

Muscle and Joint Flexibility: Sit and Reach Test

Overview: Flexibility is the ability to move a joint through a full range of motion. Flexibility is necessary for proper postural alignment, the ability to perform daily activities and may reduce the risk of chronic injuries.

Purpose: To assess flexibility of the lower back, hips and hamstrings and monitor progress of an exercise program.

Procedure: After warming up and stretching a bit, sit on the ground with your legs extended straight in front of you, toes pointing up. Position a yardstick or tape measure so your feet are at the 15 inch mark. Slowly exhale and reach forward as far as you can with one hand on top of the other. Hold for one second and record what measurement you are at on the yardstick or tape measure. You can try three times and take the best of those scores.

Scoring: Below are the norm charts to determine the flexibility classification.

Men	Age	18-25	26-35	36-45	46-55	56-65	65+
Distance in Inches							
Excellent		> 20	> 20	>19	>19	>17	> 17
Good		18-20	18-19	17-19	16-17	14-17	13-16
Above Average		17-18	16-17	15-17	14-15	12-14	11-13
Average		15-16	15-16	13-15	12-13	10-13	9-11
Below Average		13-14	12-14	11-13	10-11	8-10	8-9
Poor		10-12	10-12	9-11	7-9	5-8	5-7
Very Poor		<10	<10	<8	<7	<5	<5

Women	Age	18-25	26-35	36-45	46-55	56-65	65+
Distance in Inches							
Excellent		> 24	> 23	> 22	> 21	> 20	> 20
Good		21-23	20-22	19-21	18-20	18-19	18-19
Above Average		20-21	19-20	17-19	17-18	16-17	16-17
Average		18-19	18	16-17	15-16	15	14-15
Below Average		17-18	16-17	14-15	14-15	13-14	12-13
Poor		14-16	14-15	11-13	11-13	10-12	9-11
Very Poor		< 13	<13	<10	< 10	< 9	<8