

Name _____

Date _____

Overhead Squat

View	Kinetic Chain Checkpoint	Observation	Notes	
Anterior	Foot / Ankle	Feet turn out?	<i>Left</i>	<i>Right</i>
	Knee	Knees move: <i>In? Out?</i>	<i>Left</i>	<i>Right</i>
Lateral	LPHC	Excessive forward lean?		
		Low back arches?		
	Shoulder	Arms fall forward?		

Single-Leg Squat

View	Kinetic Chain Checkpoint	Observation	Notes	
Anterior	Knee	Knees move: <i>In? Out?</i>	<i>Left</i>	<i>Right</i>

Pushing / Pulling

View	Kinetic Chain Checkpoint	Observation	Notes	
Lateral	LPHC	Low back arches?	<i>Push</i>	<i>Pull</i>
	Shoulder	Shoulders elevate?	<i>Push</i>	<i>Pull</i>
	Head / Neck	Head moves forward?	<i>Push</i>	<i>Pull</i>

To determine which muscles are overactive or underactive, compare your observations to the downloadable *Postural Assessment Solutions* chart that accompanies this assessment template.

Overactive Muscles

Underactive Muscles
