

## Shoulder Stretch

⇒ *Optional*

The shoulder stretch is a simple test of upper arm and shoulder girdle flexibility intended to parallel the strength/endurance assessment of that region. If used alternately with the back-saver sit and reach, it may be useful in educating students that flexibility is specific to each joint and that hamstring flexibility neither represents a total body flexibility nor is the only part of the body where flexibility is important.

### Test Objective

To be able to touch the fingertips together behind the back by reaching over the shoulder and under the elbow.

### Equipment and Facilities

No equipment is necessary to complete this test item.

### Test Description

Allow students to select a partner. The partner judges ability to complete the stretch.

To test the right shoulder, partner A reaches with the right hand over the right shoulder and down the back as if to pull up a zipper or scratch between the shoulder blades. At the same time partner A places the left hand behind the back and reaches up, trying to touch the fingers of the right hand (photo 7.17). Partner B observes whether the fingers touch.

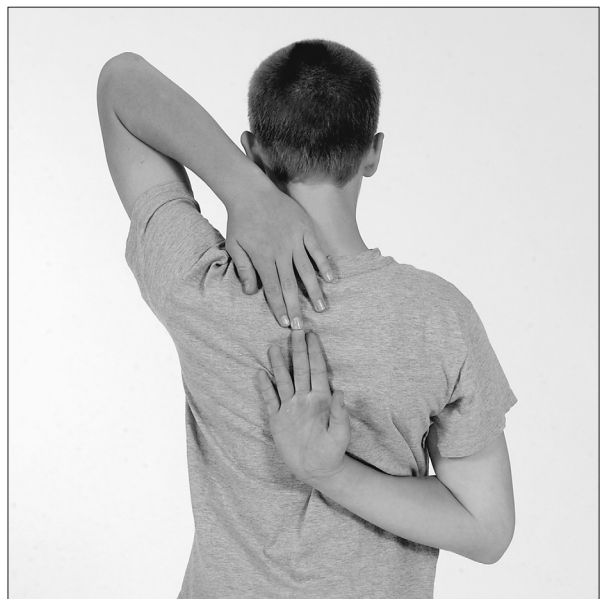
To test the left shoulder, partner A reaches with the left hand over the left shoulder and down the back as if to pull up a zipper or scratch between the shoulder blades. At the same time partner A places the right hand behind the back and reaches up, trying to touch the fingers of the left hand (photo 7.18). Partner B notes whether the fingers touch.

### Scoring

If the student is able to touch his or her fingers with the left hand over the shoulder, a “Y” is recorded for the left side; if not, an “N” is recorded. If the student is able to touch the fingers with the right hand over the shoulder, a “Y” is recorded for the right side; otherwise an “N” is recorded. **To achieve the Healthy Fitness Zone, a “Y” must be recorded on both the right and left side.**



**PHOTO 7.17** Shoulder stretch on the right side.



**PHOTO 7.18** Shoulder stretch on the left side.