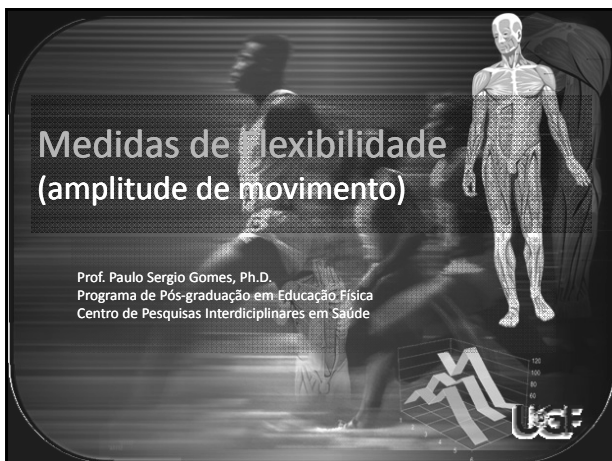




AVISO

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Medida da Flexibilidade ou Amplitude do Movimento

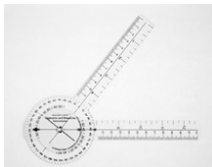
Tipos

- Medidas Indiretas
 - Lineares ou distâncias entre segmentos ou objetos externos
- Medidas Diretas
 - Deslocamento angular entre segmentos adjacentes (ângulo relativo) ou de uma referência externa (ângulo absoluto)

Tipo - Característica

- Angular
- Linear
- Adimensional

Angular Tipos de Goniômetro



Angular Tipos de Goniômetro



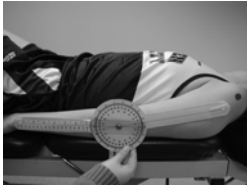
Exemplo de Medida



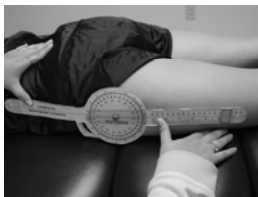
Exemplo de Medida



Exemplo de Medida



Exemplo de Medida

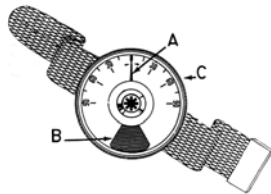


Exemplo de Medida

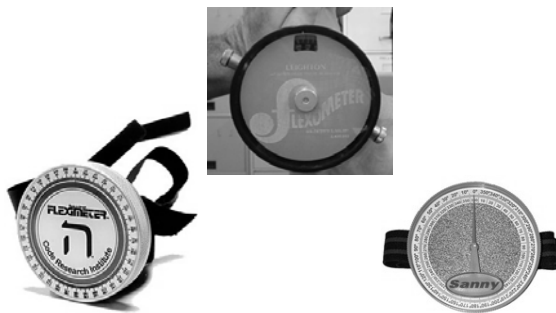


Angular Flexômetro

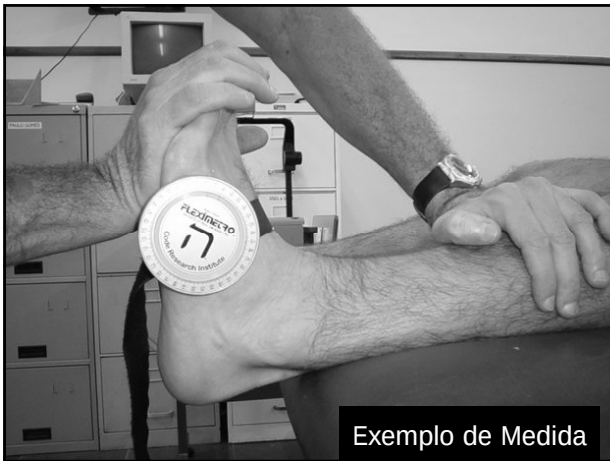
Leighton

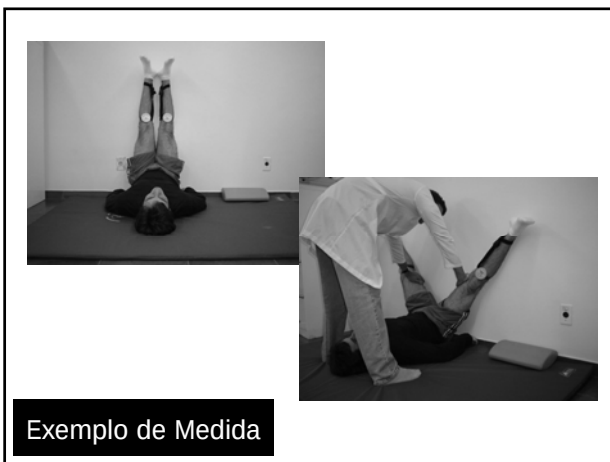


Tipos de Flexômetro











Sentar e Alcançar

Protocolo:

- Manter os joelhos estendidos;
- Leitura das medidas:
 - Valor (cm) mais distante alcançado;
- Melhor de 3 tentativas.



