



**Optima Sports Medicine/The Golf Athlete
Performance Enhancement Package
Physiotherapists Screening Form**

Name:

Date:

Height:

Weight:

Coach:

Observation of Resting Posture:

Observation of Walking:

Flexibility & Functional Tests (in Standing)	LEFT	RIGHT
1. Calf/ankle dorsiflexion (a) Gastroc (b) Bent Knee		
2. Single leg stance		
3. Single leg stance with rotation (+/- in posture)		
4. Small knee bends		

Flexibility Tests in Lying	LEFT	RIGHT
5. Internal/external rotation of the shoulder in: a) Neutral b) At 90° abduction		
6. Hamstrings/SLR		
7. Gluteals		

8. Hip Flexor		
9. Rectus Femoris		
10. Tibia on Femur Rotation		

Flexibility/Functional Tests in Prone & Long Sitting	LEFT	RIGHT
11. Sitting Thoracic Rotation with a Club (+/- in Posture)		
12. Trunk LF (long sitting) (a) side tip in fig 4 (b) side tip with rotation		
13. Combined Elevation or Thoracic Extension		
14. Thoracic and Rib palpation in neutral and rotation		
15. Internal/External rotation of the hip joint		

Special Tests:	LEFT	RIGHT
16. Five stage scapula on trunk stability testing		
17. Five stage proximal or core stability testing		
18. Abdominal - Double Leg Lower		
19. Wrist stability and grip strength		
20. Tennis/Golfer's elbow & Range of Motion assessment		
21. Shoulder ligament stability testing		
22. Lumbar segment stability testing (shear testing)		

Summary of Major Points from the Assessment:

- 1.
- 2.
- 3.