

# TMF Mobility Screen

Client Name:

Date:

1	Toe Touch Test		
	Both at Once		
Yes	Touches Toes	No	
	Individually		
Yes	Both Limited	No	
Left	One-Sided Only	Right	

2	Single Leg Balance		
	Left	Thigh Parallel	Right
		# of Seconds	
		> 25-seconds	

3	Vertical Wrist		
	Left	Elbows by sides	Right
Yes	20 Up - 30 down	Yes	
Yes	Limited Up	Yes	
Yes	Limited Down	Yes	

4	Forearm Rotation		
	Left	Elbows by Sides	Right
Yes	>80 degrees Up & Down	Yes	
Yes	Limited Palm Up	Yes	
Yes	Limited Palm Down	Yes	

5	Wrist Bowing		
	Left	Elbows Straight	Right
Yes	> 60-degrees	Yes	
Yes	= to 60-degrees	Yes	
Yes	< 60-degrees	Yes	

6	Wrist Cupping		
	Left	Elbows Straight	Right
Yes	> 60-degrees	Yes	
Yes	= to 60-degrees	Yes	
Yes	< 60-degrees	Yes	

7	Cervical Rotation		
	Left	Mouth Closed	Right
Yes	Touches	Yes	
Yes	Doesn't Touch	Yes	

8	Bridge w/Extension		
	Left	Down Leg	Right
Yes	Glute Normal	Yes	
Yes	Glute Weak	Yes	
Yes	Cramping	Yes	

9	Seated Trunk Rotation		
	Left	Club Behind Back	Right
Yes	> than 45-degrees	Yes	
Yes	= to 45-degrees	Yes	
Yes	< than 45-degrees	Yes	

10	Lower Quarter Rotation		
	Left	Backswing	Right
Yes	60-degrees or more	Yes	
Yes	Less than 60-degrees	Yes	
	Downswing		
Yes	60-degrees or more	Yes	
Yes	Less than 60-degrees	Yes	

11	Lat Length Test		
	Left	Low Back Flat	Right
Yes	Below Nose	Yes	
Yes	Covers Nose	Yes	
Yes	Between Nose & Wall	Yes	
Yes	Touches Wall	Yes	

12	Torso Rotation		
	Left	Without holding hips	Right
Yes	Good	Yes	
Yes	Limited	Yes	
	Holding Hips		
Yes	Improves	Yes	
Yes	Doesn't Improve	Yes	

13	90/90 Test		
	Left	Standing	Right
Yes	> than Spine Angle	Yes	
Yes	= to Spine Angle	Yes	
Yes	< than Spine Angle	Yes	
	Golf Posture		
Yes	> than Spine Angle	Yes	
Yes	= to Spine Angle	Yes	
Yes	< than Spine Angle	Yes	

14	Pelvic Rotation		
	Left	Without holding Shoulders	Right
Yes	Good	Yes	
Yes	Limited	Yes	
	Holding Shoulders		
Yes	Improves	Yes	
Yes	Doesn't Improve	Yes	
	Coordination		
	Good Rotary Movement		Yes
	More Lateral Movement than Rotation		Yes

15	Pelvic Tilt Test		
	Starting Position		
	Neutral Position		Yes
	S-Posture		Yes
	C-Posture		Yes
	Amount of Movement		
	Normal		Yes
	Hard Time Arching		Yes
	Hard Time Flattening		Yes
	Quality of Movement		
	Smooth		Yes
	Shake & Back		Yes
	Limited Movement		Yes

16	Overhead Squat		
	Standing Squat		
	Bar Overhead	Yes	
	Arms Down Deep Squat	Yes	
	Arms Down Limited Squat	Yes	

16A	Half-Kneeling Ankle Test		
	Both Knees Hit		Yes
	Right Knee Doesn't Hit		Yes
	Left Knee Doesn't Hit		Yes
	Weight Shift		
	No Weight Shift		Yes
	Weight Shift Right		Yes
	Weight Shift Left		Yes

NOTES: