

1	Pelvic Tilt Test
Starting Pelvic Tilt	
	Neutral Tilt
	Excessive Anterior Tilt
	Excessive Posterior Tilt
Amount of Motion	
	Normal Motion
	Limited Posterior Tilt
	Limited Anterior Tilt
	Both Limited
Quality of Movement	
	Smooth Movement
	Shake and Bake Movement
	Did Not Test

4	Overhead Deep Squat
Standing	
	Full Overhead Deep Squat
	Arms Crossed Full Deep Squat
	Arms Crossed Limited Deep Squat
Half-Kneeling	
	Good Dorsiflexion Bilaterally
	Right Ankle Dorsiflexion Limited
	Left Ankle Dorsiflexion Limited
	Both Ankle's Dorsiflexion Limited
Weight Shift	
	No weight shift
	Weight Shift RIGHT
	Weight Shift LEFT

8	Lat Length Test	
L	Low Back Flat Against Wall	R
	Less than 120 degrees	
	Equal to 120 degrees	
	Between 120-170 degs	
	Touches Wall	

9	Lower Quarter Rotation	
L	Internal Rotation	R
	Greater than 60 degrees	
	Equal to 60 degrees	
	Less than 60 derees	
	External Rotation	
	Greater than 60 degrees	
	Equal to 60 degrees	
	Less than 60 derees	

2	Pelvic Rotation Test
Torso Stability	
	Good stability
	Limited Stability Rt.
	Limited Stability Lt.
	Both Stability limited
Pelvic Mobility	
	Good Mobility
	Limited Mobility Rt.
	Limited Mobility Lt.
	Both Mobility limited
Coordination	
	Good Rotary Movement
	More Lateral Movement

5	Toe Touch Test	
Bilateral Toe Touch		
YES	Limited Bilateral	NO
Unilateral Toe Touch		
YES	Both Limited Unilateral	NO
L	Unilateral Limited	R

10	Seated Trunk Rotation	
L	Club In Front	R
	Greater than 45 degrees	
	Equal to 45 degrees	
	Less than 45 degrees	
L	Club Behind Back	R
	Greater than 45 degrees	
	Equal to 45 degrees	
	Less than 45 degrees	

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

11	Bridge w/ Leg Extension	
L	Lying Supine	R
	Glute Normal	
	Glute Weak	
	Glute Inhibited	

3	Torso Rotation
Stability Test	
	Good Stability
	Limited Stability Rt.
	Limited Stability Lt.
	Limited Bilateral Stability
Mobility Test	
	Good Mobility
	Limited Mobility Rt.
	Limited Mobility Lt.
	Both Mobility limited

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

OP	Reach Roll Lift Test	
L	Prayer Position	R
	Good Range	
	Limited Lift	
	Can't Lift	

OP	Leg Lowering Test	
	Stays between 40-50 pounds	
	Pressure dropped below 40lbs.	
	Pressure Increased above 50lbs.	
↓↓ After Leg Movement ↓↓		
L	Slide Each Leg	R
	Maintained Neutral	
	Pressure Increased	
	Pressure Dropped 21-40 lbs	
	Pressure Dropped 40 lbs.	

equals PGA tour norms