Sentar e Alcançar

- Aquecimento breve;
- Descalço; pés apoiados no banco;
- Movimento lento a frente;
- Sustentação momentânea;
- Mãos sobrepostas ou paralelas, em contato com a trena;
- Respiração normal; Cabeça entre os braços.

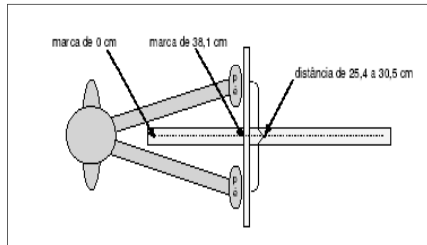


Adaptações



Adaptações - Medida

YMCA – Young Men's Christians Association



Sentar e Alcançar

YMCA – Young Men's Christians Association



Sentar e Alcançar

BANCO

Percentile	Age									
	20-29		30-39		40-49		50-59		60-69	
Gender	M	F	M	F	M	F	M	F	M	F
90	42	43	40	42	37	40	38	40	35	37
80	38	40	37	39	34	37	32	37	30	34
70	36	38	34	37	30	35	29	35	26	31
60	33	36	32	35	28	33	27	32	24	30
50	31	34	29	33	25	31	25	30	22	28
40	29	32	27	31	23	29	22	29	18	26
30	26	29	24	28	20	26	18	26	16	24
20	23	26	21	25	16	24	15	23	14	23
10	18	22	17	21	12	19	12	19	11	18

*Based on data from the Canada Fitness Survey, 1981. Reprinted from Canadian Standardized Test of Fitness (CSFT) Operations Manual, 3rd ed. With permission of Fitness Canada, Fitness and Amateur Sport Canada, Ottawa, 1986. The following may be used as descriptors for the percentile rankings: well above average (90), above average (70), average (50), below average (30), and well below average (10).

Note: These norms are based on a sit-and-reach box in which the "zero" point is set at 26 cm. When using a box in which the "zero" point is set at 23 cm, subtract 3 cm from each value in this table.

Sentar e Alcançar

YMCA

Percentile	Age											
	18-25		26-35		36-45		46-55		56-65		>65	
Gender	M	F	M	F	M	F	M	F	M	F	M	F
90	22	24	21	23	21	22	19	21	17	20	17	20
80	20	22	19	21	19	21	17	20	15	19	15	18
70	19	21	17	20	17	19	15	18	13	17	13	17
60	18	20	17	20	16	18	14	17	13	16	12	17
50	17	19	15	19	15	17	13	16	11	15	10	15
40	15	18	14	17	13	16	11	14	9	14	9	14
30	14	17	13	16	13	15	10	14	9	13	8	13
20	13	16	11	15	11	14	9	12	7	11	7	11
10	11	14	9	13	7	12	6	10	5	9	4	9

*Based on data from YMCA of the USA (reference 18). The following may be used as descriptors for the percentile rankings: well above average (90), above average (70), average (50), below average (30), and well below average (10).

Linear Teste de Beighton



Sands et al. Med Sci Sports Exerc 38(4):720-725, 2006.

Adimensional Flexiteste



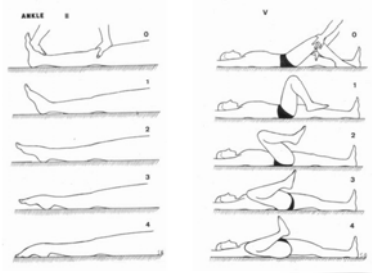
FLEXITESTE



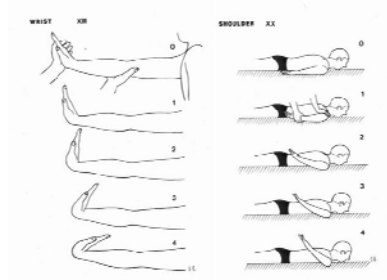
FIGURA 1. Flexitest. Instrumento que avalia a mobilidade passiva máxima de 20 movimentos articulares em sete grandes articulações, utilizado para a avaliação da flexibilidade.

Mapas de Avaliação

Flexitest: exemplos dos mapas de avaliação



Mapas de Avaliação



Treinamento de Avaliação



Avaliação da Flexibilidade: Valores Normativos do Flexitest dos 5 aos 91 Anos de Idade

Flexibility Assessment: Normative Values for Flexitest from 5 to 91 Years of Age

Araújo CGS 2008; Arq Bras Cardiol 90(4):280-287

Tabela 1 - Percentis do Flexindex para o gênero masculino - 5 a 91 anos de idade (n = 2.943)

