

Chapter 1 - SCREENING THE JUNIOR GOLFER

Screening the golfer is an essential step in developing an individualised program that will provide the most impact on the golfer's physical development. The screening results will highlight the golfer's strengths and weaknesses, and make it easy to develop an appropriate program. The challenge with a screening is to obtain a comprehensive overview of the golfer's physical competencies with a minimal number of tests. This will make the process practical and easy to administer.

The following screening** is comprehensive, quick to administer and covers all the important aspects of the golfer's physical make up. An experienced clinician may wish to add extra tests in specific circumstances, however the following tests provide a comprehensive overall view. The screening is best done in a one-on-one situation with the golfer to ensure accuracy of tests and a valid result.

Each of the tests in this screening are scored out of 5, with the final score being out of 100. This should not be viewed as 50/100 being a pass mark, the purpose of the scoring is to give an indication of where the golfer is at physically, and to provide a means to measure change. Scores getting closer to 100 indicate that physical problems are less likely to impact on the golfer's technical development. Lower scores indicate that physical issues must be addressed to facilitate technical development.

The tests are:

1. Pelvic Tilt
2. Hip Rotation
3. Deep Overhead Squat
4. Single Leg Balance
5. Upper Body Posture Control
6. Lateral Hip Stability
7. Single Leg Squat
8. Seated Trunk Rotation
9. Single Leg Bridge
10. Shoulder Lift Off
11. Active Trunk Rotation
12. Side Bridge
13. Trunk Flexion
14. Trunk Extension

These tests will be described in detail over the following pages, along with scoring guidelines and key points to monitor.

There will also be a second, modified screening format described that is able to be administered to groups of players at once. While not being as comprehensive or accurate as the previous protocol, this will never the less provide a starting point for program development.

The tests used in the modified testing protocol are as follows:

1. Single leg Balance
2. Deep Overhead Squat
3. Single Leg Squat
4. Bird Dog
5. Active Trunk Rotation
6. Upper Body Postural Control
7. Side Bridge
8. Plank Hold

These tests will be scored as pass or fail for ease of administration.

***This screening protocol has been partly developed in conjunction with fellow Physiotherapists Michael Dagleish, Ben Corso, Bill McTigue and Steve Azjeman.*

Test 1: Pelvic Tilt

Purpose: To test the ability to move the hips (pelvis) independent of the upper torso (shoulders) by correct use of the abdominal/core muscles.

Golf Relevance: This will help to identify if the golfer is able to adopt and maintain a correct spinal alignment in golf posture and throughout the swing.

Procedure:

- With the golfer standing erect, ask the golfer to tilt their pelvis under (lower back flattening) and back (lower back arching)
- The golfer should have a smooth quality of movement and symmetrical movement in each direction
- If the golfer can do this successfully, ask the golfer adopt their golf posture and repeat.
- If the golfer is unable to complete this successfully in golf posture, ask them to place their hands on a support while maintaining golf posture and repeat.

Scoring:

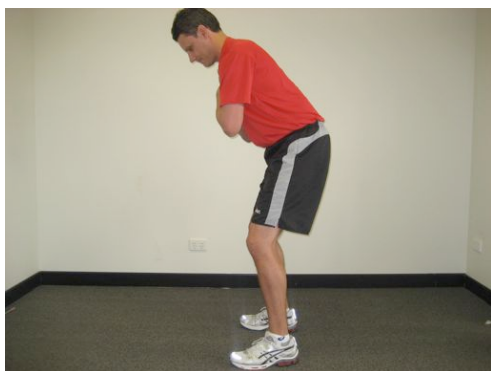
1 = Able to successfully complete in standing

2 = Able to perform in golf posture with hands on a support, however movement is asymmetrical and poor quality

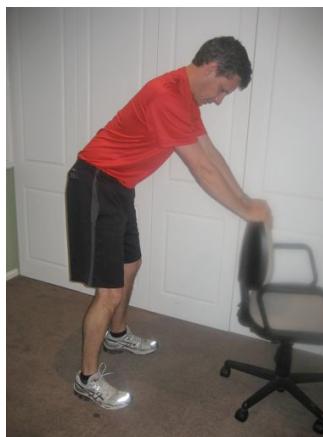
3 = Able to successfully complete in golf posture with hands on support

4 = Able to perform in unsupported golf posture, however movement is asymmetrical or has poor quality

5 = Able to successfully complete in golf posture unsupported



Able to successfully complete in unsupported golf posture



Able to successfully complete in golf posture with hands on support

Key Points to Monitor:

- the golfer should keep the upper body and legs still, all movement should happen at the pelvis
- the golfer should maintain their height throughout, they should not dip up and down

Test 2: Hip Rotation

Purpose: This test assesses the ability of the golfer to rotate the hips independent of other body segments.

