

Shoulder Flexibility

The objective of this test is to measure the flexibility of shoulder- and chest muscles. Adequate range of motion in the shoulder is important for injury prevention and athletic performance. Because tightness in the upper back, neck and shoulders is often related to muscle pain and stiffness, this test may help determine a person's risk for future pain and injury.

1) Starting position



2) Ending position



How to Perform the Shoulder Flexibility Test

- 1) Lie on your back with legs extended on the floor. Hold hands above chest with thumbs clasped.
- 2) Move arms beyond head as far back as possible toward the floor.

Shoulder Flexibility Test Results

Excellent: Hands and elbows touch floor

Good: Hands touch floor

Needs Work: Hands and elbows above floor

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