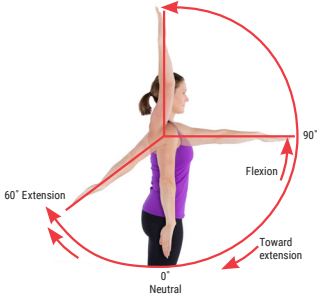
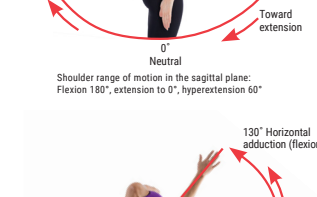
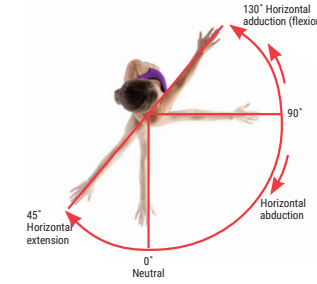
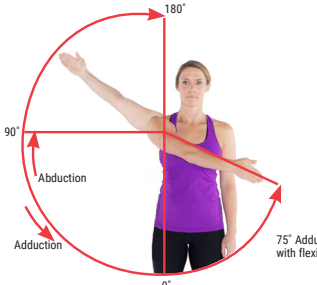

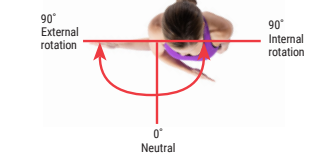
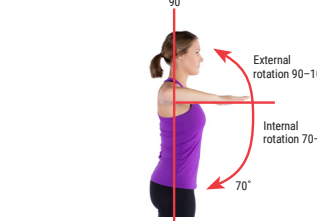


FLEXIBILITY ASSESSMENT FORM: UPPER BODY

Date: _____

Joint and Movement	Observations	ROM (°)
Shoulder/Scapulae		
 <p>Shoulder range of motion in the sagittal plane: Flexion 180°, extension to 0°, hyperextension 60°</p>	Flexion	<input type="checkbox"/> 150–180
 <p>Shoulder range of motion in the sagittal plane: Flexion 180°, extension to 0°, hyperextension 60°</p>	Extension	<input type="checkbox"/> 50–60
 <p>Shoulder range of motion in the transverse plane: Horizontal adduction (flexion) 130°, horizontal abduction to 0°, horizontal extension 45° past neutral</p>	Abduction	<input type="checkbox"/> 180
 <p>Shoulder rotation range of motion in the transverse plane (shoulder is adducted to 0°): External rotation 90°, internal rotation 90°</p>	Internal/medial rotation	<input type="checkbox"/> 70–80
 <p>Shoulder rotation range of motion in the transverse plane (shoulder is adducted to 0°): External rotation 90°, internal rotation 90°</p>	External/lateral rotation	<input type="checkbox"/> 90
 <p>Shoulder rotation range of motion in the transverse plane (shoulder is adducted to 0°): External rotation 90°, internal rotation 90°</p>	Shoulder horizontal adduction	<input type="checkbox"/> 90
 <p>Shoulder rotation range of motion in the sagittal plane: External rotation 90–100°, internal rotation 70–80°</p>	Shoulder horizontal abduction	<input type="checkbox"/> 30–40

Elbow			
	Flexion		□ 145
	Extension		□ 0
Radio-ulnar			
	Pronation		□ 90
	Supination		□ 90
Wrist			
	Flexion		□ 80
	Extension		□ 70
	Radial deviation		□ 20
	Ulnar deviation		□ 45