Golf Relevance: Independent hip rotation is essential for correct sequencing of body segments in the golf swing, as well as maintaining the lower back in a neutral position to minimize stress and injury risk. Hip rotation is also very important in power production and keeping the golf club on the correct plane.

Procedure:

- The golfer assumes golf posture with hands across their chest
- The golfer is asked to rotate their hips left and right keeping the knees soft and slightly flexed, the movement should be driven by the abdominal muscles and not by bending and straightening the knees
- The movement should be rotary in nature rather than side-to-side, with the shoulders and upper body remaining completely still and lower back not arching or flattening
- If the golfer is unable to perform this properly, they are asked to rest their hands on a support while still in golf posture and repeat the movement.

Scoring:

- 1 = unable to successfully complete in golf posture with hands on a support
- 2 = able to successfully complete < 10 repetitions in golf posture with hands on a support
- 3 = able to successfully complete 10 repetitions in golf posture with hands on support
- 4 = able to successfully complete < 10 repetitions in unsupported golf posture
- 5 = able to successfully complete 10 repetitions in unsupported golf posture



Able to successfully complete in unsupported golf posture



Able to successfully complete in golf posture with hands on support

Key Points to Monitor:

- the motion must be rotary in nature, not side-to-side
- the knees must remain soft and relatively quite, they should not drive the motion

Test 3: Deep Overhead Squat

Purpose: This test assesses the ability of the golfer to squat correctly while maintain good upper back posture

Golf Relevance: The ability to squat correctly at the three major joints of the lower body is essential to maintain posture throughout the swing. Also, elevation of the arms overhead should not affect the maintenance of the golf posture, especially through the upper back and neck, This test will therefore identify those golfers who may have postural issues in their swing, as well as identify those regions of the body affecting posture.

Procedure:

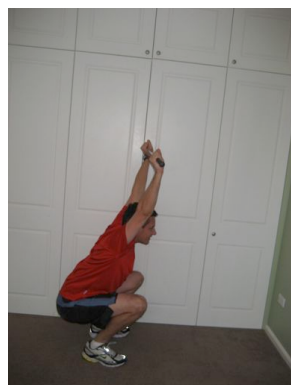
- The golfer stands with feet shoulder width apart and parallel facing forward, arms bent to 90° at the shoulders and elbows holding a golf club, and press overhead
- The golfer squats down as low as possible, keeping heels on ground and club overhead, weight evenly distributed
- If the golfer cannot get their thighs to parallel to the ground, lets their heels raise up, or the club or body moves excessively forward, ask them to repeat the procedure, this time with their hands across their chest

Scoring:

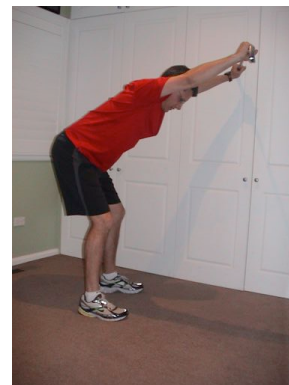
- 1 = cannot get thighs to parallel with arms crossed on the chest
- 2 = able to get to parallel with arms crossed on the chest
- 3 = cannot get thighs to parallel with arms overhead
- 4 = able to get thighs to parallel with arms overhead but has excessive forward inclination of the trunk
- 5 = completes test successfully



Starting position



Successful completion of test



Body leaning too far forward, thighs not to parallel with ground

Key Points to Monitor:

- the knees should not move in as the golfer squats down, the should stay facing straight
- the toes should not point out as the golfer squats down, they should stay facing straight

Test 4: Single Leg Balance

Purpose:

This test is designed to measure the golfer's ability to balance on 1 leg while in golf posture.

Golf Relevance: This test assesses the golfer's ability to control the position of their pelvis with weight through 1 leg, as well as the golfer's ability to accept and stabilise weight transfer during their golf swing. It also provides information regarding the efficiency of the golfer's proprioceptive sense, that is their ability to monitor the position of their joints in space and is an indicator of their neuromuscular efficiency.

