

Assessing Range of Motion

Run through the following stretches to assess a client's range of motion and track their changes over time with the inclusion of flexibility training.



Sit and Reach

Sit on the floor, legs parallel. Lean forward, reaching through the fingers toward the toes.



Hip Flexor Extension

Rest one knee on the ground, top of the foot on flat on the ground. Front knee at a 90-degree angle. Push the rear hip toward the floor, aligning the pelvis between both knees.



Shoulder Flexibility

Lie face-up on a table or bench to the lower legs hang off the end. Extend arms overhead, hands close together. Attempt to rest the entire arm on the table without arching the back.



Trunk Extension

Begin at the start of a push-up position, face-down on the floor. Extend the arms in an effort to raise the trunk off the floor while still keeping the pelvis on the floor.