

Name: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_

### Flexibility and Strength



1. Stick Pose—*Dandasana*  
**Exhale**, feet toward head, toes spread  
*Dorsiflexion 20°*



**Inhale**, point foot, curling the toes  
*Plantar Flexion 50°*



2. **Inhale**, soles face out, keep feet up right  
*Dorsiflexion with Ankle Eversion 20°*



**Exhale**, soles face in  
*Dorsiflexion with Ankle Inversion 45°*



3. **Inhale**, circling out  
**Exhale**, circling in  
*Ankle Rotation*



4. **Inhale**, with mild arm effort, straighten knee  
*Knee Extension 0°*



**Exhale**, hold lower shin, pull heel to thigh  
*Knee Flexion 135°*



5. **Inhale**, turn leg out and swing it wide open  
*Hip External Rotation 45°*



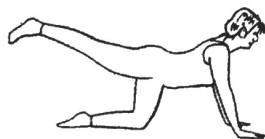
**Exhale**, turn leg in and swing it back  
*Hip Internal Rotation 35°*



6. **Inhale**, head up, spine down  
*Spine Extension*



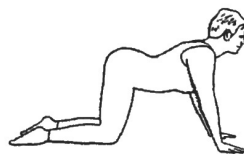
**Exhale**, back up, abdomen in  
*Spine Flexion*



7. **Inhale**, stretch leg back and up, spine level  
*Hip Extension 30°*



**Exhale**, bring knee toward chest, spine lifted  
*Hip Flexion 135°*



8. **Inhale**, center pose, squeeze thighs



**Exhale**, hips to side, feet opposite, toes forward  
*Hip Adduction (right) 30°*  
*Hip Abduction (left) 45°*

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9. **Inhale**, hands in a fist, curled toward forearms  
*Wrist Flexion 90°*



**Exhale**, hands up, fingers toward head and spread  
*Wrist Extension 80°*



10. **Inhale**, palms flat and out  
*Radial Deviation 20°*



**Exhale**, palms flat and in  
*Ulnar Deviation 20°*



11. **Inhale**, fists out  
**Exhale**, in 3 times, then reverse circles  
*Wrist Rotation*



12. **Inhale**, arms straight, palms up  
*Elbow Extension 0°*



**Exhale**, knuckles to shoulders  
*Elbow Flexion 145°*



13. **Inhale**, elbows wide apart  
*Shoulder Abduction 40°*



**Exhale**, elbows together  
*Shoulder Adduction 130°*



14. **Inhale**, arms up, palms facing forward  
*Shoulder External Rotation 90°*



**Exhale**, arms down, palms back  
*Shoulder Internal Rotation 80°*



15. **Inhale**, arms up, palms facing in  
*Shoulder Flexion 180°*



**Exhale**, arms behind back  
*Shoulder Extension 50°*



16. **Inhale**, arch back, squeeze blades  
*Scapula Adduction*  
*Spine Extension*



**Exhale**, round back, open shoulder blades  
*Scapula Abduction*  
*Spine Flexion*



17. **Inhale**, erect  
**Exhale**, side bend  
*Spine Lateral Flexion*



18. **Inhale**, sit erect  
**Exhale**, spinal twist  
*Spinal Rotation*



19. **Inhale**, head up  
*Neck Extension 55°*



**Exhale**, head down  
*Neck Flexion 45°*



20. **Inhale**, sit erect  
**Exhale**, head to side  
*Neck Lateral Flexion 45°*



21. **Inhale**, center head  
**Exhale**, rotate head  
*Neck Rotation 70°*