

## STATIC POSTURAL ASSESSMENT

Pronation Distortion Syndrome		Lower Crossed Syndrome		Upper Crossed Syndrome	
Shortened Muscles	Lengthened Muscles	Shortened Muscles	Lengthened Muscles	Shortened Muscles	Lengthened Muscles
Gastrocnemius	Anterior tibialis	Gastrocnemius	Anterior tibialis	Upper trapezius	Deep cervical flexors
Soleus	Posterior tibialis	Soleus	Posterior tibialis	Levator scapulae	Serratus anterior
Peroneals	Vastus medialis	Hip flexor complex	Gluteus maximus	Sternocleidomastoid	Rhomboids
Adductors	Gluteus medius/maximus	Adductors	Gluteus medius	Scalenes	Middle trapezius
Iliotibial head		Latissimus dorsi	Transversus abdominis	Latissimus dorsi	Lower trapezius
Hip flexor complex	Hip external rotators	Erector spinae	Internal oblique	Teres major	Teres minor
Biceps femoris (short head)				Subscapularis	Infraspinatus
				Pectoralis major / minor	

## OVERHEAD SQUAT ASSESSMENT

View	Kinetic Chain Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles
Lateral	LPHC	Excessive forward lean	Soleus	Anterior tibialis
			Gastrocnemius	Gluteus maximus
			Hip flexor complex	Erector spinae
			Abdominal complex	
	Upper body	Arms fall forward	Hip flexor complex	Gluteus maximus
			Erector spinae	Hamstring complex
			Latissimus dorsi	Intrinsic core stabilizers
			Latissimus dorsi	Middle / lower trapezius
Anterior	Feet	Turn out	Soleus	Medial gastrocnemius
			Lateral gastrocnemius	Medial hamstring complex
			Biceps femoris (short head)	Gracilis
				Sartorius
	Knees	Move inward	Adductor complex	Gluteus medius/maximus
			Biceps femoris (short head)	Vastus medialis oblique (VMO)
			Tensor fasciae latae (TFL)	
			Vastus lateralis	

## SINGLE-LEG SQUAT ASSESSMENT

View	Kinetic Chain Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles
Anterior	Knee	Moves inward	Adductor complex	Gluteus medius/maximus
			Biceps femoris (short head)	Vastus medialis oblique (VMO)
			Tensor fasciae latae (TFL)	
			Vastus lateralis	