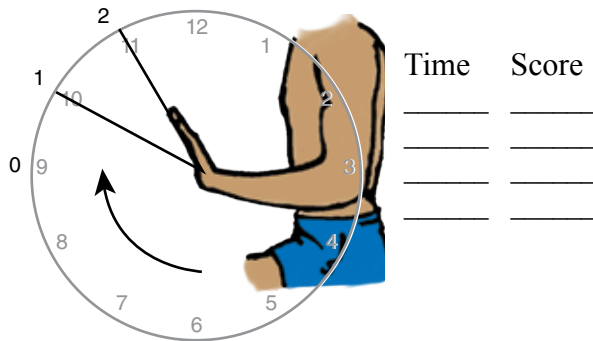


Target Stretch Test

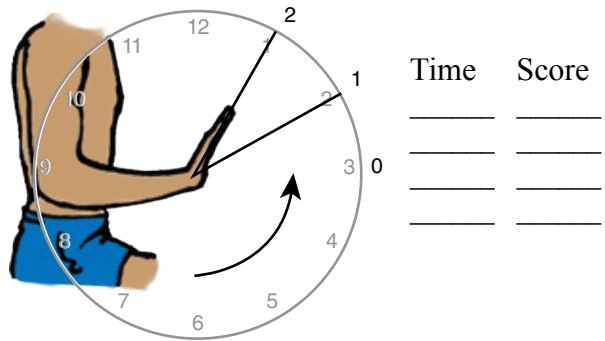
a) Wrist extension (left)



Time _____
Score _____

Position _____
Comments _____

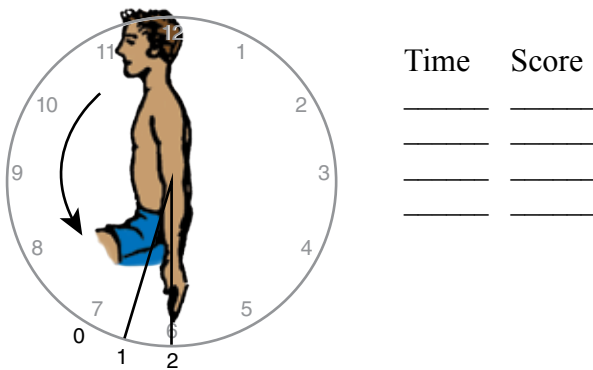
b) Wrist extension (right)



Time _____
Score _____

Position _____
Comments _____

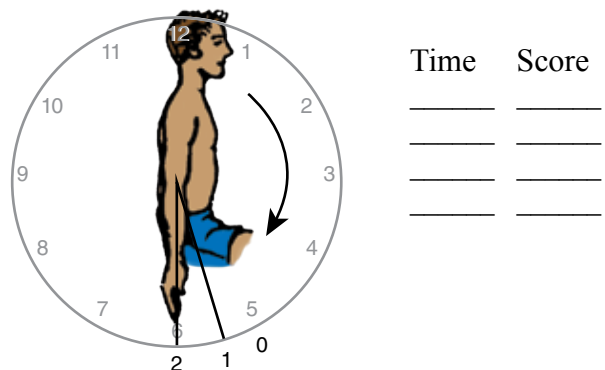
c) Elbow extension (left)



Time _____
Score _____

Position _____
Comments _____

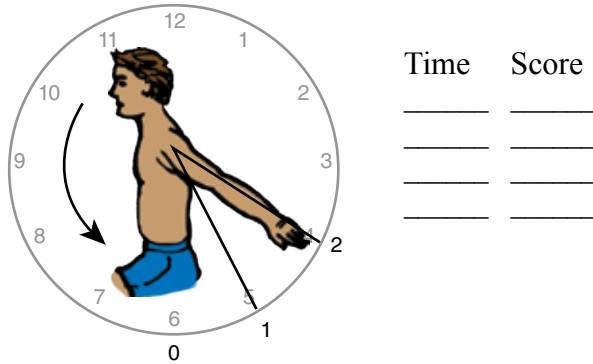
d) Elbow extension (right)



