

MOBILTY & 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

MOBILTY & STABILITY ASSESSMENTS

*TOUR NORMS

Pelvic Tilt		Pelvic Rotation			Torso Rotation		Overhead Deep Squat
Starting Pelvic Tilt (Subjective)	L	Without Holding Shoulders	R	L	Without Holding Hips	R	Standing Squat
* Neutral Tilt		* Good			* Good		* Bar Overhead Deep Squat
S-Posture							Arms Down Full Deep Squat
C-Posture		Limited			Limited		Arms Down Limited Deep Squat
Amount of Motion		Holding Shoulders			Holding Hips		Half Kneeling Ankle Test
* Normal Motion		Improves			Inneroves		*Good Dorsiflexion Bilaterally
Hard Time Arching Back		Improves			Improves		Right Ankle Dorsiflexion Limited
Hard Time Flattening Back		December Incomes of			December Incomes of		Left Ankle Dorsiflexion Limited
Both Limited		Doesn't Improve			Doesn't Improve		Both Limited
Quality of Movement		Coordination					Do They Weight Shift?
* Smooth Movement		* Good Rotary Movement					* No weight shift
Shake and Bake Movement		Cood Notally Hovelholic					Weight Shift Right
Did Not Test		More Lateral Movement					Weight Shift Left

	Toe Touch			90 / 90			Single Leg Balance			LAT Length Test	
1	Bilateral Toe Touch		L	Standing	R	L	Thigh Parallel	R	L	Low Back Flat Against Wall	R
				* Greater than Spine Angle			O-5 Seconds			Below the Nose	
* CAN	Touches Toes (CAN'T		Equal to Spine Angle			6-10 Seconds		R L	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		///					

	Lov	wer Quarter Rotation			Seated Trunk Rotation			Bridg	ge w/ Leg Extens	ion		Cervical Rotation
L		Backswing	R	L	Club Behind Back	R	L		Lying Supine	R	L	Mouth Closed R
Г	*	60 degrees or more			* Greater than 45 degrees			*	Glute Normal			* Touches Both Sides
		Less than 60 degrees			Equal to 45 degrees				Glute Weak			Limited
		Downswing			Less than 45 degrees				Cramping		///	
	*	60 degrees or more									/ ///	
		Less than 60 degrees										

	Forearm Rotation			Wrist Hinge			Wrist Flexion (Bowing)		١	Wrist Extension (Cuppin	g)
L	Elbows Bent By Sides	R	L	Elbows Bent By Sides	R	L	Elbows Straight	R	L	Elbows Straight	R
	* >80 Bilateral			* Normal			Greater than 60 degrees			Greater than 60 degrees	
	Palm Up Limited			Limited Hinge Up			* Equal to 60 degrees			* Equal to 60 degrees	
	Palm Down Limited			Limited Hinge Down			Limited			Limited	

OPTIONAL

NOTES:

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

