



Golf Physical Screening

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

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

