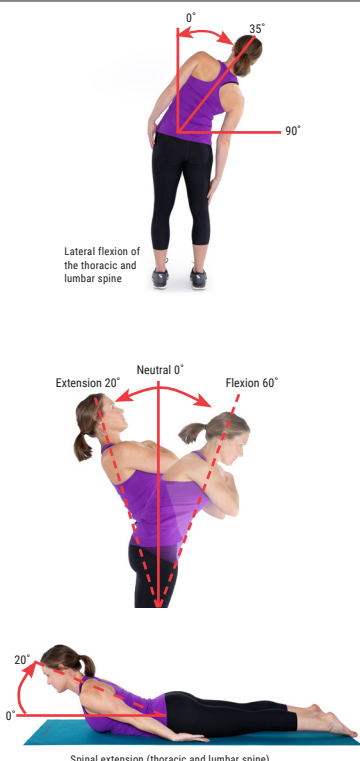


FLEXIBILITY ASSESSMENT FORM: TRUNK

Date: _____

Joint and Movement		Observations	ROM (°)
Cervical Spine			
	Flexion		☐ 45–50
	Extension		☐ 45–75
	Lateral flexion		☐ 45
	Rotation		☐ 65–75
Thoraco-lumbar Spine			
 Lateral flexion of the thoracic and lumbar spine Spinal extension (thoracic and lumbar spine)	Lumbar flexion		☐ 40–45
	Thoracic flexion		☐ 30–40
	Lumbar extension		☐ 30–40
	Thoracic extension		☐ 20–30
	Lumbar rotation		☐ 10–15
	Thoracic rotation		☐ 35
	Lumbar lateral flexion		☐ 20
	Thoracic lateral flexion		☐ 20–25