

# The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

## Golf Functional Assessment



- A) Using a broomstick, have the golfer grab a hold at the top and bend forward. The goal is to make a straight line between the wrists, shoulders, and hips.
- B) If unable to make a straight line with the upper body, the golfer will need to stretch the upper and lower back muscles and shoulders.



- A) Holding onto a broomstick behind the back, lean forward and attempt to get the arms so they are in a straight line pointing toward the ceiling. The golfer should be able to keep his/her back straight while doing this.
- B) Inability to perform this indicates tightness in the shoulders and possibly the low back and hamstrings.



- A) Have the golfer hold onto the broomstick off to the side of their body. Bend the trunk forward with knees bent, while making sure they keep their hips and low back pointing straight forward. The golfer will rotate his/her body from the thoracic spine up and attempt to get both arms straight. Perform to both sides.
- B) Inability to perform this exercise without turning the lower body would indicate tightness in the thoracic spine and shoulders.



- A) Holding a broomstick over head with arms extended, have the golfer go into a full squat, making sure to keep the knees behind the toes and the buttocks below the knees. The golfer should be able to keep the broomstick over their head with back straight and their eyes looking straight forward. If dropping a plumb line, the broomstick should be somewhere between the mid thigh and the buttocks.
- B) If unable to perform this without dropping the arms forward, repeat the test without the broomstick and arms folded at chest. If able to perform the full squat now without difficulty the issue is from the mid chest up.