

**While this *Personal Flexibility Assessment* download can be used as is, a more accurate and detailed explanation of how it works is found in the book “*Stretch to Win*” by Ann and Chris Frederick.**

## Personal Flexibility Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

### History

See pages 50 to 51.

- A. List any injuries, surgeries, or physical problems you have experienced in the past. If more than one, list them chronologically, starting with the most recent.
  
  
  
  
  
  
  
  
  
  
- B. List any current health problems, complaints, injuries, or current diagnoses made by a health professional.

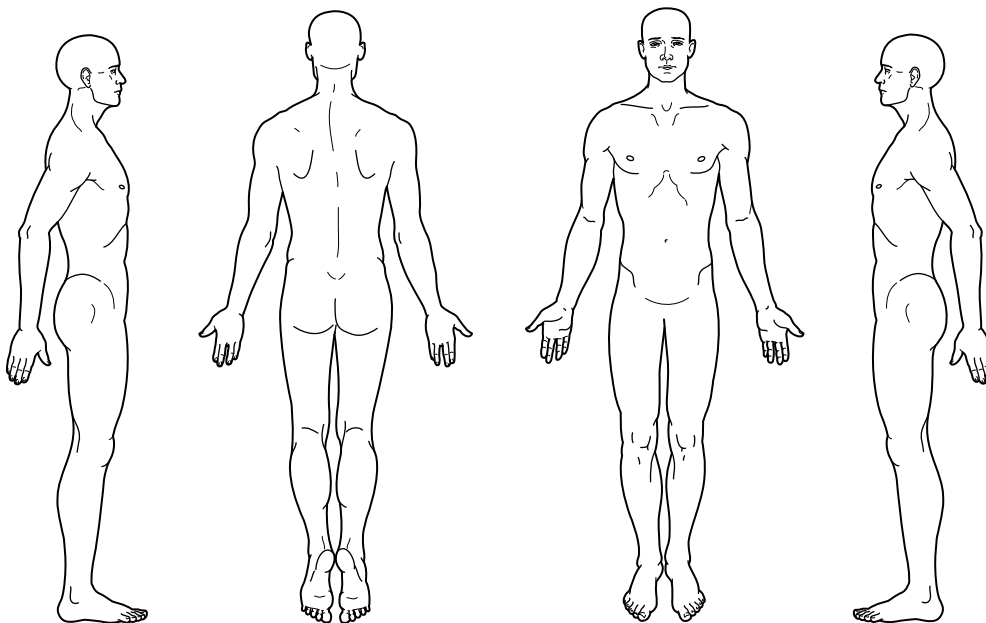
### Symptoms

See page 51. Describe what you are feeling in terms of soreness, tightness, pain, or any other discomfort during daily activities or athletic performance.

### Posture and Alignment

See pages 52 to 56. List here all areas that you can see that are out of alignment, (e.g., lower shoulder, higher hip, rotated foot).

Mark on the body map diagrams any areas that are out of alignment. Note any obvious bends, tilts, rotations, and shifts.



### **Sport-Specific Movement**

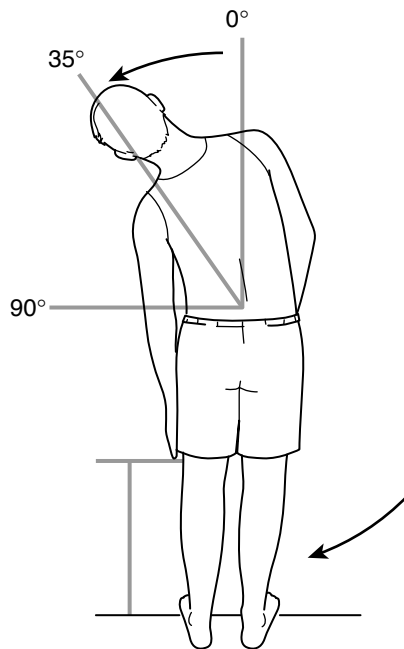
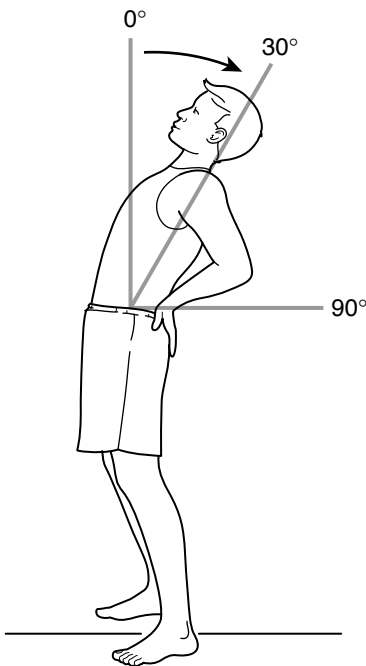
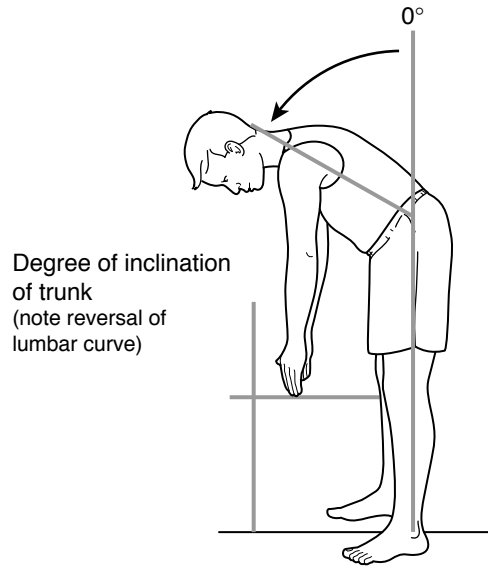
See pages 56 to 57. Select several body positions your sport requires. List them here and then describe how you feel getting into and out of these positions.

Choose a dynamic sport movement for your sport and note below how smooth it feels when you perform this movement.

