

FLEXIBILITY TESTS

Two of the most common tests to measure the lower back and hamstrings flexibility are the sit and reach test and the toe touch test. Lower back and hamstrings flexibility are important because tightness in this group of muscles can develop a lumbar lordosis, lower back or muscle pain and stiffness, these tests help know people's risk factor for future pain and injury.

SIT AND REACH TEST

First of all, how to do the sit and reach test is going to be explained, you must follow the next steps:

1. The assistant secures the ruler to the box top with the tape so that the front edge of the box lines up with the 15cm mark on the ruler and the zero end of the ruler points towards the athlete.
2. The athlete sits on the floor with their legs fully extended with the bottom of their bare feet against the box.
3. The athlete places one hand on top of the other, slowly bends forward and reaches along the top of the ruler as far as possible holding the stretch for two seconds.
4. The assistant records the distance reached by the athlete's fingertips (cm).
5. The athlete performs the test three times.
6. The assistant calculates and records the average of the three distances and uses this value to assess the athlete's performance.

You can assess your result with this table:

Gender	Excellent	Above average	Average	Below average	Poor
Male	>14	14-11	10.9-7	6.9-4	<4
female	>15	15-12	11.9-7	6.9-4	<4

Advantages:

- Few material required
- Simple to set up and conduct
- Can be conducted almost anywhere



Disadvantages:

- Specialist equipment required
- Assistant required to carry out the test

TOE TOUCH TEST

And now, the steps required to perform the toe touch test are the following:

1. The subject stands erect, bare-footed, and with feet slightly apart.
2. The subject then bends at the hip slowly forwards to attempt to touch the ground with their finger-tips.
3. Bouncing and jerking are not allowed.
4. The examiner holds a ruler on the ground, the zero mark at the ground level. The knees must keep straight.
5. Measure the distance from the fingertips to the ground. The distance between the end of the fingers and the ground is measured with the ruler.

The advantages of this test are:

- Very simple to conduct
- It can be performed quickly
- Minimal equipment required



REFERENCES

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