


## Flexibility Chart– CT008

<p><b>Description</b></p>	<p>◆ This chart sets out the standardised procedures for assessing an individual's range of movement around the hip and back. The assessment also gives an indication of muscle elasticity in the Hamstrings. A Sit and Reach protocol is given as well as a rating table from Very Good, Good, Average to Below Average for both male and female. Good flexibility is required to perform various physical movements and activities with ease and may contribute to reduced risk of injury. It is therefore important to do stretching exercises on a daily bases to keep a good range of motion around all the major joints in the body.</p>															
<p><b>Details</b></p>	<p>1. Dimension: A3 Size</p>															
<p><b>Image</b></p>	 <p>The image is an A3 size poster titled "Flexibility". It contains the following information:</p> <ul style="list-style-type: none"> <li><b>Equipment - Standard Sit and Reach Box.</b></li> <li><b>Flexibility</b> refers to the range of movement around a specific joint or series of joints. Increased age and decreased level of activity can reduce joint range of motion.</li> <li>Good flexibility is required to perform various physical movements and activities with ease and may contribute to reduced risk of injury.</li> <li><b>Sit and Reach Protocol:</b> <ul style="list-style-type: none"> <li>Stand up straightly.</li> <li>Feet should keep the legs straight during the test but should not flexion with movement.</li> <li>The feet should be 30-35cm apart and flat against the base of the box.</li> <li>Hands should be held flat against the top of the box, keeping the hands parallel.</li> <li>Push the top as far as possible, holding for 2 seconds at maximum reach.</li> <li>Scale under reaching to 20cm/8 inches.</li> <li>Repeat 3 times and record the best.</li> <li>SB. Although the test is designed to assess hip and lower back flexibility, it does not prevent the scale from being of any functional use.</li> </ul> </li> <li><b>Standards for Sit and Reach:</b> <table border="1"> <thead> <tr> <th>Rating</th> <th>Male (cm)</th> <th>Female (cm)</th> </tr> </thead> <tbody> <tr> <td>Very good</td> <td>26 - 28</td> <td>27 - 29</td> </tr> <tr> <td>Good</td> <td>24 - 26</td> <td>25 - 27</td> </tr> <tr> <td>Average</td> <td>22 - 24</td> <td>23 - 25</td> </tr> <tr> <td>Below average</td> <td>&lt; 22</td> <td>&lt; 23</td> </tr> </tbody> </table> </li> <li><b>Measure Trunk Flexion:</b> <ul style="list-style-type: none"> <li>Although often used to assess flexibility of the lumbar spine, this test is also used to measure the flexibility of the spine and hip.</li> <li>How correct measurement is especially when using a goniometer (include pictures and instructions).</li> <li>The measurement of the shoulder in the final state is obtained with the help of a goniometer (include picture).</li> </ul> </li> </ul>	Rating	Male (cm)	Female (cm)	Very good	26 - 28	27 - 29	Good	24 - 26	25 - 27	Average	22 - 24	23 - 25	Below average	< 22	< 23
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