



The 4-Step Golf Mobility Assessment

Golfer's Mobility Self-Assessment Guide

Step-by-Step Instructions for Each Test

We can't stress the importance of having proper mobility within the rotational centers of the body, in order to decrease injury risk, and increase swing speed. This mobility assessment is a great starting point to assess your own mobility and see where your deficits are.

Before starting, find a mirror or a partner to observe your movements. Perform each test slowly and without forcing any movement. If you experience pain or tightness, take note—it may indicate a restriction in your mobility.

✓ 1. Cervical Rotation Test (Neck Mobility)

Purpose: Determines if your neck can rotate freely for proper head positioning during your swing.

Common Swing Faults: Limited backswing, inability to keep eyes on ball during the follow through.

How to Perform:

1. Sit or stand tall with good posture, looking straight ahead.
2. Slowly turn your head to the right as far as possible without tilting or lifting your shoulders.
3. With the mouth staying closed flex chin down to the center of the collar bone.



4. Repeat on the left side

What to Look For:

- ✔ Ideal: Your chin should be able to touch your collar bone with no issues.
 - ✘ Limited: If your chin is unable to touch the middle of the collar bone.
 - ✘ Limited: If your shoulder raises or mouth has to open in order to touch collar bone.
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✓ 2. Shoulder External Rotation Test (Dropping Down In The Slot Readiness)

Purpose: Checks if your shoulders allow for a proper swing plane throughout the backswing and follow through.

Common Swing Faults: Coming over the top causing a slice.

How to Perform:

1. Stand with your arm and trunk in a 7-iron posture
2. Bring your arm to the side with your elbow at 90 degrees and raise elbow to shoulder height.
3. Rotate the forearm back as far as possible without losing spine angle.



What to Look For:

- ✓ Ideal: Your forearm should easily reach the level of your spine angle or move past spine angle.
- ✗ Limited: If your forearm isn't able to reach parallel to spine angle or you stand up and lose bent over posture.



✓ 3. Thoracic Rotation Test (Upper Body Coil & Uncoil)

Purpose: Evaluates how well your upper back rotates, which is key for generating clubhead speed with a beautiful back swing.

Common Swing Faults: Limited backswing and follow through. Losing posture during the swing.

How to Perform:

1. Sit on a chair with your knees together and feet flat on the floor.
2. Place 2 golf clubs in an X pattern on the floor in front of you.
3. Hold a golf club across your back, resting it on your shoulders.
4. Without moving your lower body, keeping knees touching, rotate your torso as far as possible to the right. Hold for 2 seconds.
5. Return to center and repeat on the left side.



What to Look For:

- ✓ Ideal: You should be able to rotate at least 50 degrees in each direction without strain.
- ✗ Limited: If you struggle to reach 45 degrees or feel tightness in your upper back.



✓ 4. Hip Internal Rotation Test (Lower Body Stability & Power)

Purpose: Determines if your hips have enough rotation for a stable and powerful swing.

Common Swing Faults: Swaying or Sliding, with inability to rotate hips in the swing.

How to Perform:

1. Sit on the edge of a chair with both feet flat on the floor.
2. Keep your knees together and slowly move your feet apart, rotating one of your hips inward.



3. Hold for 2 seconds, then return to the starting position.

What to Look For:

✓ Ideal: Your feet should move at least 35–45 degrees outward, parallel with the golf club shaft, without discomfort.

✗ Limited: If you are unable to reach the club or feel tightness in your hips.

Next Steps

If you noticed limited mobility in any test, don't worry! These restrictions are common—but they can be improved. Addressing these areas will help you swing smoother, more powerfully, and pain-free.

◆ Want to fix these limitations? [Claim a free 1 on 1 phone consult to go through the assessment with us!](#)

