

Appendix A

Golf Screening Scoring Sheet

Test	Score
Pelvic Tilt	
Hip Rotation	
Deep Overhead Squat	
Single Leg Balance	
Upper Body Postural Control	
Lateral Hip Stability	
Single Leg Squat	
Seated Trunk Rotation	
Single Leg Bridge	
Shoulder Lift Off	
Active Trunk Rotation	
Side Bridge	
Plank Hold	
Trunk Extension	
Total Score	/100

Modified Golf Screening Scoring Sheet

Test	Pass/Fail
Single Leg Balance	
Deep Overhead Squat	
Single Leg Squat	
Bird Dog	
Active Trunk Rotation	
Upper Body Postural Control	
Side Bridge	
Plank Hold	
Total Score	/ 8

Appendix B

How to interpret the screening results

The following can be used as a guide to which exercises should be selected to address the areas identified in the screening as needing improvement.

It is best to select the 2 or 3 most important aspects to work on, usually the tests that had the worst score, and focus on these initially.

Test	Assesses	Do these exercises ...
Pelvic Tilt	Body coordination	Pelvic tilt drills in chapter 2
Hip Rotation	Body coordination	Hip rotation drills in chapter 2, leg rolls
Deep Overhead Squat	Flexibility, core strength	Deep overhead squat drills in chapter 2, gluteal, calf, lateral trunk muscle, upper back stretches
Single Leg Balance	Balance, core strength	Balance drills in chapter 5, hip and pelvis core strength exercises
Upper Body Postural Control	Flexibility, core strength	Upper back stretches, shoulder blades core strength exercises
Lateral Hip Stability	Core strength	Hip and pelvis core strength exercises
Single Leg Squat	Core strength	Hip and pelvis core strength exercises
Seated Trunk Rotation	Flexibility, core strength	Upper back stretches, trunk rotation exercises
Single Leg Bridge	Core Strength	Hip and pelvis core strength exercises
Shoulder Lift Off	Flexibility, core strength	Upper back stretches, shoulder blades core strength exercises
Active Trunk Rotation	Core strength	Trunk core strength exercises
Side Bridge	Core strength	Core strength exercises - trunk, hip and pelvis, shoulder blades
Plank Hold	Core Strength	Core strength exercises - trunk, shoulder blades
Trunk Extension	Core Strength	Core strength exercises - trunk
Bird Dog	Core Strength	Core strength exercises - trunk, hip and pelvis, shoulder blades