Procedure:

- The golfer adopts their address position with their arms across their chest
- The golfer is asked to take weight through 1 leg, bending the other knee to 90° and keeping their hips in the same position
- This part of the test ends if the golfer can hold this position with steady posture for 15 seconds, or if one of the following occur:
 - they use their free foot to maintain their balance
 - they shuffle their stance foot around on the ground
 - they have excessive movement of their upper body
 - they move their arms out to help maintain balance
- The golfer repeats the same procedure on the other foot
- If the golfer successfully complete this test, they are asked to repeat as previously, but close their eyes to start the test once they have established their stance on 1 leg

Scoring:

- 1 = unable to stand on 1 leg at all
- 2 = unable to complete test with eyes open
- 3 = completes test with eyes open
- 4 = loses balance in 0-15 seconds eyes closed
- 5 = maintains balance for > 15 seconds eyes closed



Balance test position

Key Points to Monitor:

- the golfer must maintain their golf posture and not stand up straight
- the golfer must not shuffle around, they must keep steady throughout the test

Test 5: Upper Body Postural Control

Purpose: This test assesses the ability of the golfer to adopt, and maintain, correct posture and spine angle, especially in the upper back, shoulders and neck, during their swing.

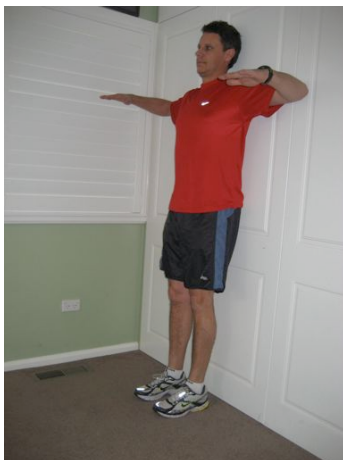
Golf Relevance: Inability to adopt correct posture of the upper back, shoulders and neck will place extra stress through these regions and increase the risk of injury. Poor posture through the upper back, shoulders and neck will also require the golfer to make compensations affecting swing mechanics and consistency

Procedure:

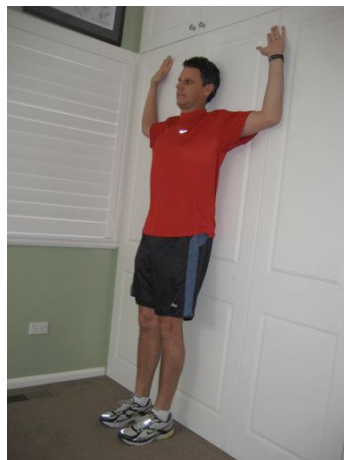
- The golfer stands with their back against a wall, heels 10cm from the wall and flattens their lower back against the wall keeping knees straight.
- The golfer raises their arms to 90°, resting their elbows on the wall with elbows bent to 90° and palms facing down
- The golfer should have their chin tucked in with eyes level and facing forward
- Keeping their back flat against the wall, knees straight and shoulders steady, the golfer rotates their hands up as far as they can, resting the back of their hand on the wall if able
- If golfer gets the back of their hands to the wall, they are asked to move the back of their skull to the wall, keeping eyes level

Scoring:

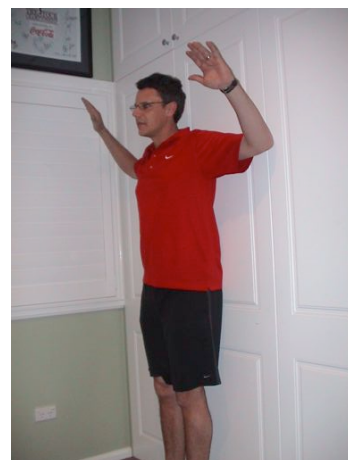
- 1 = the golfer gets their heels at 10cm and low back flat to wall
- 2 = the golfer achieves the above and gets their eyes level with horizontal
- 3 = the golfer achieves above and gets their elbows to touch the wall with shoulders and elbows at 90° flexion
- 4 = achieving 3 and getting the wrists and elbows to touch the wall with shoulders and elbows at 90°
- 5 = achieving 4 and maintaining posture while pushing the head back into the wall for 5 seconds



Starting Position



Successfully Completed test



Unsuccessful test - unable to get wrist back to wall, head too far forward

Key Points to Monitor:

- the test must be done in the correct order with no compensations made by the golfer
- the golfer must not arch their back off the wall to get their arms flat back on the wall

Test 6: Lateral Hip Stability

Purpose: To assess the golfer's ability to stabilise the hips during the golf swing.

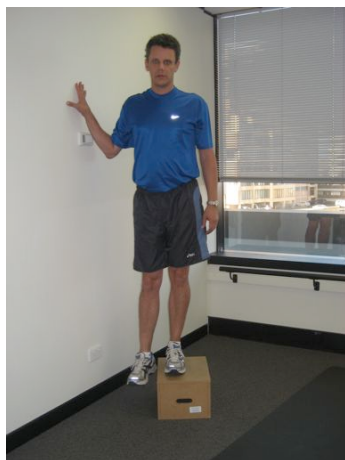
Golf Relevance: Stability of the hips is a fundamental component of the golf swing. Excessive movements of the hips may cause the golfer to make compensations which may compromise golf swing consistency. These compensations may also predispose the golfer to the risk of injury.

