

The Artistic Advantage: Supplemental Sheet

Friday's Task:

Task preparation:

- 1.
2. Place a dot on the knuckle of your big toe and a dot in the middle of the inside of your ankle (on bony bit) as in the Picture 1.
3. Then place a third dot on the inside of your knee as in the Picture 2.
4. Sit with legs straight in front of you with your back as straight as possible (legs apart)



Picture 1

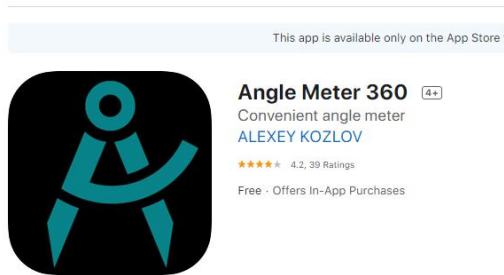


Picture 2

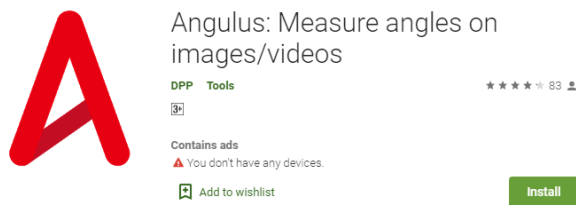
- 1) Take a picture of your RIGHT LEG from the middle of your thigh to the end of your foot (toes pointed) looking at the INSIDE of your leg (Picture 3)
 - Make sure your leg is as straight as you can get it
 - Make sure your back is as straight as you can get it
- 2) Take a picture of your LEFT LEG from the middle of your thigh to the end of your foot (toes pointed) looking at the INSIDE of your leg (Picture 3, but left leg)
 - Make sure your leg is as straight as you can get it
 - Make sure your back is as straight as you can get it



- 3) Download the free app [Angle Meter 360](#) – Apple devices



3) Download the free app [Angulus](#) – Android devices



4) Measure your foot pointe

- Open the **Angle Meter 360** or **Angulus** app
- Import the photo of your RIGHT leg
- Add the angle (the + icon in the upper right tool bar)
- Place the angle dots over the dots you drew on your foot (see photo below)
- Save the photo and record the angle
- Repeat on the other side



5) Measure your knee range

- Open the angle meter 360 app
- Import the photo of your right leg
- Add the angle (the plus icon in the upper right tool bar)
- Place the angle dots over the dots you drew on your ankle and knee and place the third dot halfway up your thigh following you pants seam. (see photo)
- Save the photo and record the angle – if your angle is like the photo it will be 180 – the angle

- in this case that would be $180 - 165 = 15$, so this athlete has 15° of hyper extension)
- if you have a number great than 180, then subtract 180 from your number, (eg. $190 - 180 = 10$, this athlete would be 10° off full extension)

f. Repeat on the other side

