac{\text{arm length}}{\text{arm length}} - \frac{\text{best trial}}{\text{best trial}} = \underline{\hspace{2cm}}$

Rating: _____

Trunk and Neck Extension Test

1. Sit in a firm chair with your chin level. Have a partner measure the distance from the tip of your nose to the seat of the chair.

Neck and trunk length: _____ in.

2. Lie face down on the floor with both hands on your lower back. Have one helper hold your hips down on the floor. The other helper should place a yardstick near your head, perpendicular to the floor, with the 0 end down.
3. Lift your trunk as high as possible off the floor. Have a partner record the distance between the floor and the tip of your nose. Perform three trials.

Trial 1: _____ in. Trial 2: _____ in. Trial 3: _____ in.

4. To calculate your score, subtract your best trial from your trunk length. Obtain your rating from the table at the end of the lab.

Score: $\frac{\text{trunk length}}{\text{trunk length}} - \frac{\text{best trial}}{\text{best trial}} = \underline{\hspace{2cm}}$

Rating: _____

(over)

LAB A5-I (continued)

Ankle Flexion Test

1. Have a partner measure your height, while you are standing, from the floor to your chin.

Floor-to-chin height: _____ in.

2. Stand facing the wall. Keeping your heels flat on the floor, lean into the wall. Your hands, chin, and chest should touch the wall.
3. Push your feet as far away from the wall as you can while keeping your heels on the floor, chest in contact with the wall, and body and knees fully extended. Have a partner measure the distance between your toes and the wall.

Distance: _____ in.

4. To calculate your score, subtract this distance from your floor-to-chin height. Obtain your rating from the table at the end of the lab.

Score: _____ - _____ = _____
(floor-to-chin height) (distance)

Rating: _____

Rating/Score (in inches)

Men	Poor	Fair	Average	Good	Excellent
Shoulder and wrist elevation test	12.75 or more	12.50–11.75	11.50–8.50	8.25–6.25	6.00 or less
Trunk and neck extension test	10.25 or more	10.00–8.25	8.00–6.25	6.00–3.25	3.00 or less
Ankle flexion test	35.50 or more	35.25–32.75	32.50–29.75	29.50–26.75	26.50 or less
Women					
Shoulder and wrist elevation test	12.00 or more	11.75–11.00	10.75–7.75	7.50–5.75	5.50 or less
Trunk and neck extension test	10.00 or more	9.75–8.00	7.75–6.00	5.75–2.25	2.00 or less
Ankle flexion test	32.00 or more	31.75–30.50	30.25–26.75	26.50–24.50	24.25 or less