## Active Range of Motion (AROM)

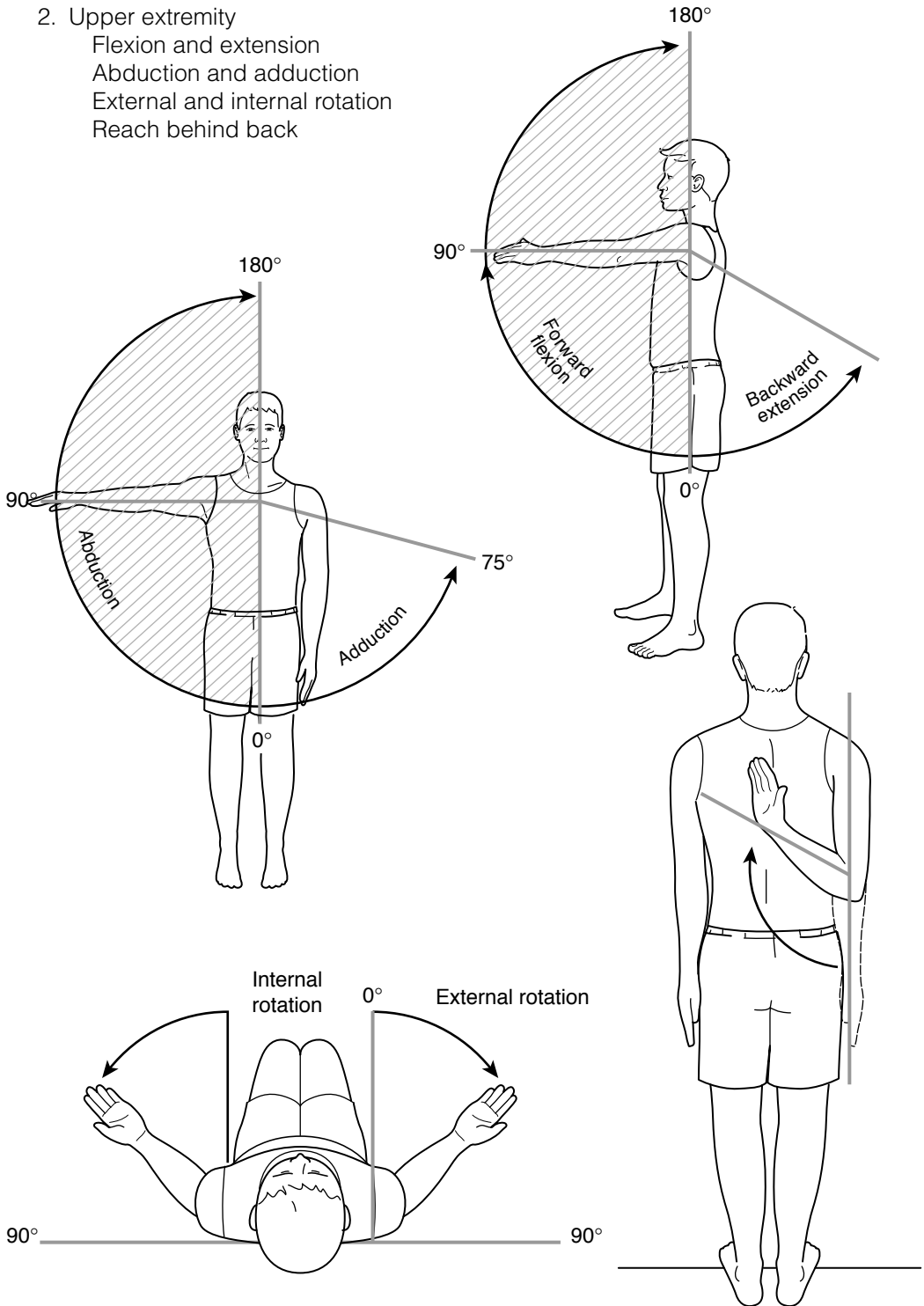
See pages 57 to 67 and perform all of these movements in front of a mirror. Note where restrictions are in your active range of motion for each test:

1. General spine
  - Flexion
  - Extension
  - Side bending
  - Full body rotation



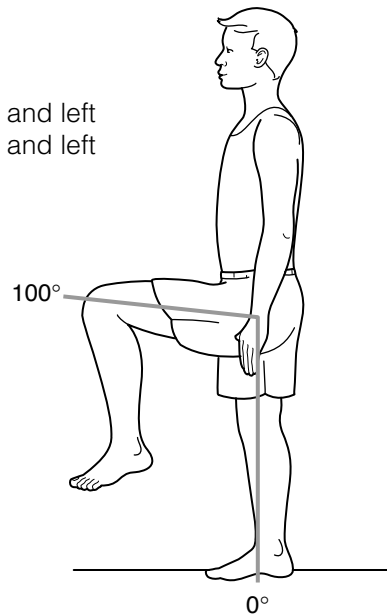
From *Stretch to Win* by Ann Frederick and Chris Frederick, 2006, Champaign, IL: Human Kinetics. © Stretch to Win Systems.

- 2. Upper extremity
  - Flexion and extension
  - Abduction and adduction
  - External and internal rotation
  - Reach behind back



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3. Lower extremity
  - Standing hip flexion, right and left
  - Standing hip extension, right and left
  - Standing hip abduction, lateral lunge right and left
  - Standing hip adduction, lateral lunge right and left
  - Standing hip rotation, right and left



4. Combination movements
  - Spine
  - Upper extremity
  - Lower extremity

## Trigger Points

See pages 67 to 75. List below the trigger points you have found. Mark the body diagrams with an X to show where on the body you have located your trigger points.

## Review Findings

Review your findings and note them here. Look for correlations between your past and current histories and any present areas of complaint that may be impacting your athletic performance. For example, are the trigger points that you have found located on or near regions that are bothersome or that do not move well?

Keep this as a record of self-evaluation so that you may repeat it in one week to document your progress.

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