Time _____
Score _____

Position _____
Comments _____

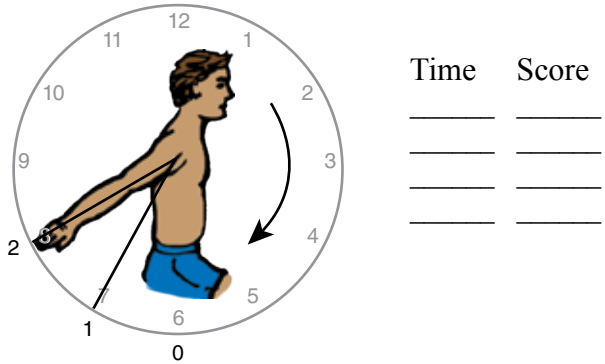
e) Shoulder extension (left)



Time _____
Score _____

Position _____
Comments _____

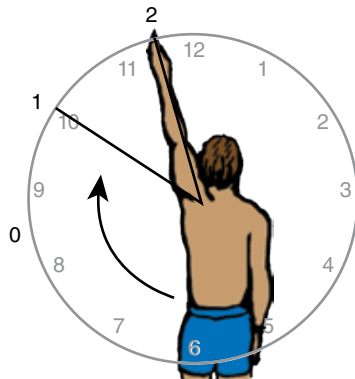
f) Shoulder extension (right)



Time _____
Score _____

Position _____
Comments _____

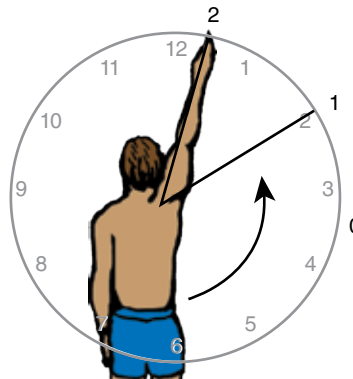
g) Shoulder abduction (left)



Time	Score
_____	_____
_____	_____
_____	_____
_____	_____

Position _____
Comments _____

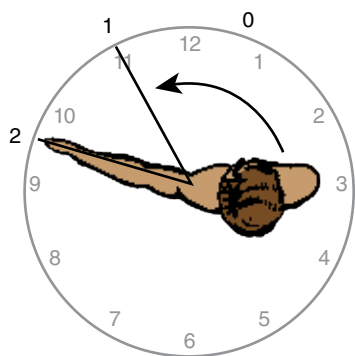
h) Shoulder abduction (right)



Time	Score
_____	_____
_____	_____
_____	_____
_____	_____

Position _____
Comments _____

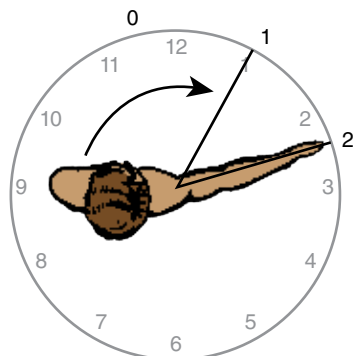
i) Shoulder external rotation (left)



Time	Score
_____	_____
_____	_____
_____	_____
_____	_____

Position _____
Comments _____

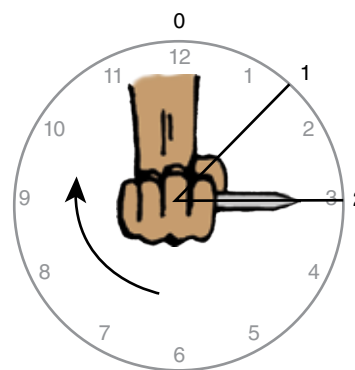
j) Shoulder external rotation (right)



