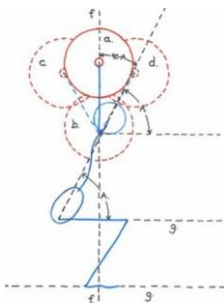


Overhead Squat Evaluation

Name _____ Date _____

Anterior Deviations	Lateral Deviations	Posterior Deviations
Knees initiate outwards	Arms forward	Shoulder elevation
Knees initiate inwards	Head forward	Weight shift asymmetrical
Feet turn out	Excessive forward lean	Foot flattens
Feet turn in	Excessive lordosis	Heels rise
	Rounding of low back	

			Corrections for Dysfunctional Movement		
Position	Kinetic Chain Focus Point	Movement	Myofascial Release	Stretch	Strength
Anterior	Foot	Feet turn out	Gastrocnemius	Standing calf	Bridge (ball)
		Feet turn in	Peroneals	Stability ball bridge	Squat (band around knees)
		Knees initiate outwards	Piriformis	Supine piriformis	Romanian deadlift (one leg)
		Knees initiate inwards	Adductors	Adductor (ball)	Lateral walking with band
Lateral	Lumbar-Pelvis-Hip-Complex (LPHC)	Excessive forward lean	TFL / IT band	Standing psoas	Step-up balance
		Excessive lordosis	TFL / IT band	Kneeling hip flexor	Posterior pelvic tilt
		Rounding of low back	Hamstrings	Supine hamstring	Cobra (ball)
	Torso	Arms forward	Latissimus Dorsi	Standing lat	Standing lat balance
	Head	Head forward	Sternocleidomastoid		Cobra, neck roll
Posterior	Foot	Foot flattens	Peroneals	Standing calf	Squat (band around knees)
		Heels rise	Gastrocnemius	Standing calf	Supine bridge
	LPHD	Weight shift asymmetrical	TFL / IT band	Lunge, piriformis	Squat (ball)
	Torso	Shoulder elevation		Levator Scapulae	Superman



Notes:

- Be aware of orthopedic concerns
- Mark areas that need work
- Evaluate from all angles
- Listen and note client's comments
- Re-evaluate when needed
- Remember this is only one assessment tool