

### Stretching Exercises

Skill	Cl. Preceptor		Comments
	Score	Initial	
<b>UPPER EXTREMITY</b>			
<b><i>Shoulder: All ROMs</i></b>			
Active			
Passive			
PNF: contract-relax			
PNF: hold-relax			
PNF: Slow reversal-hold-relax			
<b><i>Elbow/Forearm: Flex/Ext/Pron/Sup</i></b>			
Active			
Passive			
PNF: contract-relax			
PNF: hold-relax			
PNF: Slow reversal-hold-relax			
<b><i>Wrist: Flex/Ext</i></b>			
Active			
Passive			
PNF: contract-relax			
PNF: hold-relax			
PNF: Slow reversal-hold-relax			
<b>LOWER EXTREMITY</b>			
<b><i>Hip: All ROMs</i></b>			
Active			
Passive			
PNF: contract-relax			
PNF: hold-relax			
PNF: Slow reversal-hold-relax			
<b><i>Knee: Flex/Ext</i></b>			
Active			
Passive			
PNF: contract-relax			
PNF: hold-relax			
PNF: Slow reversal-hold-relax			
<b><i>Ankle: DF/PF/Inv/Ev</i></b>			
Active			
Passive			
PNF: contract-relax			
PNF: hold-relax			
PNF: Slow reversal-hold-relax			

**Clinical Preceptor Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

2	Proficient	Performs skill correctly and demonstrates understanding of clinical significance
1	Competent	As expected, performs skill accurately
0	Deficient	Unable to perform skill correctly