Procedure:

- Stand sideways on a step with the left foot on the step and the right foot hanging free
- Lower and raise the right foot while keeping the left knee straight, the movement should be happening at the left hip
- The golfer must keep their body straight at all times, hips and shoulders staying in the same plane as starting position
- The golfer must maintain a smooth and symmetrical movement at all times, 1 second up, 1 second down, moving the foot as far as possible in each direction
- If the golfer is unable to successfully complete this, have them try again resting 1 hand against a wall for support
- Repeat 6 reps each side

Scoring:

- 1 = unable to successfully perform 6 reps with support
- 2 = able to successfully perform 6+ reps with support
- 3 = able to successfully perform 0-3 reps unsupported
- 4 = able to successfully perform 4-6 reps unsupported
- 5 = able to successfully perform 6+ reps unsupported



Lateral hip stability with support

Key Points to Monitor:

- the golfer must keep their body erect and not lean side-to-side while performing the movement
- the stance knee must remain straight and not bend and straighten
- the golfer must remain tall and not crunch their back side-ways while performing this movement

Test 7: Single Leg Squat

Purpose: To assess the strength and control of the hip, knee and ankle to provide a stable base for the golf swing.

Golf Relevance: Single leg control is essential for coordinated weight transference from backswing to follow through. Competency in this test gives a good indicator of the golfer's ability to provide a stable base for their golf swing.

Procedure:

- the golfer stands on 1 leg with hands in front of chest with the free leg held in front of the body
- the golfer performs six slow single leg squats
- the golfer must maintain the knee over the middle of the foot and keep their hips facing straight
- the knee should bend to a 90 degree angle, or as far as possible while maintaining control

Scoring:

1 = performs single leg squat however there is

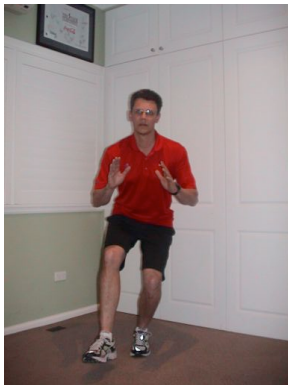
- significant shifting or dropping of the stance hip
- the knee falls in toward the other leg
- a general lack of trunk control

2 = performs single leg squat with 2 of above 3 present

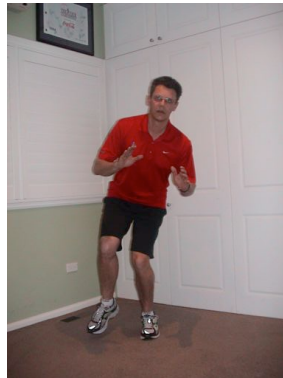
3 = performs single leg squat with 1 of above 3 present

4 = able to perform single leg squat with good control but unable to reach a 90 degree angle at the knee

5 = able to perform six single leg squats to 90 degree angle at the knee with good control



Correct squat technique,
body remains steady, knee
aligned over middle of foot



Incorrect squat technique,
body unsteady, knee moves
towards inside of foot

Key Points to Monitor:

- the golfer must maintain good alignment of the knee over the middle of the foot and the body upright
- the golfer must not place their arms out to the side to assist their balance

Test 8: Seated Trunk Rotation

Purpose: This test assesses the flexibility of the upper body, or trunk, of the golfer.

Golf Relevance: The ability to rotate the shoulders (trunk) past the hips (pelvis) is important for storing energy and creating torque (rotational force) during the swing. During the transition phase of the golf swing, there is extra stretch created between the hips and the shoulders which is essential in generating power and therefore club head speed. During the follow through, adequate rotation allows safe dissipation of the forces produced during the swing, without creating excessive stress through the shoulders and lower back.

Procedure:

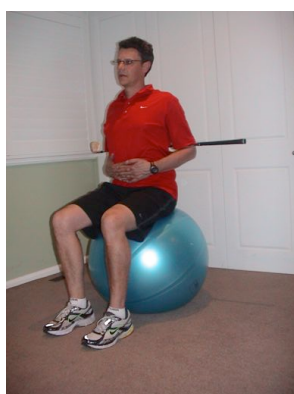
- the golfer starts in a seated position, feet flat on the ground and hip width apart, thighs parallel to the floor
- the golfer cradles the club shaft in the elbows and behind the back, hands resting on their stomach
- during the test the shoulder blades should remain down and back
- imagine the golfer sitting in the middle of a clock face facing the 12 o'clock position, with the club pointing from 9 to 3 in the starting position
- the golfer turns as far as possible to the right, until the club shaft lifts off the back on the right
- observe where the shaft points on the club face at the point where the club lifts off
- repeat to the left

