



Hip flexor test

To test flexibility in the hip and hamstring

Equipment needed

- Measuring tape, mat



Proper form of Hip flexor test

- Athlete should pull one knee against the chest and maintain the low back in flat position
- Athletes other leg remains straight and flat on the ground
- If the lower leg is **not** flat on the ground measure the distance from the floor to the back of the knee **in centimetres**
- Repeat on the other side
- Leg that is pulled up is the leg that you are scoring i.e.) right knee up is right side

Form Rating Scale

1. Bottom leg is flat on the mat
2. Knee is fully against the chest
3. Bottom foot is not rotated outward