

## **FLEXIBILITY ASSESSMENT FORM**

					Date:	
THOMAS TEST						
Left hip:	Normal 🗖	Tight 🗖	Right hip:	Normal	Tight 🗖	
Additional notes:			Additional notes:			
		SHO	OULDER FLE	EXION		
Left should	er: Normal 🗆	Tight □	Right should	der: Normal 🗆	Tight □	
Additional r			Additional notes:			
SHOULDER EXTENSION						
	er: Normal 🗖 notes:	Tight 🗖		der: Normal 🗖 notes:	Tight 🗖	