

## SUBJECTIVE ASSESSMENT

Elite |  Amateur

Date \_\_\_\_\_

Name \_\_\_\_\_ 

Male	Female
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Address \_\_\_\_\_ State \_\_\_\_\_

\_\_\_\_\_ P Code \_\_\_\_\_

Contact Number \_\_\_\_\_ Mobile \_\_\_\_\_

Physiotherapist \_\_\_\_\_

A State any previous injuries or illness, years of occurrence and whether they still persist

Injury/Illness	Year	Persistence		
1 _____	_____	Always	Occasional	Never
2 _____	_____	Always	Occasional	Never
3 _____	_____	Always	Occasional	Never
4 _____	_____	Always	Occasional	Never

B State any current injuries or illness, year begun and how often they persist

Injury/Illness	Year	Persistence		
1 _____	_____	Always	Occasional	Never
2 _____	_____	Always	Occasional	Never
3 _____	_____	Always	Occasional	Never
4 _____	_____	Always	Occasional	Never

C Occupation \_\_\_\_\_ Nature of Work \_\_\_\_\_

Per Day, how long would you spend doing the following? (in hours)

1. Using a mouse \_\_\_\_\_
2. Standing \_\_\_\_\_
3. Sitting \_\_\_\_\_
4. Forward Bending \_\_\_\_\_

D How long would you be in a static sleeping position per day? \_\_\_\_\_

Describe the position you sleep in  Side  Back  Front  Other

E What other sports or hobbies do you participate in? \_\_\_\_\_ How many hours/week \_\_\_\_\_

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

F Time in minutes you spend commuting to work by  
 Public Transport \_\_\_\_\_ Car \_\_\_\_\_ Cycling \_\_\_\_\_ On Foot \_\_\_\_\_

## SUBJECTIVE ASSESSMENT

Do you have a regular golf coach?

Yes  No

Name

\_\_\_\_\_

Contact Number

\_\_\_\_\_

A How long per week would you practice the following activities? (hours)

Putting

\_\_\_\_\_

Bunkers

\_\_\_\_\_

Chipping

\_\_\_\_\_

Iron Play

\_\_\_\_\_

Pitching

\_\_\_\_\_

Driver & Woods

\_\_\_\_\_

B When did you last get your clubs fitted?

\_\_\_\_\_

C Please describe your current exercise regime and length of time

Time

Morning

\_\_\_\_\_

Afternoon

\_\_\_\_\_

Night

\_\_\_\_\_

D Do you feel tired:

When you practice?

Yes

No

Whilst playing 18 holes?

Yes

No

After 18 holes?

Yes

No

Whilst playing 36 holes?

Yes

No

E How long would you spend doing stretches and exercises when playing or practicing

Before

\_\_\_\_\_

During

\_\_\_\_\_

After

\_\_\_\_\_

F Do you push or pull your buggy?

Push

Pull

G If you carry your bag, which shoulder do you favour?

Left

Right