

Movement flaws & potential causes: lower body

Excessive forward bend	Weak glute maximus
Knee collapse on descent	Tight calves, weak ankle stabilisers, weak VMO, or weak glute medius
Knee collapse on ascent	Weak hamstrings & glute medius
Spine rounding	Weak erector spine or posterior chain
Lateral torso lean	Weak lateral core (QL & obliques)
Lateral hip shift	Weak glute medius
Feet spinning (inversion & eversion)	Weak hip rotator, femoral stabilisers, &/or extrinsic foot muscles
Heel elevation (shin unable to move forward)	Short calves (gastrocnemius & soleus)
Forward hops	Weak hamstrings
Lateral hops	Weak abductors
Medial hops	Weak adductors
Foot collapse (rocking in & out)	Weak ankle stabilisers / intrinsic foot muscles
Arch collapse (lack of toe control)	Weak intrinsic foot muscles