	N	1	3	5	10	15	17	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	97	99
5000		0,01	0,03	0,05	0,1	0,15	0,17	0,25	0,3	0,35	0,4	0,45	0,5	0,55	0,6	0,65	0,7	0,75	0,80	0,85	0,9	0,95	0,97	0,99
1000	2943																							
5	30	52,3	52,3	53,0	53,8	54,0	54,0	57,0	57,0	58,0	58,8	59,0	60,0	61,0	61,0	62,0	62,8	63,1	63,7	64,3	64,8	67,0	67,0	67,0
6	48	51,5	52,0	52,4	53,0	54,0	54,0	56,0	56,1	57,0	57,0	58,0	58,5	59,0	59,2	60,0	61,0	62,0	64,0	64,0	66,0	66,7	69,0	70,1
7	66	48,4	48,6	51,2	52,0	53,0	54,0	56,0	56,0	57,0	57,0	57,0	58,0	58,0	58,8	60,0	61,0	62,0	64,0	64,0	66,0	66,7	69,0	70,1
8	71	38,0	44,2	45,0	45,0	50,0	51,0	53,0	54,0	55,0	56,0	56,0	57,0	57,0	58,0	59,0	60,0	61,0	62,0	64,0	64,0	66,0	66,7	69,0
9	66	48,4	48,4	47,0	48,0	49,0	50,0	52,0	53,0	53,0	54,0	54,0	56,0	56,0	57,0	57,0	58,0	59,0	60,0	61,0	62,0	63,0	63,0	66,1
10-11	114	38,1	41,2	43,7	45,0	46,0	46,2	47,0	47,0	48,0	48,0	49,0	50,0	51,0	52,0	53,0	53,0	54,0	57,0	58,0	58,7	61,0	61,1	64,8
12-13	85	36,0	37,0	37,2	40,0	41,0	41,0	41,0	41,0	42,0	42,0	42,0	43,0	43,0	44,0	45,0	45,0	46,0	47,0	47,0	48,0	48,0	48,0	50,0
14-15	60	34,7	35,0	36,0	37,0	38,0	38,0	39,0	40,0	41,0	41,0	42,0	43,0	43,0	44,0	45,0	46,0	47,0	47,0	48,0	48,0	48,0	48,0	50,0
16-20	140	32,6	35,2	36,0	37,0	38,0	38,0	39,0	41,0	41,0	42,0	43,0	43,0	44,0	45,0	46,0	46,0	48,0	48,0	51,0	53,0	53,1	55,1	56,8
21-25	137	30,0	30,0	31,0	34,0	36,0	36,0	38,0	40,0	41,0	42,0	42,0	43,0	44,0	45,0	46,0	47,0	48,0	48,0	50,0	51,0	52,0	54,0	56,8
26-30	98	22,9	26,9	28,4	34,7	36,8	37,5	40,3	41,0	42,0	42,0	43,0	44,0	45,0	46,0	47,0	48,0	48,0	51,0	52,0	54,0	55,0	57,0	62,2
31-35	169	20,6	27,0	28,0	32,8	34,0	35,0	37,8	39,0	40,0	41,0	42,0	43,0	44,0	45,0	46,0	47,0	48,0	48,0	51,0	52,0	54,0	55,0	57,0
36-40	194	19,8	24,0	25,0	30,0	31,0	32,0	34,0	35,0	36,0	37,0	38,0	39,0	40,0	41,0	42,0	43,0	44,0	45,0	48,0	48,0	51,0	52,0	57,0
41-45	219	22,2	25,0	25,0	28,0	29,0	30,0	32,0	34,0	35,0	36,0	37,0	38,0	39,0	40,0	41,0	42,0	43,0	44,0	45,0	47,0	50,0	52,0	56,8
46-50	230	17,0	21,8	24,0	27,0	28,0	29,0	31,0	32,0	33,0	34,0	35,0	36,0	37,0	38,0	39,0	40,0	42,0	43,0	44,0	45,0	48,0	48,0	51,0
51-55	271	16,7	19,0	20,0	23,0	24,0	25,0	27,0	28,0	29,0	30,0	31,0	32,0	33,0	34,0	35,0	36,0	37,0	38,0	39,0	40,0	43,0	43,0	48,0
56-60	269	16,4	18,0	18,4	22,0	24,0	25,0	27,0	28,0	29,0	30,0	31,0	32,0	33,0	34,0	35,0	36,0	37,0	38,4	40,8	44,0	44,0	48,0	50,0
61-65	212	11,9	14,0	15,0	18,0	20,0	20,0	22,0	24,0	25,0	26,0	27,0	28,0	29,0	30,0	31,0	32,0	33,0	34,0	36,0	39,0	41,0	42,0	47,0
66-70	175	8,7	11,4	12,0	15,4	17,0	17,0	19,0	21,0	22,0	23,0	24,0	25,0	26,0	27,0	28,0	29,0	30,0	31,0	33,0	36,0	39,0	41,0	45,0
71-75	147	6,5	10,8	12,0	14,0	15,0	16,0	18,0	19,0	20,0	21,0	22,0	23,0	24,0	25,0	26,0	27,0	28,0	29,0	31,0	34,0	37,0	40,0	45,0
76-80	84	6,0	10,5	11,2	13,0	14,0	15,0	17,0	18,0	19,0	20,0	21,0	22,0	23,0	24,0	25,0	26,0	27,0	28,0	29,0	31,0	34,0	37,0	40,0
81-85	52	6,8	7,0	7,8	10,8	12,0	12,0	14,0	15,0	16,0	17,0	18,0	19,0	20,0	21,0	22,0	23,0	24,0	25,0	27,0	29,0	32,0	35,0	36,8