



TPI Golf Movement Screening

Overhead Deep Squat

Score: _____

Description	Procedure	Compensations	Corrective Drill
Assesses mobility and stability in ankles, hips, knees, shoulders, and thoracic spine.	Feet shoulder-width, arms overhead, squat as low as possible.	Heels rise; knees cave; torso leans forward.	Ankle mobilization; hip flexor stretch; dowel overhead squat.

Single Leg Balance

Score: _____

Description	Procedure	Compensations	Corrective Drill
Evaluates hip and ankle stability and neuromuscular control.	Stand on one leg, hands on hips, maintain balance for 20s.	Arm flaring; hip drop; foot shifting.	Single-leg balance on foam pad; glute bridge holds.

Seated Trunk Rotation

Score: _____

Description	Procedure	Compensations	Corrective Drill
Measures thoracic spine rotation and hip stability.	Sit with hips and knees at 90°, rotate torso side-to-side.	Lumbar rotation; hip shift.	Foam roller thoracic rotations; band-assisted rotations.

Pelvic Tilt

Score: _____

Description	Procedure	Compensations	Corrective Drill
Assesses lumbar and pelvic control.	Lie supine, tilt pelvis to flatten lower back.	Excessive lumbar arch; flat back.	Cat-camel; glute activation drills.

Plank Stabilization

Score: _____

Description	Procedure	Compensations	Corrective Drill
Evaluates core and shoulder stability.	Prone plank on elbows and toes, hold 30s.	Hips sag; pike up; shoulder shrug.	Plank with glute squeeze; scapular push-ups.



Shoulder Mobility

Score: _____

Description	Procedure	Compensations	Corrective Drill
Assesses shoulder flexion and external rotation.	Towel hold behind back, move upward and downward.	Arm drop; elbow flaring.	Sleeper stretch; doorway pec stretch.

Hip Hinge

Score: _____

Description	Procedure	Compensations	Corrective Drill
Evaluates posterior chain activation and hip flexion pattern.	Hold dowel vertical, hinge at hips keeping spine neutral.	Rounded back; knee bend.	Broomstick hinge; Romanian deadlift partials.

Thoracic Spine Extension

Score: _____

Description	Procedure	Compensations	Corrective Drill
Measures thoracic mobility in extension.	Sit on chair, extend upper back over foam roller.	Lumbar compensation.	Thoracic extensions over roller; band-assisted extensions.

Adductor Screen

Score: _____

Description	Procedure	Compensations	Corrective Drill
Assesses adductor flexibility.	Seated butterfly stretch, lean forward.	Knee lift; loss of neutral spine.	Adductor foam rolling; side lunges.

Thomas Test

Score: _____

Description	Procedure	Compensations	Corrective Drill
Evaluates hip flexor length.	Lie supine on table, pull one knee to chest, let other leg drop.	Opposite leg raises; lumbar arch.	Table hip flexor stretch; kneeling lunge stretch.

Score

3
2
1
0

Criteria

Performs movement correctly without compensation.
Performs with slight compensations or deviations.
Performs incomplete movement; major compensation.
Pain or unable to perform; test stopped.