Scoring: Right

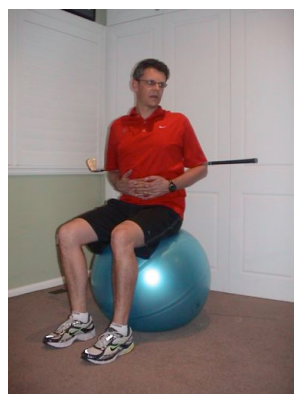
- 1 = Unable to turn without maintaining stable hips (pelvis) in sitting position
- 2 = club reaches short of 4 o'clock on the clock face (30 degrees)
- 3 = Scores > 4 and < 4.30 on the clock face (<45 degrees)
- 4 = Scores > 4.30 and < 5 on the clock face (45 to 60 degrees)
- 5 = Scores > 5 on the clock face (>60 degrees)

Scoring: Left

- 1 = Unable to turn without maintaining stable hips (pelvis) in sitting position
- 2 = club reaches short of 8 o'clock on the clock face (30 degrees)
- 3 = Scores < 8 and > 7.30 on the clock face (<45 degrees)
- 4 = Scores < 7.30 and > 7 on the clock face (45 to 60 degrees)
- 5 = Scores < 7 on the clock face (>60 degrees)



Seated trunk rotation
- start position



Seated trunk rotation
- rotated left position

Key Points to Monitor:

- the shaft of the club must remain firmly on the back throughout the test
- the golfer's hips must not shift during the test

Test 9: Single Leg Bridge

Purpose: This test assesses the strength of the gluteal muscles in the back of the hip.

Golf Relevance: The gluteal muscles serve several important functions during the golf swing. The most important is to control the amount of hip bending at address and throughout the swing, and therefore allowing the golfer to maintain their posture through the swing. Adequate strength of the gluteals will also relieve stress from the back and reduce the risk of lower back injury. The gluteal muscles also play an important role in allowing and controlling weight transference through the swing, and working with the other muscles of the leg to provide the golfer with a stable base.

Procedure:

- the golfer lies on the floor with arms folded across the chest and feet hip width apart, thighs parallel
- pushing through their heels, the golfer lifts the hips off the ground, weight even through each foot
- the golfer is asked to straighten 1 leg out, keeping the knees level and hips steady
- the golfer holds for 10 seconds
- throughout the test the golfer must keep the spine in neutral, with no excessive arching or tightening through the back
- Note any cramping or tightening in the hamstrings

Scoring:

For each side:

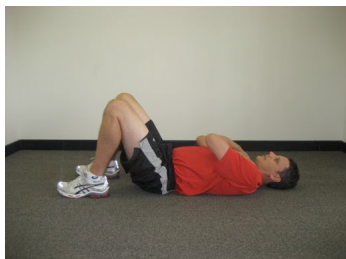
1 = unable to lift foot off floor and straighten leg

2 = able to straighten the leg but immediate drop of unsupported hip

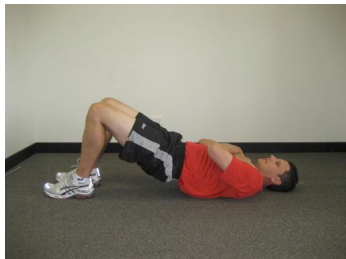
3 = unsteadiness of the unsupported side or loss of alignment of the hips or cramping within 10 secs

4 = maintains a steady hold for 10 seconds but reports cramping/tightness in hamstring

5 = steady hold for 10 seconds, no cramping or tightness in the hamstring with good alignment of the hips and low back



Starting position for single leg bridge test



Using buttock muscles to lift both hips off the ground



One leg extended, hips and knees spine held in neutral position

Key Points to Monitor:

- the golfer must use their buttock muscles to perform the hip raise, not the back muscles
- the golfer must not arch the back up to lift the hips up

Test 10: Shoulder Lift Off

Purpose: The purpose of this test is to assess the golfer's upper back and shoulder mobility and strength.

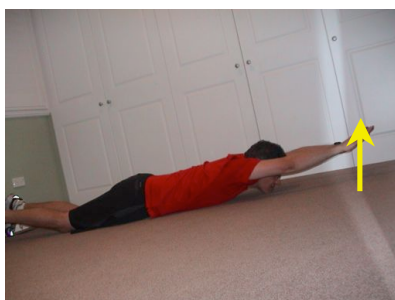
Golf Relevance: Golfers require good mobility and strength of the upper back and shoulders to allow them to get into correct address position, as well as to allow them to rotate adequately in the back and through swing. This mobility will also reduce stress through the neck and structures of the shoulders, therefore reducing the risk of injury. Lack of mobility and strength in these regions will also have an impact on technique and may cause compensations that will effect performance.

