**Overhead Squat Evaluation**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **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 |  |

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|  |  |  | **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 | TFI / 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

