

NAME : _____

DATE: _____

1 Pelvic Tilt Test - PB	
	Neutral Tilt
	S-Posture
	C-Posture
Amount of Motion	
	Normal Motion
	Hard Time Arching Back- <i>Ant</i>
	Hard Time Flattening Back- <i>Post</i>
Quality of Movement	
	Smooth Movement
	Shake & Bake

5 Lower Quarter Turn - PT		
L-L	Internal Rotation	R-R
	Greater than 60 Degrees	
	Equal than 60 Degrees	
	Less than 60 Degrees	
L-R	External Rotation	R-L
	Greater than 60 Degrees	
	Equal than 60 Degrees	
	Less than 60 Degrees	

9 Overhead Deep Squat - UBB		
Bar Overhead		
Full	Deep Squat	Ltd
Y	Arms Drop	N
NO BAR - Thumbs in Neck		
Full	Deep Squat	Ltd
1/2 Kneeling Dorsiflexion		
L	Good Dorsiflexion	R
L	Limited	R
L	YES - Weight Shift - NO	R

2 Pelvic Rotation - PT - XF		
Good Lower Body Mobility		
L	Rotation - NO Improve w/ Hold	R
Good Upper Body Stability		
L	Rotation - Improves w/ Hold	R
Coordination		
	Good Rotary Movement	
	More Lateral Movement	

6 Seated Torso Turn - UBT		
L	Club Across Chest	R
	Greater than 45 Degrees	
	Equal than 45 Degrees	
	Less than 45 Degrees	
L	Club Behind Neck	R
	Greater than 45 Degrees	
	Equal than 45 Degrees	
	Less than 45 Degrees	

10 90/90 Test - UBB, UBSB, UBT		
L	Standing	R
	Greater than Spine Angle	
	Equal to Spine Angle	
	Less than Spine Angle	
L	In Golf Posture	R
	Greater than Spine Angle	
	Equal to Spine Angle	
	Less than Spine Angle	

3 Upper Body Rotation - UBT		
Good Upper Body Mobility		
L	Rotation - NO Improve w/ Hold	R
Good Lower Body Stability		
L	Rotation - Improves w/ Hold	R

7 Single Leg Balance - PSB		
L	Opposite Leg Parallel	R
	0-5 Seconds	
	6-10 Seconds	
	11-15 Seconds	
	16-20 Seconds	

11 Lat Length Test - UBSB		
L	Sacrum & Back Against Wall	R
	Below the Nose	
	Covers the Nose	
	Between Nose & Ear	
	Between Nose & Wall	
	Touches the Wall	

4 Toe Touch Test - PB, PSB		
2 Leg Toe Touch		
Y	Touches Toes	N
One Leg Toe Touch		
Y	Both Limited	N
L	One Side Limited	R

8 Cervical (Neck) Rotation		
L	Turn in Both Directions	R
	Range of Motion - Degrees	
L	Limited Range of Motion	R

12 Bridge w/ Leg Extension-UBSB		
L	Lying on Back - Leg Down - 20 sec	R
	Glute Normal	
	Glute Weak	
	Cramped Up	
L	Drop Pelvis	R
L	Held Position	R