Procedure:

- the golfer lays face down on a firm surface, with arms out straight and thumbs touching end-to-end
- the golfer looks up at their thumbs, resting their chin on the surface
- the golfer must keep their feet, hips and chest on surface throughout the test
- the golfer raises their arms up as high as possible keeping elbows straight and chin on the surface
- the golfer must hold this position for 5 seconds
- the height of the wrists from the surface is measured

Scoring

- 1 = Unable to lift wrists up
- 2 = 0-5cm
- 3 = 5-10cm
- 4 = 10-15cm
- 5 = >15cm



Test position - completed test position

Key Points to Monitor:

- the arms must remain straight throughout the test
- the golfer must keep their chin on the surface at all times

Test 11: Active Trunk Rotation

Purpose: To test the ability of the golfer to coordinate their abdominal muscles to actively rotate their trunk, or body, from side-to-side.

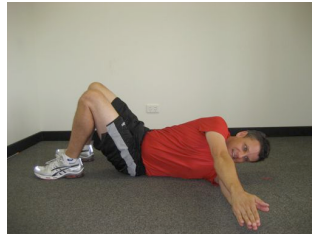
Golf Relevance: The ability to rotate the upper body over the lower body in the golf swing is quite obvious. To be able to do this effectively the golfer must be able to coordinate the abdominal muscles, specifically the oblique abdominal muscles, to allow this movement. Effective rotation of the trunk relative to the hips plays a large role in development of the “X-factor”, which is critical to the development of power. The ability to do this will also reduce the risk of lower back injury in golfers, as this movement requires control of all the abdominal muscles, some of which play an important role in protecting the spine and dissipating the large forces that are produced through the spine during the golf swing.

Procedure:

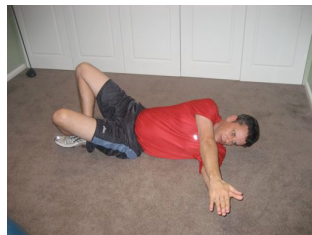
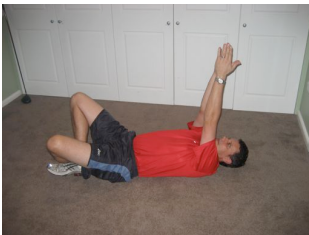
- the golfer lays on their back with hips and knees comfortably bent with feet flat on the ground, arms straight up towards the roof with fingertips together
- the golfer is asked to rotate their body side-to-side, keeping their elbows straight and fingertips together
- the legs should remain relaxed throughout, with small movement of the hips allowed, however the knees should remain pointing straight up at all times
- if the golfer can successfully rotate side-to-side 5 times, finger tips reaching the ground with control, they progress to attempting the same movement with feet crossed.
- if they are successful with feet crossed, they progress to resting their legs on a swiss ball and repeat

Scoring:

- 1 = unable to complete with feet on ground
- 2 = able to complete with feet on ground
- 3 = able to complete with feet crossed
- 4 = able to complete with good control, but limited range of motion, with legs on swiss ball
- 5 = able to complete with legs on swiss ball



Successful completion of active trunk rotation, feet on the ground



Successful completion of active trunk rotation< feet crossed



Successful completion of active trunk rotation, feet resting on swiss ball

Key points to monitor:

- the golfer must keep elbows straight and fingertips together at all times
- the golfer must maintain control and not flop down at the end of the movement
- the golfer must keep their head back and down, and not lift it up in a crunching movement

Trunk Strength

Purpose: The following 3 tests assess the strength of the golfer's trunk muscles.

Golf Relevance: The strength of the trunk muscles is important for several reasons. Adequate strength and control here will allow the golfer to maintain their posture throughout their golf swing. It will also reduce the risk of injury, as the trunk muscles play an important role in dissipating the forces that are produced through the spine and shoulders during the golf swing.

