

Multi-Directional Reach Test (MDRT)

I. FORWARD REACH

Instructions:

- Position yardstick on wall at height of acromion.
- Stand in a comfortable position with feet shoulder width apart.
- Raise your arm in front of you to shoulder height (turn palm facing medially, hand extended and do not touch the yardstick).
- Reach forward as far as possible and do not let your heels rise from the floor. (Record location of middle finger).
- Now stop reaching and return to your starting position.
- Subtract end number from start position to obtain number of inches reached.
- Pause before next trial.
- Provide one practice trial before the start of the three test trials.

Distance Reached

Movement Strategy

Trial 1 _____	hip ___ ankle ___ trunk rotation _____ Scapular protraction _____ Other _____
Trial 2 _____	hip ___ ankle ___ trunk rotation _____ Scapular protraction _____ Other _____
Trial 3 _____	hip ___ ankle ___ trunk rotation _____ Scapular protraction _____ Other _____

Mean: _____

II. BACKWARD REACH

Instructions:

- Repeat all instructions but now ask the individual to lean backwards as far as possible and do not let the toes rise from the floor. (Record location of middle finger).

Distance Reached

Movement Strategy

Trial 1 _____ hip ____ ankle ____ trunk rotation _____
Scapular protraction _____ Other _____

Trial 2 _____ hip ____ ankle ____ trunk rotation _____
Scapular protraction _____ Other _____

Trial 3 _____ hip ____ ankle ____ trunk rotation _____
Scapular protraction _____ Other _____

Mean: _____

III. LATERAL REACH TO THE RIGHT

Instructions:

- Position yardstick on wall at height of acromion.
- Stand in a comfortable position with feet shoulder width apart.
- Raise your arm horizontally to shoulder height (turn palm facing medially, hand extended and do not touch the yardstick).
- Reach sideways to the right as far as possible. (Record location of middle finger).
- Now stop reaching and return to your starting position.
- Subtract end number from start position to obtain number of inches reached.
- Pause before next trial.
- Provide one practice trial before the start of the three test trials.

Distance Reached

Movement Strategy

Trial 1 _____ hip ____ ankle ____ trunk rotation _____
Scapular protraction _____ Other _____

Trial 2 _____ hip ____ ankle ____ trunk rotation _____
Scapular protraction _____ Other _____

Trial 3 _____ hip ____ ankle ____ trunk rotation _____
Scapular protraction _____ Other _____

Mean: _____

IV. LATERAL REACH TO THE LEFT

Instructions:

- Repeat all previous instructions but now ask the individual to reach sideways to the left as far as possible. (Record location of middle finger).

Distance Reached

Movement Strategy

Trial 1 _____

hip ____ ankle ____ trunk rotation _____
Scapular protraction _____ Other _____

Trial 2 _____

hip ____ ankle ____ trunk rotation _____
Scapular protraction _____ Other _____

Trial 3 _____

hip ____ ankle ____ trunk rotation _____
Scapular protraction _____ Other _____

Mean: _____