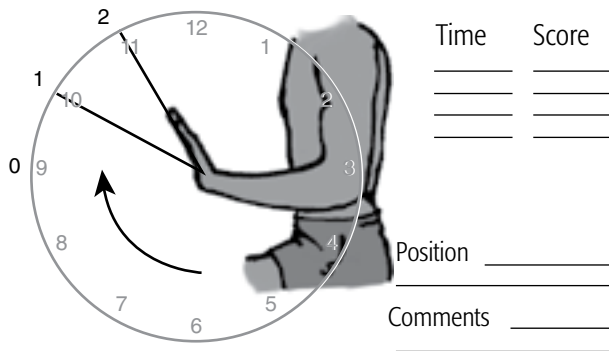
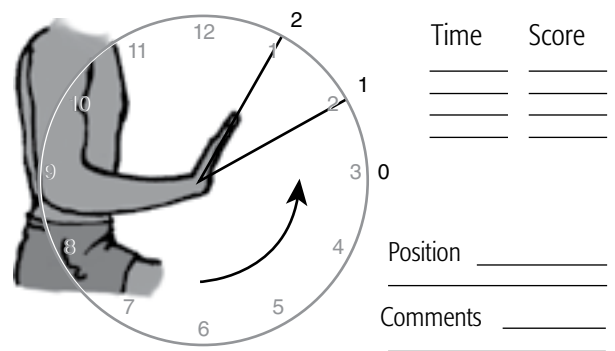


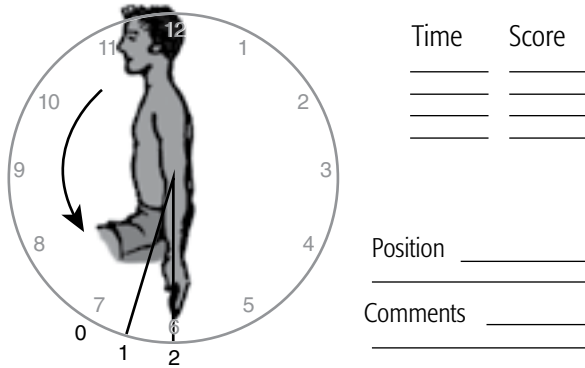
a) Wrist extension (left)



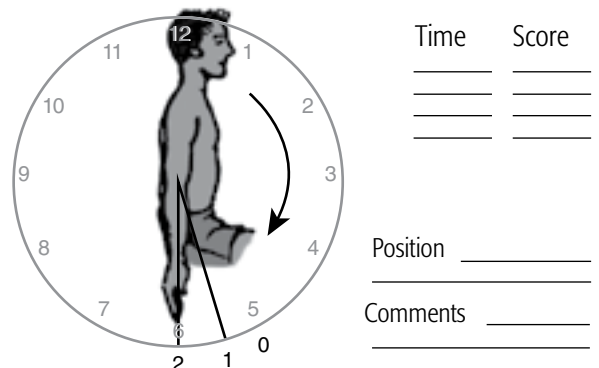
b) Wrist extension (right)



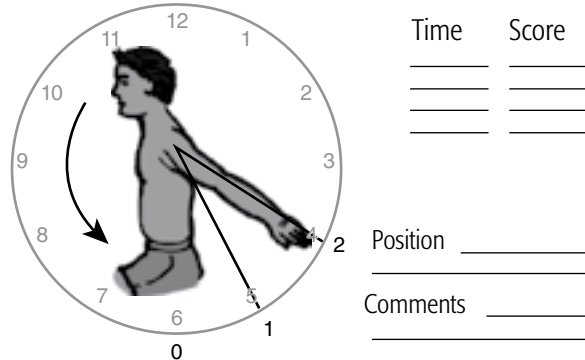
c) Elbow extension (left)



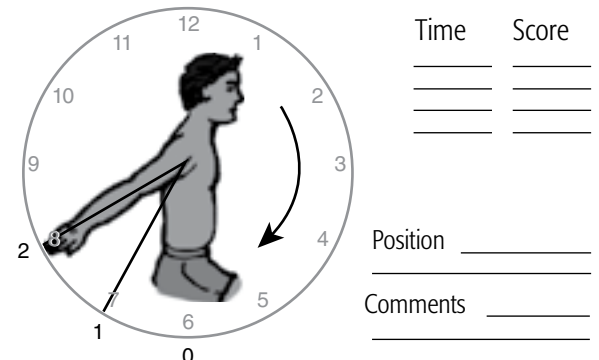
d) Elbow extension (right)



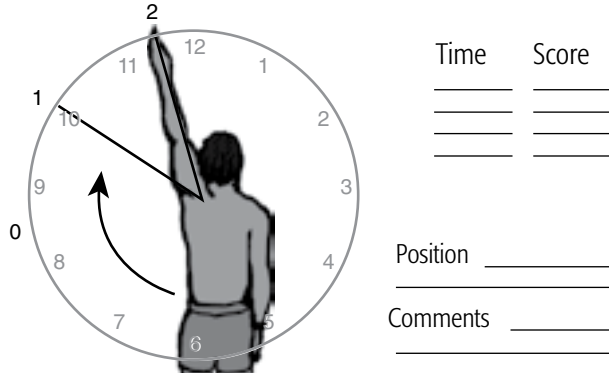
e) Shoulder extension (left)



f) Shoulder extension (right)



g) Shoulder abduction (left)



h) Shoulder abduction (right)