Test 12: Side Bridge

Procedure:

- the golfer starts on their side, with their legs out straight resting on top of each other
- the golfer places the top leg behind the bottom leg
- the golfer raises up on their elbow and feet, holding their body in a straight line through their body and legs

Scoring:

- 1 = < 45 seconds
- 2 = 45 - 60 seconds
- 3 = 60 - 75 seconds
- 4 = 75 - 90 seconds
- 5 = 90+ seconds



Test 13: Plank Hold

Procedure:

- the golfer starts on the ground, resting on their elbows
- the golfer lifts their hips up, forming a straight line from shoulders through to feet
- the golfer should sink down between their shoulder blades and not push up through the shoulder blades

Scoring:

- 1 = < 30 seconds
- 2 = 30 - 60 seconds
- 3 = 60 - 90 seconds
- 4 = 90 - 120 seconds
- 5 = 120 + seconds



Test 14: Back Extension Hold

Procedure:

- the golfer lays on a bench with the bony point of their hip at the edge, legs and hips strapped down firmly
- the golfer raises up to hold themselves out straight with arms folded across their chest
- the golfer should not excessively arch their back, they must remain straight out and steady

Scoring:

- 1 = < 90
- 2 = 90 - 120
- 3 = 120 - 150
- 4 = 150 - 180
- 5 = 180+ seconds

Key Points to Monitor:

- the relative balance of strength in these 3 tests is very important, good scores on one test and poor scores on the others will dramatically increase the risk of back pain

Modified Screening Protocol

The following tests are able to be used with a group of players and are scored as pass or fail for convenience.

Test 1: Single Leg Balance

Purpose:

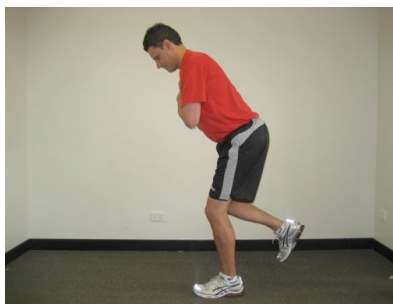
This test is designed to measure the golfer's ability to balance on 1 leg while in golf posture

Procedure:

- The golfer adopts their address position with their arms across their chest
- The golfer is asked to take weight through 1 leg, bending the other knee to 90° and keeping their hips in the same position
- This part of the test ends if the golfer can hold this position with steady posture for 30 seconds, or if one of the following occur:
 - they use their free foot to maintain their balance
 - they shuffle their stance foot around on the ground
 - they have excessive movement of their upper body
 - they move their arms out to help maintain balance

PASS = Position held for 30 seconds

FAIL = Position not held for 30 seconds



Test 2: Deep Overhead Squat

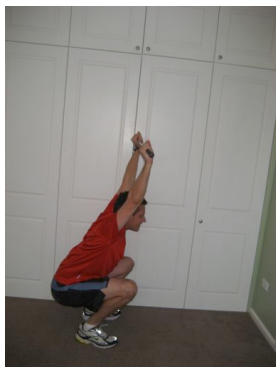
Purpose: This test assesses the ability of the golfer to squat correctly while maintain good upper back posture

Procedure:

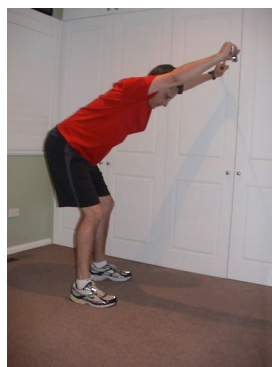
- The golfer stands with feet shoulder width apart and parallel facing forward, arms bent to 90° at the shoulders and elbows holding a golf club, and press overhead
- The golfer squats down as low as possible, keeping heels on ground and club directly overhead, weight evenly distributed

PASS = Golfer successfully completes the movement

FAIL = Golfer unable to successfully complete the movement



Deep Overhead Squat
- Pass



Deep Overhead Squat
- Fail, body too far forward, thighs not to parallel

Test 3: Single Leg Squat

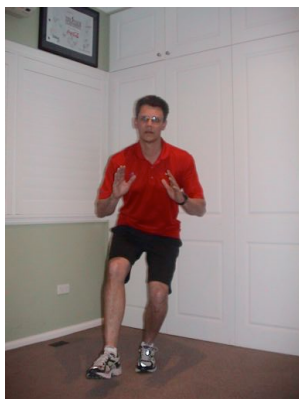
Purpose: To assess the strength and control of the hip, knee and ankle to provide a stable base for the golf swing.

Procedure:

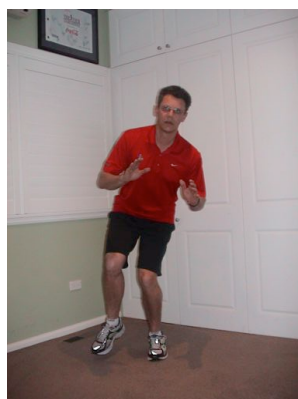
- the golfer stands on 1 leg with hands in front of chest with the free leg held in front of the body
- the golfer performs six slow single leg squats
- the golfer must maintain the knee over the middle of the foot and keep their hips facing straight
- during the squat there must not be:
 - movement of the stance knee in toward the other leg
 - a general lack of trunk control
 - significant shifting or dropping of the stance hip
- the knee should bend to a 90 degree angle, or as far as possible while maintaining control

