



NAME: _____

DATE: _____

Overhead Squat Test										
Anterior View		Right YES	Left YES	Lateral View (Right Side)		YES	Posterior View		Right Yes	Left YES
Foot	Foot Turns Out			L-P-H-C	Excessive Forward Lean		Foot	Heel of Foot Rises		
Knee	Moves Inward				Low Back Arches			Foot Flattens		
	Moves Outward				Low Back Rounds		L-P-H-C	Asymmetrical Weight Shift		
				Upper Body	Arms Fall Forward					
MODIFIED:		HEELS ELEVATED				ARMS DOWN				
FEET										
KNEES										
LPHC										
UPPER										
NOTES:										

Single Leg Squat Test					
RIGHT Leg			LEFT Leg		
		Right YES			Left YES
Foot	Foot Flattens		Foot	Foot Flattens	
Knee	Moves Inward		Knee	Moves Inward	
	Moves Outward			Moves Outward	
L-P-H-C	Hip Hike		L-P-H-C	Hip Hike	
	Hip Drop			Hip Drop	
Upper Body	Inward Trunk Rotation		Upper Body	Inward Trunk Rotation	
	Outward Trunk Rotation			Outward Trunk Rotation	
NOTES:					