

Name _____

Date _____

Static Postural Assessment

View	Observation	Notes (circle Yes or No)
Anterior	Pes Planus Syndrome	Yes or No
Lateral	Lower Crossed Syndrome	Yes or No
Lateral	Upper Crossed Syndrome	Yes or No

Overhead Squat Assessment (OHSA)

View	Kinetic Chain Checkpoint	Observation	Notes (circle Yes or No)	
			Left	Right
Anterior	Foot / Ankle	Feet turn out?	Yes or No	Yes or No
	Knee	Knees moves in?	Yes or No	Yes or No
Lateral	Lumbo-pelvic-hip Complex	Excessive forward lean?	Yes or No	
		Low back arches?	Yes or No	
	Shoulder	Arms fall forward?	Yes or No	

Single-Leg Squat Assessment

View	Kinetic Chain Checkpoint	Observation	Notes (circle Yes or No)	
			Left	Right
Anterior	Knee	Knees moves in?	Yes or No	Yes or No

Pushing / Pulling Assessments

View	Kinetic Chain Checkpoint	Observation	Notes (circle Yes or No)	
			Pushing	Pulling
Lateral	Lumbo-pelvic-hip Complex	Low back arches?	Yes or No	Yes or No
	Shoulder	Shoulders elevate?	Yes or No	Yes or No
	Head / Neck	Head juts forward?	Yes or No	Yes or No

STATIC POSTURAL ASSESSMENT					
Pes Planus Distortion Syndrome		Lower Crossed Syndrome		Upper Crossed Syndrome	
Overactive	Underactive	Overactive	Underactive	Overactive	Underactive
Gastrocnemius	Anterior tibialis	Hip flexors	Gluteus maximus	Upper trapezius	Deep cervical flexors
Soleus	Posterior tibialis	Lumbar extensors	Gluteus medius	Levator scapulae	Rhomboids
Adductors	Gluteus maximus		Hamstrings	Sternocleidomastoid	Middle trapezius
Hip flexors	Gluteus medius		Abdominals	Pectoralis major	Lower trapezius
				Pectoralis minor	

DYNAMIC POSTURAL ASSESSMENTS						
View	Kinetic Chain Checkpoint	Movement Impairment	Overactive Muscles	Underactive Muscles		
Anterior	Foot and Ankle	Turn out	Soleus	Anterior tibialis		
			Gastrocnemius	Posterior tibialis		
			Hamstrings complex	Gluteus maximus		
	Knee	Valgus	Tensor fascia latae (TFL)	Gluteus maximus		
			Adductor Complex	Gluteus medius		
				Anterior tibialis		
			Posterior tibialis			
Lateral	LPHC	Excessive forward trunk lean	Soleus	Hamstrings complex		
			Gastrocnemius	Gluteus maximus		
			Hip flexors	Lumbar extensors		
			Rectus abdominis			
		External obliques				
		Low back arches	Hip flexors	Gluteus maximus		
			Lumbar extensors	Hamstrings complex		
			Latissimus dorsi (OHSAs only)	Abdominals		
			Shoulders	Arms fall forward	Latissimus dorsi	Middle trapezius
					Teres major	Lower trapezius
	Head and Neck	Head juts forward (push/pull only)	Pectoralis major	Rhomboids		
			Pectoralis minor	Posterior deltoids		
				Rotator cuff		
		Scapular elevation (push/pull only)	Levator scapulae	Lower trapezius		
		Upper trapezius				
		Levator scapulae	Deep cervical flexors			
		Sternocleidomastoid				

Overactive Muscles: _____

Underactive Muscles: _____