





Prepared by
Active Motion Physiotherapy
Canmore & Banff, AB
www.activemotionphysio.ca

TEST: Lats

Description	Female Ideals		Male Ideals	
	Age: 0-10	Age: 11+	Age: 0-11	Age: 12+
Supine on Foam Roller Chin tuck, back flat, straight arm over head Distance: Radial head (thumb side of wrist) to the Floor (cm)	0 cm	8 cm	0 cm	13 cm
				


Prepared by
Active Motion Physiotherapy
Canmore & Banff, AB
www.activemotionphysio.ca

TEST: Shoulder Mobility

Description	Female Ideals (cm)		Male Ideals (cm)	
	Age: 0-10	Age: 11+	Age: 0-11	Age: 12+
Standing, one arm over and in back of head, other arm in small of back and try to get the two hands to touch.	Touch	<1 hand space between 2 hands	Touch	<1 hand space between 2 hands
				

Prepared by
 Active Motion Physiotherapy
 Canmore & Banff, AB
www.activemotionphysio.ca

TEST: Ankle Soleus

Description	Female Ideals		Male Ideals	
	Age: 0-10	Age: 11+	Age: 0-11	Age: 12+
<p>Shoes off. Heal on ground bend knee as far forward over foot as possible and place foam roller level at this location.</p> <p>Measure end of great toe to foam roller. (cm)</p>	17cm	12cm	17cm	12cm
				

Prepared by
 Active Motion Physiotherapy
 Canmore & Banff, AB
www.activemotionphysio.ca

TEST: Hip Flexor / Quad / Iliotibial Band (ITB)

Description	Female Ideals		Male Ideals	
	Age: 0-10	Age: 11+	Age: 0-11	Age: 12+
Supine lift knee to chest keeping back flat on table. Let leg hang off table.	Femur able to rest on table 90 degrees angle of knee Femur in line with trunk	Femur able to rest on table 60 degrees angle of knee Femur in line with trunk	Femur able to rest on table 90 degrees angle of knee Femur in line with trunk	Femur able to rest on table 55 degrees angle of knee Femur in line with trunk



Prepared by
 Active Motion Physiotherapy
 Canmore & Banff, AB
www.activemotionphysio.ca

TEST: Hamstrings

Description	Female Ideals		Male Ideals	
	Age: 0-10	Age: 11+	Age: 0-11	Age: 12+
<p>Supine, lift leg up keeping knee straight.</p> <p>Measure straight down from medial malleolus. (inside ankle bone)</p>	<p>Ankle in line with Greater trochanter (hip)</p>	<p>Ankle between greater trochanter and knee.</p>	<p>Ankle in line with Greater trochanter</p>	<p>Ankle between greater trochanter and knee.</p>
