



Shoulder Mobility test

To test shoulder flexibility

Materials: measuring tape



- Measure athlete's hand in inches from the tip of their middle finger to the bottom of their palm, note this distance
- Instruct athlete to reach overhead and toward their back with the left hand and underhand behind back with their right hand. Both hands are placed on the back- he/she should be stretching as far as possible without straining
- Measure the distance between two closed fists- middle knuckle to middle knuckle
- If the distance is greater than the size of palm, a score of zero is given
- If the distance is the same or less than the size of the palm, 1/1 is given
- Switch hands and perform the test again

Form Rating Scale

1. Fists are one hand width apart or less