PASS = The golfer performs 6 squats with correct technique

FAIL = The golfer cannot maintain correct form for 6 squats



Single leg squat test - pass



Single leg squat test -fail

Test 4: Bird Dog

Purpose: To assess the strength and control of the trunk muscles and muscles which stabilise the spine

Procedure:

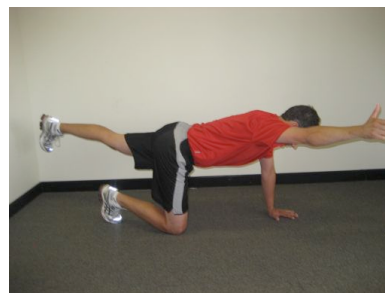
- the golfer starts on hands and knees with back straight
- the golfer raises opposite arm and leg and holds for 30 seconds
- the golfer should remain balanced and not twist their body
- the golfer should not arch their lower back excessively

PASS = The golfer can hold a steady position for 30 seconds

FAIL = The golfer cannot maintain a steady position for 30 seconds



Bird Dog test start position



Bird Dog test position

Test 5: Active Trunk Rotation

Purpose: To test the ability of the golfer to coordinate their abdominal muscles to actively rotate their trunk, or body, from side-to-side.

Procedure:

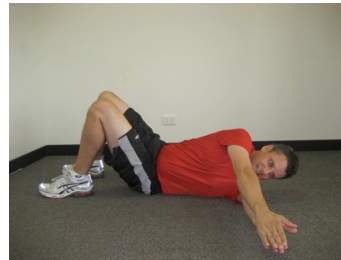
- the golfer lays on their back with hips and knees comfortably bent with feet flat on the ground, arms straight up towards the roof with fingertips together
- the golfer is asked to rotate their body side-to-side, keeping their elbows straight and fingertips together
- the legs should remain relaxed throughout, with small movement of the hips allowed, however the knees should remain pointing straight up at all times

PASS = Able to successfully complete the movement

FAIL = Unable to successfully complete the movement



Active trunk rotation start position



Active trunk rotation successfully completed movement

Test 6: Upper Body Postural Control

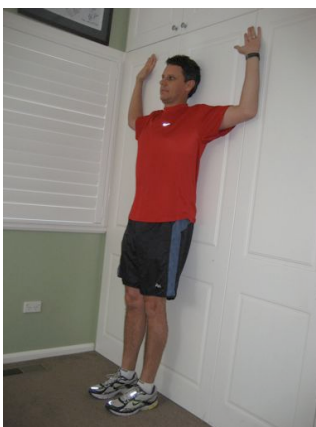
Purpose: This test assesses the ability of the golfer to adopt, and maintain, correct posture and spine angle, especially in the upper back, shoulders and neck, during their swing.

Procedure:

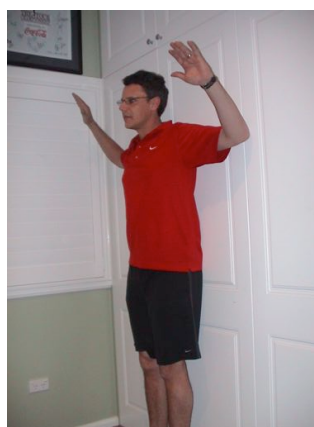
- the golfer stands up straight and raises their arms 90° to their side, elbows bent to 90° palms facing down
- the golfer is then asked to rotate their hands back as far as possible while maintaining the bend in the elbows
- all the movement should happen at the shoulders, the golfer should not arch their lower back or lean back to move their hands further

PASS = The golfer is able to rotate their arms through 90° so their hands are behind their body

FAIL = The golfer is unable to rotate their arms to 90°



Upper body postural control - pass



Upper body postural control - fail

Test 7: Side Bridge

Purpose: To assess the strength of the muscles of the lateral trunk which provide lateral stability to the golfer

Procedure:

- the golfer starts on their side, with their legs out straight resting on top of each other
- the golfer places the top leg behind the bottom leg
- the golfer raises up on their elbow and feet, holding their body in a straight line through their body and legs

PASS = The golfer can hold this position for 1 minute

FAIL = The golfer cannot hold this position for 1 minute



Test 8: Plank Hold

Purpose: To test the strength of the abdominal muscles

Procedure:

- the golfer starts on the ground, resting on their elbows
- the golfer lifts their hips up, forming a straight line from shoulders through to feet
- the golfer should sink down between their shoulder blades and not push up through the shoulder blades

PASS = The golfer can hold this position for 90 seconds

FAIL = The golfer cannot hold this position for 90 seconds

