



# Btpilates' important flexibility tests

Version 1, 30<sup>th</sup> August 2023

“Two-thirds of physiotherapy visits are due to lack of flexibility in the ankles, hips, upper chest and shoulder girdle” (Brent Anderson, physiotherapist and Polestar Pilates Founder)


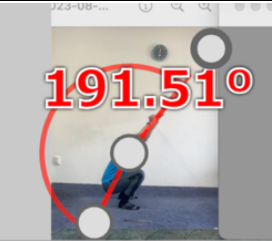
Everyone's body is unique: explore better flexibility but not to the point of pain and dysfunction.

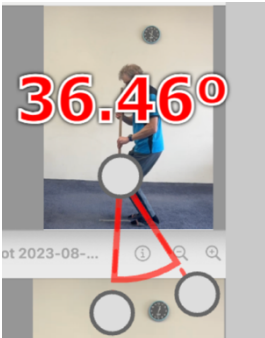
Gently perform all tests as strength flexibility and alignment exercises once weekly. To design exercises unique to your flexibility requirements, consult a movement instructor.


## Test summary

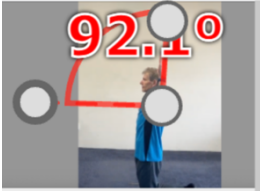
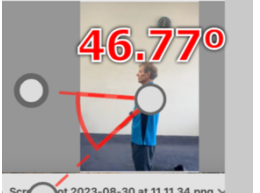
Name:       Bruce Thomson      . Date:   3<sup>rd</sup> Sep 2023  


1a. Overhead stick squat: heels down score and knee angle:	3
1b. Overhead stick squat: shoulder angle.	2
2. Ankle joint flexibility	3
3. Goal posts against wall	2
4. Kneeling traffic director test	Mixture of 2 and 3
5. Single leg squat stick to kneecap test	3 on both sides

1. Overhead stick squat	Scoring criteria	My score
a. View body shape in standing and half-squat. 	<b>Heels down score</b> 2 = heels down if there is a block under the heels (1 is worse and 3 is better)  <b>Knee angle to score a 3:</b> less than 40 degrees	<b>Heels down score</b> 3  <b>Arm position score</b> 2
	<b>Arm position score</b> 2 = Arms just in front the body (1 is worse and 3 is better)  <b>Shoulder angle to score a 3:</b> less than 0 degrees in front of body	<b>Arm position score</b> 2

2. Ankle joint flexibility	Scoring criteria	My score
<p>Measure the angle between the shin and vertical Or: the distance that the knee cap is in front of the toes</p> 	<p><b>Scoring</b> 2 = knee cap between 8 and 12 cm in front of big toe (1 is worse and 3 is better)</p> <p>(Short shin bone: 7 to 10 cm)</p> <p><b>Knee angle to score a 3:</b> greater than 35 degrees of forward lean</p>	<p>Left</p> <p>3</p> <hr/> <p>Right</p> <p>3</p>

3. Goal posts against wall	Scoring criteria	My score
<p>Head shoulders hips and wrists are all pressed against the wall</p> 	<p><b>Scoring</b> 2 = wrist and head nearly touch the wall but with difficulty (1 is worse and 3 is better)</p> <p>(Look for ease of execution! Score 3 only if it is comfortable and easy to do)</p>	<p>Comfort and alignment score</p> <p>2</p>

4. Kneeling traffic director test	Scoring criteria	My score
<p>The body is vertical and the upper arm is horizontal. The elbow is directly to the side of the shoulder. View and measure left arm and right arm.</p> 	<p><b>Scoring, upward pointing forearm: -</b> 2 = just in front of vertical (1 is worse and 3 is better)</p> <p><b>Shoulder angle to score a 3:</b> 90 or more for 3=80 to 89 degrees</p>	<p><b>Left arm pointing up.</b></p> <p><b>2</b></p>
	<p><b>Scoring, forward-pointing forearm:-</b></p> <p><b>Shoulder angle to score 2:</b> Arm angled down more from 30 to 45 degrees from horizontal (1 is worse and 3 is better)</p>	<p><b>Left arm pointing forward</b></p> <p><b>3</b></p>

5. Single leg squat stick to kneecap test	Scoring criteria	My score
<p>Postural alignment =</p> <ol style="list-style-type: none"> <li>1. Back straight and head in line with body</li> <li>2. Belt line &amp; stick horizontal</li> <li>3. Knee pointing forward over 3<sup>rd</sup> or 4<sup>th</sup> toe</li> </ol> 	<p><b>Scoring</b></p> <p>1 = able to steadily hold for 10 seconds (but without postural alignment)</p> <p>2 = able to steadily hold for 10 seconds (with near perfect postural alignment) for 10 seconds</p> <p>3 = able to do level 2 and repeat for 3 or more repetitions</p>	<p>3</p>