

SWING FAULTS AND BODY SCREENING TESTS

S-POSTURE Test - Pelvic Tilt



FLAT SHOULDER PLANE Test - 90/90, Torso Rotation, Lat Test, Half Kneeling Rotation



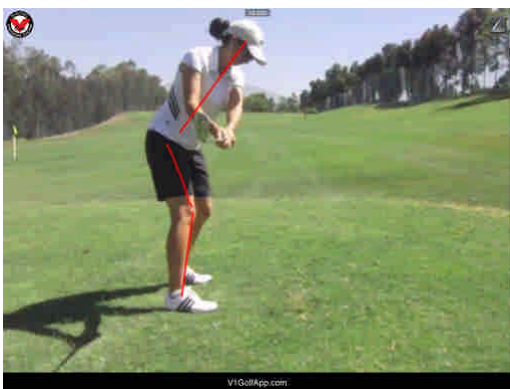
C-POSTURE Test - Over-head Deep Squat, Toe Touch, Lat test



EARLY EXTENSION Test - Pelvic Tilt, Torso Rotation, Over-head Deep Squat, 90/90, Single Leg balance, Lat Test, Hip Int/Ext Rotation



LOSS OF POSTURE Test - Torso Rotation, 90/90, Single Leg Balance, Lat Test, Half Kneeling Rotation, Over-head Deep Squat, Toe Touch



OVER THE TOP Test - Pelvic Rotation, Hip Int/Ext Rotation



SWAY Test - Pelvic and Torso Rotation, Single Leg Balance, Half Kneeling Rotation, Hip Int/ext Rotation



HANGING BACK Test - Single Leg Balance, Hip Int/ext Rotation



SLIDE Test - Same as Sway Tests



CASTING / SCOOP Test - Pelvic Rotation



REVERSE SPINE ANGLE Test - Pelvic Tilt, Single Leg Balance, Half Kneeling Rotation, Hip Int/ext Rotation, Lat, Hip and Torso Rotation.



CHICKEN WING Test - Pelvic Rotation, 90/90



ALL 12 SWING FAULTS ARE POSSIBLE IF YOU FAIL THE BRIDGE W/ LEG EXTENSION TEST