

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		Gluteus medius
			Tensor fascia latae (TFL)	Gluteus maximus
			Adductor Complex	Gluteus medius
Lateral	LPHC	Excessive forward trunk lean		Anterior tibialis
				Posterior tibialis
				Gluteus maximus
				Gluteus medius
				Hamstrings complex
				Gluteus maximus
	Shoulders	Low back arches		Gluteus maximus
				Hamstrings complex
				Abdominals
		Arms fall forward		Gluteus maximus
				Hamstrings complex
				Abdominals
	Head and Neck	Head juts forward (push/pull only)		Gluteus maximus
				Hamstrings complex
				Abdominals
	Head and Neck	Head juts forward (push/pull only)		Gluteus maximus
				Hamstrings complex
				Abdominals

Overactive Muscles: _____

Underactive Muscles: _____