

FLEXIBILITY ASSESSMENTS WORKSHEET



THOMAS TEST

Left hip: Normal Tight Right hip: Normal Tight

Additional notes: _____ Additional notes: _____

PASSIVE STRAIGHT-LEG RAISE

Left Hamstrings: Normal Tight Right Hamstrings: Normal Tight

Additional notes: _____ Additional notes: _____

SHOULDER FLEXION

Left shoulder: Normal Tight Right shoulder: Normal Tight

Additional notes: _____ Additional notes: _____

SHOULDER EXTENSION

Left shoulder: Normal Tight Right shoulder: Normal Tight

Additional notes: _____ Additional notes: _____

INTERNAL ROTATION

Left shoulder: Normal Tight Right shoulder: Normal Tight

Additional notes: _____ Additional notes: _____

EXTERNAL ROTATION

Left shoulder: Normal Tight Right shoulder: Normal Tight

Additional notes: _____ Additional notes: _____

APLEY'S SCRATCH TEST

Left reach-under: Normal Tight Right reach-under: Normal Tight

Additional notes: _____ Additional notes: _____

Left reach-over: Normal Tight Right reach-over: Normal Tight

Additional notes: _____ Additional notes: _____

