



ROBERTS^{PT}

MOBILITY SCREEN

Use this checklist to evaluate your range of motion and identify limitations that may be affecting your swing. Mark 'Pass' if you demonstrate adequate mobility, the movement feels smooth and symmetrical. Mark 'Fail' if you notice tightness, asymmetry, or compensation

Movement	PASS	FAIL
Neck Rotation	_____	_____
Shoulder Rotation (90/90)	_____	_____
Thoracic Rotation – Right	_____	_____
Thoracic Rotation – Left	_____	_____
Hip Internal Rotation – Right	_____	_____
Hip Internal Rotation – Left	_____	_____

NOTES

Blank area for notes.