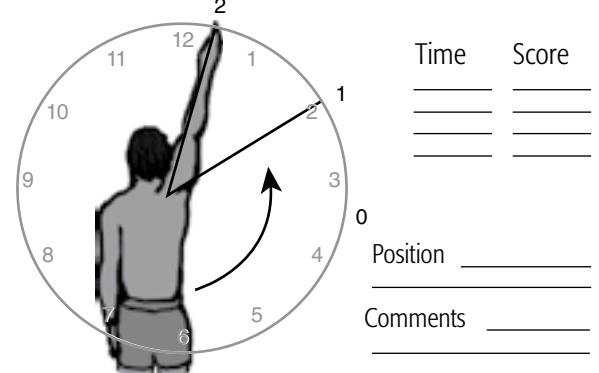
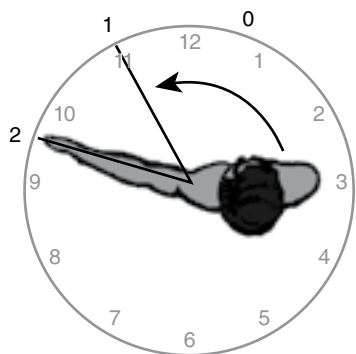


Figure 7.8 Target Stretch Test.

(continued)

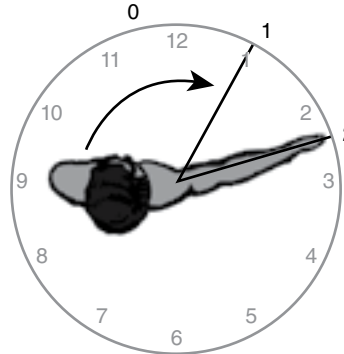
i) Shoulder external rotation (left)



Time _____
Score _____

Position _____
Comments _____

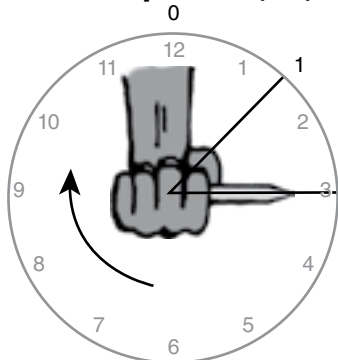
j) Shoulder external rotation (right)



Time _____
Score _____

Position _____
Comments _____

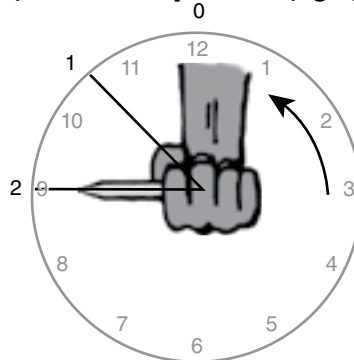
k) Forearm supination (left)



Time _____
Score _____

Position _____
Comments _____

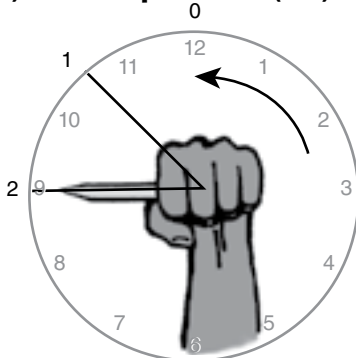
l) Forearm supination (right)



Time _____
Score _____

Position _____
Comments _____

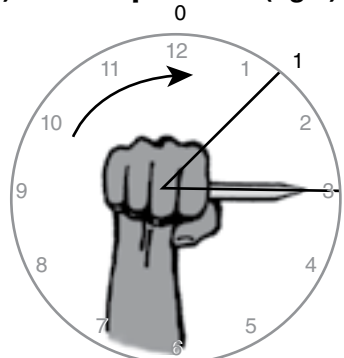
m) Forearm pronation (left)



Time _____
Score _____

Position _____
Comments _____

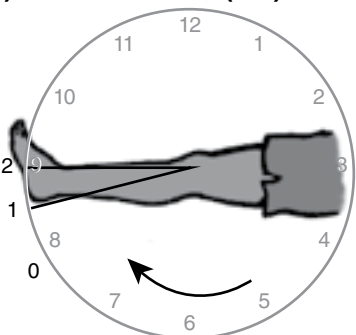
n) Forearm pronation (right)



Time _____
Score _____

Position _____
Comments _____

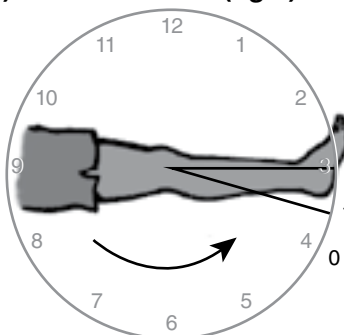
o) Knee extension (left)



Time _____
Score _____

Position _____
Comments _____

p) Knee extension (right)



Time _____
Score _____

Position _____
Comments _____

Figure 7.8 (continued)

From Horvat, M., Kelly, L.E., Block, M.E., and Croce, R., *Developmental and adapted physical activity assessment*, 2nd ed. (Champaign, IL: Human Kinetics, 2019).

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