

| 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 |

| 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 |

| 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 |

| 4 | Overhead Deep Squat |
|---|---------------------------------|
| | Full Overhead Deep Squat |
| | Arms Crossed Full Deep Squat |
| | Arms Crossed Limited Deep Squat |
| | Good Dorsiflexion Bilaterally |
| | Right Calf Limited |
| | Left Calf Limited |
| | Both Calves Limited |
| | No weight shift |
| | Weight Shift RIGHT |
| | Weight Shift LEFT |

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

| 6 | 90/90 Test |
|----------|----------------------------|
| L | R |
| | Standing < than 70 Deg. |
| | Standing 70-80 Degrees |
| | Standing 81-90 Degrees |
| | Standing 91-100 Degrees |
| | Standing 101-110 Degrees |
| | Standing 111-120 Degrees |
| | Standing 121-130 Degrees |
| | Standing over 130 Degrees |
| | Golf Posture Measurement |
| | Golf Posture < 5 Degrees |
| | Golf Posture 6-10 Degrees |
| | Golf Posture 11-15 Degrees |
| | Golf Posture 16-20 Degrees |
| | Golf Posture 21-25 Degrees |
| | Golf Posture > 25 Degrees |

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

| 8 | Lat Length Test |
|----------|-----------------------|
| L | R |
| | Less than 120 degrees |
| | 121-130 degrees |
| | 131-140 degrees |
| | 141-150 degrees |
| | 151-160 degrees |
| | 161-170 degrees |
| | 171-179 degrees |
| | Touches Wall |

| 9 | Half-Kneeling Rotation Test |
|----------|--------------------------------|
| L | R |
| | Bar in Back > 70 deg. |
| | Bar in Back 61-70 degrees |
| | Bar in Back 51-60 degrees |
| | Bar in Back 41-50 degrees |
| | Bar in Back 31-40 degrees |
| | Bar in Back 20-30 degrees |
| | Bar in Back < 20 degrees |
| | Bar in Front < 5 degrees diff. |
| | Bar in Front 6-10 deg. diff. |
| | Bar in Front 11-15 deg. diff. |
| | Bar in Front 16-20 deg. diff. |
| | Bar in Front 21-25 deg. diff. |
| | Bar in Front 26-30 deg. diff. |
| | Bar in Front > 30 deg. diff. |

| 10 | Bridge w/ Leg Extension |
|----------|-------------------------|
| L | R |
| | Glute Normal |
| | Glute Weak |
| | Glute Inhibited |

| 11 | Leg Lowering Test |
|--------------------------|---------------------------------|
| | Stays between 40-50 pounds |
| | Pressure dropped below 40lbs. |
| | Pressure Increased above 50lbs. |
| ↓↓ After Leg Movement ↓↓ | |
| L | R |
| | Maintained Neutral |
| | Pressure Increased |
| | Pressure Dropped 5-20 lbs |
| | Pressure Dropped 21-40 lbs |
| | Pressure Dropped 40 lbs. |

| 12 | Hip Rotation |
|----------|------------------------------|
| L | R |
| | Internal Rot. <0 degrees |
| | Internal Rot. 0-5 degrees |
| | Internal Rot. 6-10 degrees |
| | Internal Rot. 11-15 degrees |
| | Internal Rot.. 16-20 degrees |
| | Internal Rot. 21-25 degrees |
| | Internal Rot. 26-30 degrees |
| | Internal Rot. 31-35 degrees |
| | Internal Rot. 36-40 degrees |
| | Internal Rot. 41-45 degrees |
| | Internal Rot. 46-50 degrees |
| | Internal Rot. > 50 degrees |
| | External Rot. < 20 degrees |
| | External Rot. 21-30 degrees |
| | External Rot. 31-40 degrees |
| | External Rot. 41-50 degrees |
| | External Rot. 51-60 degrees |
| | External Rot. 61-70 degrees |
| | External Rot. > 70 degrees |

| OP | Seated Trunk Rotation |
|----------|-------------------------------|
| L | R |
| | Less than 10 degrees rotation |
| | 11-20 degrees rotation |
| | 21-30 degrees rotation |
| | 31-40 degrees rotation |
| | 41-50 degrees rotation |
| | 51-60 degrees rotation |
| | 61-70 degrees rotation |
| | 71-80 degrees rotation |
| | greater than 80 degrees |

| OP | Reach Roll Lift Test |
|----------|----------------------|
| L | R |
| | Good Range |
| | Limited Lift |
| | Can't Lift |

