

Sit and Reach Test

Client information		
Name:		Date:
Gender:	Age:	Height:
Activity level:		
Medical conditions (if any):		
Goals:		
Test proper		
Equipment needed:		
<ul style="list-style-type: none">• Sit and reach mat or measuring tape• Gym mat or carpeted floor		
Instructions:		
<ol style="list-style-type: none">1. Ask your patient to sit on the floor with their legs straight and feet placed against the box or measuring tape.2. Have them keep their hands flat, one on top of the other, with their palms facing down.3. Have them reach forward as far as possible with their arms stretched out while keeping their knees straight.4. Ask your patient to hold the position for a few seconds and record the distance reached by the fingertips (positive or negative score).5. Have them perform the test two more times and record the best score.		
Notes:		
<ul style="list-style-type: none">• You can ask your patient to undergo a standard warm-up prior to performing the test to help prevent injury.• Stop the test immediately if the patient experiences and expresses any discomfort or pain.		
Results		
Scoring instructions: Record the best of three trials to the nearest 0.5 cm or 0.25 inches. The score is the distance reached by the fingertips past (positive score) or short of (negative score) the toes.		
Trial 1:		
Trial 2:		
Trial 3:		
Best score:		

Interpretation

The score obtained can be compared to norms for the individual's age and gender. The following table provides some guidelines for interpreting the results:

Male

Age (years)	Poor	Moderate	Good	Excellent
6-10	9.5 cm	22.8 cm	29.4 cm	36 cm
11-15	8.8 cm	21.7 cm	29.5 cm	36.4 cm
16-24	8.8 cm	21.6 cm	30.3 cm	37.1 cm
25-40	8.8 cm	21.3 cm	29.9 cm	36.6 cm
40+	8.4 cm	20.6 cm	28.6 cm	35.2 cm

Female

Age (years)	Poor	Moderate	Good	Excellent
6-10	19.3 cm	28.9 cm	35.1 cm	41.7 cm
11-15	18.9 cm	28.9 cm	35.3 cm	42 cm
16-24	18.6 cm	28.8 cm	35.7 cm	42.4 cm
25-40	17.5 cm	28.3 cm	36.4 cm	43 cm
40+	15.3 cm	26.1 cm	32 cm	40.9 cm

Interpretation:

Additional notes