

## What is my Report Card telling me?



### FLEXIBILITY FITNESS

<b>Shoulder Flexion</b>	Flexibility at the shoulder can help athletes to freely move and have power with overhead hitting, throwing or reaching without injuring themselves. Shoulder tightness often occurs with a decline in posture.
<b>Ankle Dorsiflexion</b>	Keeping the calf or lower leg/ankle flexible can help to prevent injuries as well. It is thought that 8 degrees is necessary for normal walking while the joint has the potential to move up to twenty degrees. There are concerns that numbers below 5 will cause other muscle injuries at the back, hip or knee and could contribute to an increased risk of falling.
<b>Modified Thomas Test</b>	This is a general screen of the flexibility of the hip flexors or front of the hip. When tightness presents here it may lead to low back pain and poor posture. The flexibility handouts provide some great ideas for improving your mobility.
<b>Foam pillow Posture Test</b>	This is a quick test to see if you are able to rest flat on your back without a pillow while keeping your spine in a neutral position. Maintaining better posture can keep you balanced and safe during sport performance as restrictions here can impact other areas of your body like your shoulders, neck and back. There are also concerns about your bone health and risk for compression fractures when posture declines. If you didn't pass this test you should check out the posture and bone health handout for some helpful ideas.