

Hip/Trunk Flexibility – Straight leg raise

- On your back with knees kept straight raise one leg off the floor as far as comfortable. Keep the other leg straight with calf touching the floor.
- Repeat on the opposite leg and compare.



RESULTS:

- **Excellent:** Able to raise the leg past 90 degrees towards your torso while the opposite leg stays in contact with the floor
- **Good:** Able to raise the leg to 90 degrees parallel to the floor
- **Fair:** Able to raise the leg 60-89 degrees from the floor
- **Needs Work:** Unable to raise the leg past 60 degrees