



Overhead Squat Assessment Form				
View	Kinetic Chain Checkpoint	Movement Observation	Left	Right
Anterior	Feet	Turn out		
	Knees	Move inward		
Lateral	Lumbo-pelvic-hip complex	Excessive forward lean		
	Lumbo-pelvic-hip complex	Low back arches		
	Shoulder complex	Arms fall forward		
Notes:				

Single-Leg Squat Assessment Form (optional)				
View	Kinetic Chain Checkpoint	Movement Observation	Left	Right
Anterior	Knee	Moves inward		
Notes:				

Overactive (Tight) Muscles:

- 1.
- 2.
- 3.
- 4.
- 5.

Underactive (Weak) Muscles:

- 1.
- 2.
- 3.
- 4.
- 5.