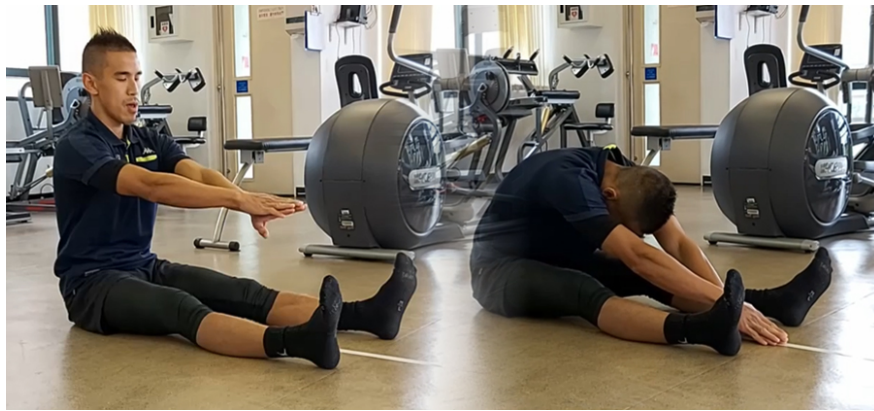


V Sit and Reach Test

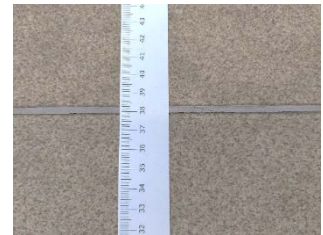
One of the frequently used tests for evaluating the flexibility of the hamstring and back muscles is the simple V Sit and Reach Test. Tightness in these muscles may place increased stress on the lower back and aggravate some of the conditions that lead to sciatica or low back pain. The Report of Population Health Survey 2014/15 by Department of Health, Hong Kong, indicated 22% of respondents experienced lower back pain 30 days preceding the survey. While the cause of lower back pain remains unclear, it is well accepted that frequent exercise and stretching may help maintain muscle strength and joint health, thus providing better support to the trunk and reducing the risk of back injury.



Protocol

The V Sit and Reach Test is a modified version of the familiar Sit and Reach Test. The advantage of adopting the V Sit and Reach Test at home is because it does not require a sit and reach box. You just need a ruler and you are good to go.

1. Mark/Use a horizontal baseline on floor
2. Tape a ruler perpendicular to the baseline that marks 15 inch (38.1 cm) at the baseline
3. Sit on the floor with both legs extended and feet apart by 12 inch (30 cm) with heels on the baseline
4. Put one hand overlapping the other and align the middle fingers, keeping them at same level
5. With the legs held flat and palms facing down, slowly reach forward as far as possible
6. Hold the position for 3 seconds and record the distance reached
7. Rest for a minute and repeat for 2 – 3 times and record the best result



Scoring

The chart below shows the scoring table for the V Sit and Reach Test.

	AGE (YEARS)					
Male rating	18-25	26-35	36-45	46-55	56-65	66+
Excellent	28-22	28-21	28-21	26-19	24-17	24-17
Good	21-20	19-19	19-18	18-16	16-15	16-14
Above average	19-18	17-17	17-16	15-14	13-13	13-12
Average	17-16	16-15	15-15	13-12	11-11	11-10
Below average	15-14	14-13	13-13	11-10	9-9	9-8
Poor	13-12	12-11	11-9	9-8	8-6	7-6
Very poor	11-2	9-2	7-1	6-1	5-1	4-0
Female rating						
Excellent	29-24	28-23	28-22	27-21	26-20	26-20
Good	22-22	22-21	21-20	20-19	19-18	19-18
Above average	21-20	20-20	19-18	18-17	17-16	17-17
Average	19-19	19-18	17-17	16-16	15-15	16-15
Below average	18-17	17-16	16-15	14-14	14-13	14-13
Poor	16-16	15-14	14-13	13-12	12-10	12-10
Very poor	14-7	13-5	12-4	10-3	9-2	9-1

Note: For metric measurements, refer to a site such as this: <http://www.worldwidemetric.com/measurements.html>.
Data based on Golding 2000.

Morrow, Mood, Disch, & Kang, 2015, pp. 222

Results

Your score is categorized into 8 levels divided by difficulty, depending on the use of one- or both legs and the height of the seat. The results range from weak (using both legs with a height of 40cm) to Strong (using one leg with a height of 10cm).

References

- Morrow, J. J. R., Jr, Mood, D., Disch, J., & Kang, M. (2015). *Measurement and Evaluation in Human Performance (5th ed.)*. Champaign, IL: Human Kinetics.
- Centre for Health Protection (2017). *Report of Population Health Survey 2014/2015*.

Video link

Scan the QR-code with your phone to watch the video about the test.

