



## Golf Physical Screening

| <u>Posture</u>                      | <u>Standing</u>        | <u>Golf</u>             |
|-------------------------------------|------------------------|-------------------------|
| C-Posture                           |                        |                         |
| S-Posture                           |                        |                         |
| <b><u>Pelvic Rotation</u></b>       | <b><u>Left</u></b>     | <b><u>Right</u></b>     |
| Mobility                            |                        |                         |
| Stability                           |                        |                         |
| <b><u>Torso Rotation</u></b>        | <b><u>Left</u></b>     | <b><u>Right</u></b>     |
| Mobility                            |                        |                         |
| Stability                           |                        |                         |
| <b><u>Pelvic Tilt Test</u></b>      | <b><u>Anterior</u></b> | <b><u>Posterior</u></b> |
| Mobility                            |                        |                         |
| Stability                           |                        |                         |
| Vibration                           |                        |                         |
| Breakouts                           | Thomas (P)→            | Quad Tilts (Y/N)        |
|                                     | Jump Start →           | Hip Ext/ Leg LT         |
| <b><u>Squat Test</u></b>            | OH Full                | AC Full/ CNP            |
| Limited Ankle Dorsi                 | Assisted DS            |                         |
| Weight Shift                        |                        |                         |
| Knee migration                      |                        |                         |
| <b><u>Toe Touch Test</u></b>        | Touches toes           | Both Limited            |
|                                     | L/R Limited→           | Long sitting            |
| <b><u>ASLR/PSLR</u></b> →           | Sup Knee/Chest         | Prone Rocking           |
| <b><u>Lat. Tension Test</u></b>     | <b><u>Left</u></b>     | <b><u>Right</u></b>     |
| Degrees (>180°)                     |                        |                         |
| <b><u>Wrist ROM</u></b>             | <b><u>Left</u></b>     | <b><u>Right</u></b>     |
| Flex/Ext (60/60)                    | /                      | /                       |
| Ulnar/ Radial (30/20)               | /                      | /                       |
| Pronation/Supination                |                        |                         |
| Thumb Extension Test                |                        |                         |
| <b><u>Cervical ROM (75)</u></b>     | <b><u>Left:</u></b>    | <b><u>Right:</u></b>    |
| <b><u>Half Kneel Rot. (60°)</u></b> | <b><u>Left</u></b>     | <b><u>Right</u></b>     |
| Club in front                       |                        |                         |
| Club behind back                    |                        |                         |
| Difference                          |                        |                         |
| <b><u>Reach-Roll-Lift</u></b>       | <b><u>Left</u></b>     | <b><u>Right</u></b>     |
| Limited                             |                        |                         |
| <b><u>90/90 Test</u></b>            | <b><u>Left</u></b>     | <b><u>Right</u></b>     |
| Standing (>110°)                    |                        |                         |
| Golf Posture                        |                        |                         |
| Torso Flexion                       |                        |                         |
| Difference                          |                        |                         |

| <u>In-Line Lunge Test</u>               | <u>Left</u>        | <u>Right</u>        |
|---|--------------------|---------------------|
| Note ability to perform correctly       |                    |                     |
| <b><u>1 leg balance</u></b>             | <b><u>Left</u></b> | <b><u>Right</u></b> |
| Eyes Closed (26 sec.)                   |                    |                     |
| <b><u>Rocker Board</u></b>              | <b><u>A/P</u></b>  | <b><u>L/R</u></b>   |
| Easy/Hard                               |                    |                     |
| <b><u>Hip Rotation Test</u></b>         | <b><u>Left</u></b> | <b><u>Right</u></b> |
| Int. Rot (>45°)                         |                    |                     |
| Ext. Rot. (>55°)                        |                    |                     |
| Craig's Test                            |                    |                     |
| Breakout Prone                          |                    |                     |
| Breakout Side-Lying                     |                    |                     |
| Piriformis Length Test                  |                    |                     |
| <b><u>Leg-Lowering Test(40lbs)</u></b>  | <b><u>Left</u></b> | <b><u>Right</u></b> |
| Pressure after bracing                  |                    |                     |
| Pressure after lowering                 |                    |                     |
| <b><u>Modified Thomas Test</u></b>      | <b><u>Left</u></b> | <b><u>Right</u></b> |
| Tight Psoas →Faber                      |                    |                     |
| Tight Rec. Femoris                      |                    |                     |
| Tight Adductors                         |                    |                     |
| Tight Ext. Rot/ TFL                     |                    |                     |
| <b><u>Hip Abduction Test</u></b>        | <b><u>Left</u></b> | <b><u>Right</u></b> |
| Weak G-meds                             |                    |                     |
| Tight TFL                               |                    |                     |
| Tight Ext. Rot.                         |                    |                     |
| Overactive QL                           |                    |                     |
| <b><u>Bridge w/ Leg Extension</u></b>   | <b><u>Left</u></b> | <b><u>Right</u></b> |
| Weak G-max                              |                    |                     |
| Overactive Hamstring                    |                    |                     |
| Overactive Erectors                     |                    |                     |
| <b><u>Hip Extension Test</u></b>        | <b><u>Left</u></b> | <b><u>Right</u></b> |
|   |                    |                     |
| <b><u>Scapular Screen/Abduction</u></b> | <b><u>Left</u></b> | <b><u>Right</u></b> |
| OA Traps/ Lev Scap                      |                    |                     |
| Winging/ Weak Serr. Ant                 |                    |                     |
| <b><u>Half Squat Eversion</u></b>       | <b><u>Left</u></b> | <b><u>Right</u></b> |
|   | Pro / Sup          | Pro / Sup           |
| <b><u>Ankle inversion/eversion</u></b>  | Everts/<br>inverts | Everts/<br>Inverts  |
| <b><u>Wall Sit Test</u></b>             | Time:              |                     |

