

Golf Assessment

When performing a golf assessment, there are five areas that we assess. The purpose is to evaluate what can be changed to get the most effective golf swing to promote efficiency in swing, power, distance, and accuracy of the ball. We also want to help you prevent and recover from an injury whether it be golf related or not.

If there are previous injuries or abnormal motions in body movements that are not effective for the golf swing, the therapist can work with you to add joint mobility, flexibility, balance, or strength to compensate for this.

Can help improve:

- Swing
- Power
- Distance
- Accuracy
- Injury prevention & recovery



5 areas of assessment:

- Posture
- Range of motion of joints
- Strength of joints
- Flexibility of muscles
- Balance / proprioception

How do I schedule a time to have a golf assessment?

We currently offer golf assessments at our Portland location. Call the Spectrum Physical Therapy Center at 207.828.2100. More information can be found at OrthoSpectrum.com.

What should I bring with me?

We recommend wearing golf shorts, a tank top or golf shirt, and to bring your golf shoes. You won't want to wear any loose clothing.

How long does it take?

Your appointment with our physical therapy team will take around 1 hour.

Once your assessment is complete, you will be given a home program to work on to normalize any deficits. You will also be given one or two tasks to positively affect your golf game to make it more effective, accurate, and less likely to have injury occur. We work with you to increase the longevity and effectiveness of your golf game.