MOTOR PATTERN DEFINITIONS

	PATTERN CATEGORY	BODY TESTS																	GOLF TESTS				3D Box
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
	PRIMARY MOTOR PATTERNS																						
1	**POKING CHIN** Associated weak neck and shoulder Girdle stability																						
2	**KYPHOSIS** Associated weak neck and shoulder girdle stability																						
3	**SCOLIOSIS** Associated muscle/structural imbalances at specific spinal levels																						
4	**SWAY BACK** Associated muscle/structural imbalances at thoracic/lumbar levels																						
5	**FIXED FLEXION** Associated loss of joint mobility and range																						
	SECONDARY MOTOR PATTERNS																						
6	**CONTRALATERAL PATTERNS** Associated cross over breakdowns in Upper & Middle Body Segments																						
7	**WEAK TRUNK AND LOWER BODY SLING** Associated weak inner thigh & deep abs																						
8	**WEAK AND LENGTHENED LEFT SIDE** Associated poor left control of body segments																						
9	**WEAK AND SHORT RIGHT SIDE** Associated shortening of right trunk & hip flexors w. muscle imbalances in antagonists																						
	TERTIARY MOTOR PATTERNS																						
10	**POOR LUMBO PELVIC CONTROL** Associated weak lumbar abdominal & gluteal Stabilizers																						
11	**POOR BALANCE** Associated overall balance/poor centre of gravity, Weight transference & lumbar pelvic control																						
12	**REVERSE PIVOT** Associated poor weight shift																						
13	**REVERSE UPPER SPINE** Associated poor upper spine movement																						
14	**HYPERMOBILITY** Associated excessive movement in joints																						