

## FORM 4.4 Flexibility and Muscle Tightness Testing

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Assessor: \_\_\_\_\_

Shoulder, chest assessment	Results (observations)	Normal ROM	Pain Y/N
Shoulder internal (medial) rotation: (tightness of infra-spinatus, teres minor)	L: ____ R: ____	70°	
Shoulder external (lateral) rotation: (tightness of sub-scapularis)	L: ____ R: ____	90°	
Pectoralis major (sternal) length		Table level	
Pectoralis minor length	L: ____ R: ____		
Shoulder joint abduction (see dynamic shoulder alignment)		180°	

Interpretation and comments:

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Back assessment	Results (observations)	Normal ROM	Pain Y/N
Spinal rotation: Lumbar Cervical	L: ____ R: ____ L: ____ R: ____	45° 65°-70°	
Sit-and-reach test: (actual) (visual)		Good: 11-13 in. (28-33 cm) (males) 13-15 in. (32-37 cm) (females)	

Interpretation and comments:

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Hip, knee assessment	Results (observations)	Normal ROM	Pain Y/N
Hamstring length	L: ____ R: ____	80° (males) 90° (females)	
Hip flexors: 1 joint (tightness of ilio-psoas)	L: ____ R: ____	Thigh table level	
Hip flexors: 2 joints (tightness of rectus femoris)	L: ____ R: ____	Knee: 80°	
Tensor fascia latae tightness	L: ____ R: ____		
Hip internal (medial) rotation (tightness of gluteus maximus, piriformis)	L: ____ R: ____	35°	
Hip external (lateral) rotation (tightness of gluteus minimus, anterior gluteus medius)	L: ____ R: ____	45°	

Interpretation and comments:

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Ankle assessment	Results (observations)	Normal ROM	Pain Y/N
Ankle plantar flexion: (tightness of tibialis anterior)	L: ____ R: ____	45°-50°	
Ankle dorsiflexion: 1 joint (tightness of soleus)	L: ____ R: ____	20°	
Ankle dorsiflexion: 2 joints (tightness of gastrocnemius)	L: ____ R: ____	10°	

Note: ROM = range of movement.

Interpretation and comments:

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