(457) Self-reported Physical Fitness Questionnaire: Flexibility of Recipients in the Community

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|  | Please consider the physical condition of the recipients in the community in the previous three months before answering each question. Please select ONE choice only.Each statement describes a hypothetical situation. Please consider the trueness of each statement in describing the physical performance and ability of the recipients in the community.Please indicate the most suitable choice with a tick (√) after each statement.Please read every statement very carefully because some statements are very similar. | Always true | Usually true | Sometimes true | Seldom true | Never true |
| 1. | When taking shower, they can wash anywhere on their back and waist with their left hand. | 1 | 2 | 3 | 4 | 5 |
| 2. | They can wash all areas of their back with their right hand. | 1 | 2 | 3 | 4 | 5 |
| 3. | When there is an itch between the shoulder blades (scapulas) on of their back, they can scratch with their left hand over the shoulders. | 1 | 2 | 3 | 4 | 5 |
| 4. | Sitting on a chair and leaving both legs on the floor, they can easily bend over to tie up the shoelaces. | 1 | 2 | 3 | 4 | 5 |