

Flexibility and mobility parameters in climbers and non-climbers

The purpose of this study was to determine whether functional mobility (measured using shoulder mobility and active straight leg raise tests) or climbing-specific hip mobility (measured using an adapted Grant foot raise test [hip flexion] and lateral foot reach test [hip abduction and external rotation determines climbing skills).

n = 59

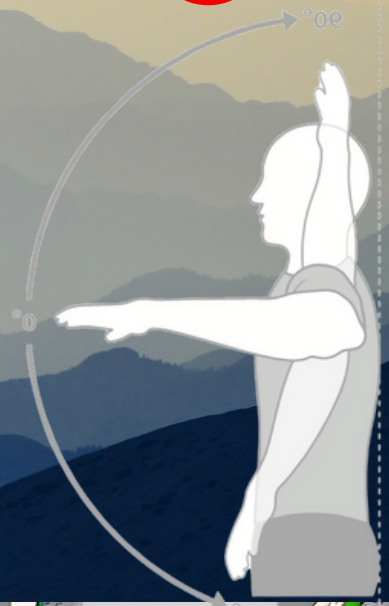
Volunteer climbers

- Elite
- Intermediate
- Non-climbers



Methods

- ✓ Anthropometry
- ✓ Handgrip strength
- ✓ Functional mobility: FMS (shoulder mobility and active straight leg raise)
- ✓ Climbing-specific hip mobility: Adapted grant foot raise and lateral foot reach



Conclusions

- ✓ Elite climbers → Better hip flexion and hip abduction
- Significant differences in the external shoulder rotation
- Intermediate level climbers could benefit from enhancing hip mobility

