



# MOBILITY & STABILITY ASSESSMENTS



**Pelvic Tilt**



**Pelvic Rotation**



**Torso Rotation**



**Overhead Deep Squat**



**Toe Touch**



**90/90**



**Single Leg Balance**



**Lat Length Test**



**Lower Quarter Rotation**



**Seated Trunk Rotation**



**Bridge with Leg Extension**



**Cervical Rotation**



**Forearm Rotation**



**Wrist Hinge**



**Wrist Flexion / Extension**



*Optional*  
**Reach Roll & Lift**

# MOBILITY & STABILITY ASSESSMENTS

\*TOUR NORMS

Pelvic Tilt		Pelvic Rotation		Torso Rotation		Overhead Deep Squat	
Starting Pelvic Tilt (Subjective)		L	R	L	R	Standing Squat	
*	Neutral Tilt	*		*		*	Bar Overhead Deep Squat
	S-Posture						Arms Down Full Deep Squat
	C-Posture						Arms Down Limited Deep Squat
Amount of Motion		Holding Shoulders		Holding Hips		Half Kneeling Ankle Test	
*	Normal Motion					*	Good Dorsiflexion Bilaterally
	Hard Time Arching Back						Right Ankle Dorsiflexion Limited
	Hard Time Flattening Back						Left Ankle Dorsiflexion Limited
	Both Limited						Both Limited
Quality of Movement		Coordination				Do They Weight Shift?	
*	Smooth Movement	*				*	No weight shift
	Shake and Bake Movement						Weight Shift <b>Right</b>
	Did Not Test						Weight Shift <b>Left</b>

Toe Touch			90 / 90		Single Leg Balance		LAT Length Test				
Bilateral Toe Touch			L	Standing	R	L	Thigh Parallel	R	L	Low Back Flat Against Wall	R
* CAN	Touches Toes	CAN'T		* Greater than Spine Angle			0-5 Seconds			Below the Nose	
				Equal to Spine Angle			6-10 Seconds			Covers the Nose	
				Less than Spine Angle			11-15 Seconds			Between Nose and Wall	
Unilateral Toe Touch			Golf Posture			*	16-20 Seconds		*	Touches Wall	
YES	Both Limited	NO		* Equal to Standing			21-25 Seconds				
				Less than Standing		26 Seconds or Greater					
L	One Side Limited	R		Greater than Standing							

Lower Quarter Rotation		Seated Trunk Rotation		Bridge w/ Leg Extension		Cervical Rotation	
L	R	L	R	L	R	L	R
Backswing		Club Behind Back		Lying Supine		Mouth Closed	
*		*		*		*	
Downswing							
*							

Forearm Rotation		Wrist Hinge		Wrist Flexion (Bowling)		Wrist Extension (Cupping)	
L	R	L	R	L	R	L	R
Elbows Bent By Sides		Elbows Bent By Sides		Elbows Straight		Elbows Straight	
*		*					

## OPTIONAL

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

## NOTES:

