

Evaluating and Monitoring Your Flexibility

Name _____ Class Day/Time _____

Perform these exercises with a partner if possible to evaluate your flexibility at the beginning of the class term. Repeat the same exercises at the end of the term. You will need two soft tape measures to complete the evaluations. Be aware that flexibility is specific to each joint in the body and even to each side of the body for the same joint. With consistent yoga practice you will see an improvement in your flexibility.

EVALUATION FOR HAMSTRINGS AND LOWER BACK

- Using masking tape, secure two soft tape measures on the floor. Start at a wall and place them parallel about 30 inches apart (far enough apart so you can sit in between them).
- Remove your shoes and socks. Sit between the tape measures with the soles of the feet flat against a wall.
- Sitting erect, place the fingertips next to your hips.
- Slide the hands down the tape measures and record how many inches your fingertips are from the wall. Keep the knees fully extended and the soles of the feet flat against the wall.
- If you can touch the wall, record that information.

_____ Initial Assessment _____ Final Assessment

EVALUATION FOR HIP JOINT AND INNER THIGHS

- Place one tape measure on the floor, extending out from the wall.
- Sit in the middle of the tape measure with the legs spread as wide as possible and the inner edges of the feet against the wall.
- Measure the distance your groin is from the wall.

_____ Initial Assessment _____ Final Assessment

WORKSHEET 2 (Continued)

EVALUATION FOR QUADRICEPS AND HIP FLEXORS

- Lie on the stomach.
- Stretch the left arm forward on the floor with the palm down and place the forehead on the floor.
- Grab the right foot with the right hand and pull the heel toward the buttocks.
- Measure the distance between the heel and the buttocks.
- Repeat with the left leg.

_____ Initial Assessment Right _____ Final Assessment Right

_____ Initial Assessment Left _____ Final Assessment Left

EVALUATION FOR THE SHOULDER JOINT

- Stand in good alignment with the feet in a comfortable stance.
- Bring the left arm up and pat the back. The left elbow will point upward.
- With the right arm down and the palm facing the back, bend the right elbow and slide the hand across the back to reach for the left fingers.
- Using the tape measure, measure the distance between the two hands. If the fingers clasp or even touch, make that observation.
- Repeat on the other side.

_____ Initial Assessment Right _____ Final Assessment Right

_____ Initial Assessment Left _____ Final Assessment Left