|  |
| --- |
| Toe Tap Test Participant is sitting in a chair. Instructions: “Tap your toe as quickly as you can for 10 seconds.” Record the number of taps in 10 seconds. *Be sure to demonstrate a sufficient amount of ankle dorsiflexion ROM.*Left \_\_\_\_\_\_\_ Right \_\_\_\_\_\_\_Reference values:Healthy men and women of similar physical activity level:* Young (av.32yr) : **47 taps** per 10 seconds (n=24)
* Older adults (av. 72 yr): **34 taps** per 10 seconds (n=24)

Kent-Braun JA. Ng AV. (1999). Specific strength and voluntary muscle activation in young and elderly women and men. *Journal of Applied Physiology.* 87:1 22-29  |