Time	Score
_____	_____
_____	_____
_____	_____
_____	_____

Position _____
Comments _____

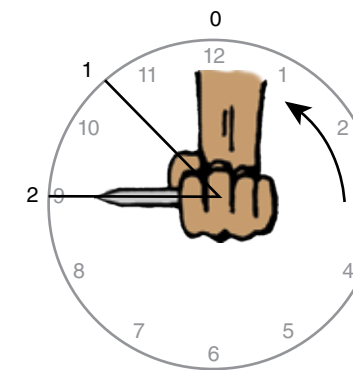
k) Forearm supination (left)



Time	Score
_____	_____
_____	_____
_____	_____
_____	_____

Position _____
Comments _____

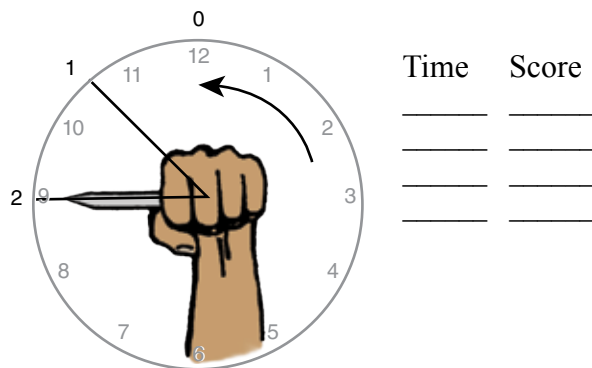
l) Forearm supination (right)



Time	Score
_____	_____
_____	_____
_____	_____
_____	_____

Position _____
Comments _____

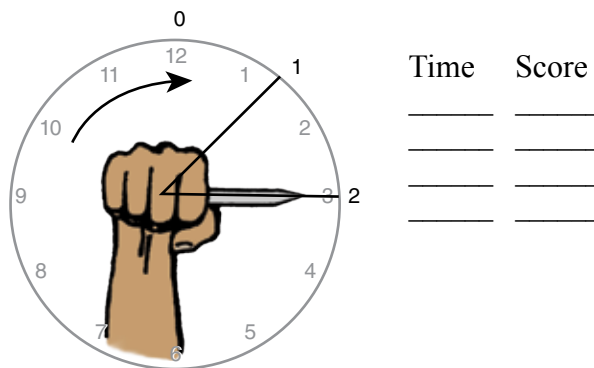
m) Forearm pronation (left)



Position _____

Comments _____

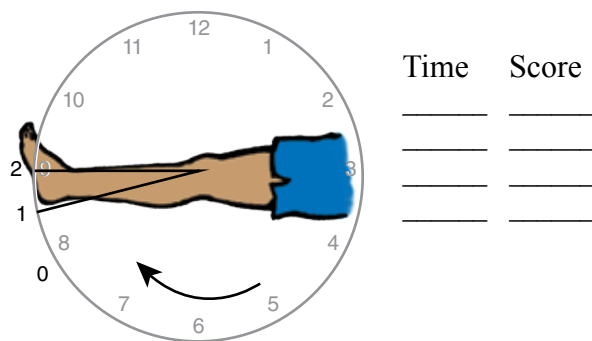
n) Forearm pronation (right)



Position _____

Comments _____

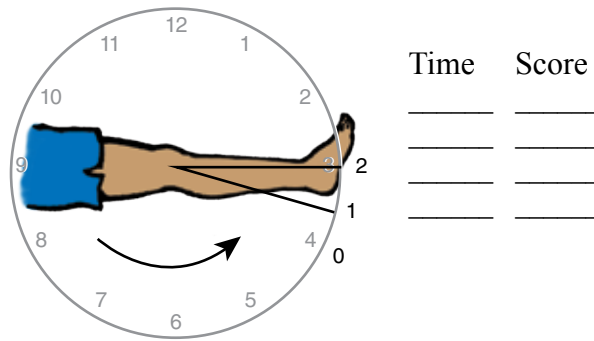
o) Knee extension (left)



Position _____

Comments _____

p) Knee extension (right)



Position _____

Comments _____