

1	Pelvic Tilt Test	
	Starting Pelvic Tilt (Subjective)	
	Neutral Tilt	
	S-Posture	
	C-Posture	
	Amount of Motion	
	Normal Motion	
	Hard Time Arching Back	
	Hard Time Flattening Back	
	Both Limited	
Quality of Movement		
Smooth Movement		
Shake and Bake Movement		
Did Not Test		

4	Overhead Deep Squat	
	Standing Squat	
	Bar Overhead Deep Squat	
	Arms Down Full Deep Squat	
	Arms Down Limited Deep Squat	
	Half-Kneeling Ankle Test	
	Good Dorsiflexion Bilaterally	
	Right Ankle Dorsiflexion Limited	
	Left Ankle Dorsiflexion Limited	
	Both Ankle's Dorsiflexion Limited	
Do They Weight Shift?		
No weight shift		
Weight Shift RIGHT		
Weight Shift LEFT		

9	Lower Quarter Rotation	
	L	Backswing
	60 degrees or more	
Less than 60 degrees		
Downswing		
60 degrees or more		
Less than 60 degrees		

10	Cervical Rotation Test	
	L	Mouth Closed
	Touches Both Sides	
Limited		

11	Wrist Hinge	
	L	Elbows Bent By Sides
	Normal	
Limited Hinge Up		
Limited Hinge Down		

13	Forearm Rotation	
	L	Elbows Bent By Sides
	>80 Bilateral	
Palm Up Limited		
Palm Down Limited		

12	Wrist Flexion (Bowing)	
	L	Elbows Straight
	Greater than 60 degrees	
Equal to 60 degrees		
Limited		

14	Wrist Extension (Cupping)	
	L	Elbows Straight
	Greater than 60 degrees	
Equal to 60 degrees		
Limited		

15	Seated Trunk Rotation	
	L	Club Behind Back
	Greater than 45 degrees	
Equal to 45 degrees		
Less than 45 degrees		

16	Bridge w/ Leg Extension	
	L	Lying Supine
	Glute Normal	
Glute Weak		
Cramping		

2	Pelvic Rotation Test	
	L	Without Holding Shoulders
	Good	
Limited		
Holding Shoulders		
Improves		
Doesn't Improve		
Coordination		
Good Rotary Movement		
More Lateral Movement		

3	Torso Rotation Test	
	L	Without Holding Hips
	Good	
Limited		
Holding Hips		
Improves		
Doesn't Improve		

5	Toe Touch Test	
	Bilateral Toe Touch	
	Can	Touches Toes
Unilateral Toe Touch		
YES	Both Limited	NO
L	One Side Limited	R

6	90/90 Test	
	L	Standing
	Greater than Spine Angle	
Equal to Spine Angle		
Less than Spine Angle		
Golf Posture		
Equal to Standing		
Less than Standing		
Greater than Standing		

7	Single Leg Balance	
	L	Thigh Parallel
	0-5 seconds	
6-10 seconds		
11-15 seconds		
16-20 seconds		
21-25 seconds		
Greater than 25 seconds		

8	Lat Length Test	
	L	Low Back Flat Against Wall
	Below the Nose	
Covers the Nose		
Between Nose and Wall		
Touches Wall		

OP	Reach Roll Lift Test	
	L	Prayer Position
	Good Range	
Between Ground and Ear		
Can't Lift		

equals PGA tour norms	
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