

# Overhead Squat FMS

## Performance Evaluation

Squat Score: 97



Core Strength: 0



Knee Stability : 37



Asymmetry Score: 44

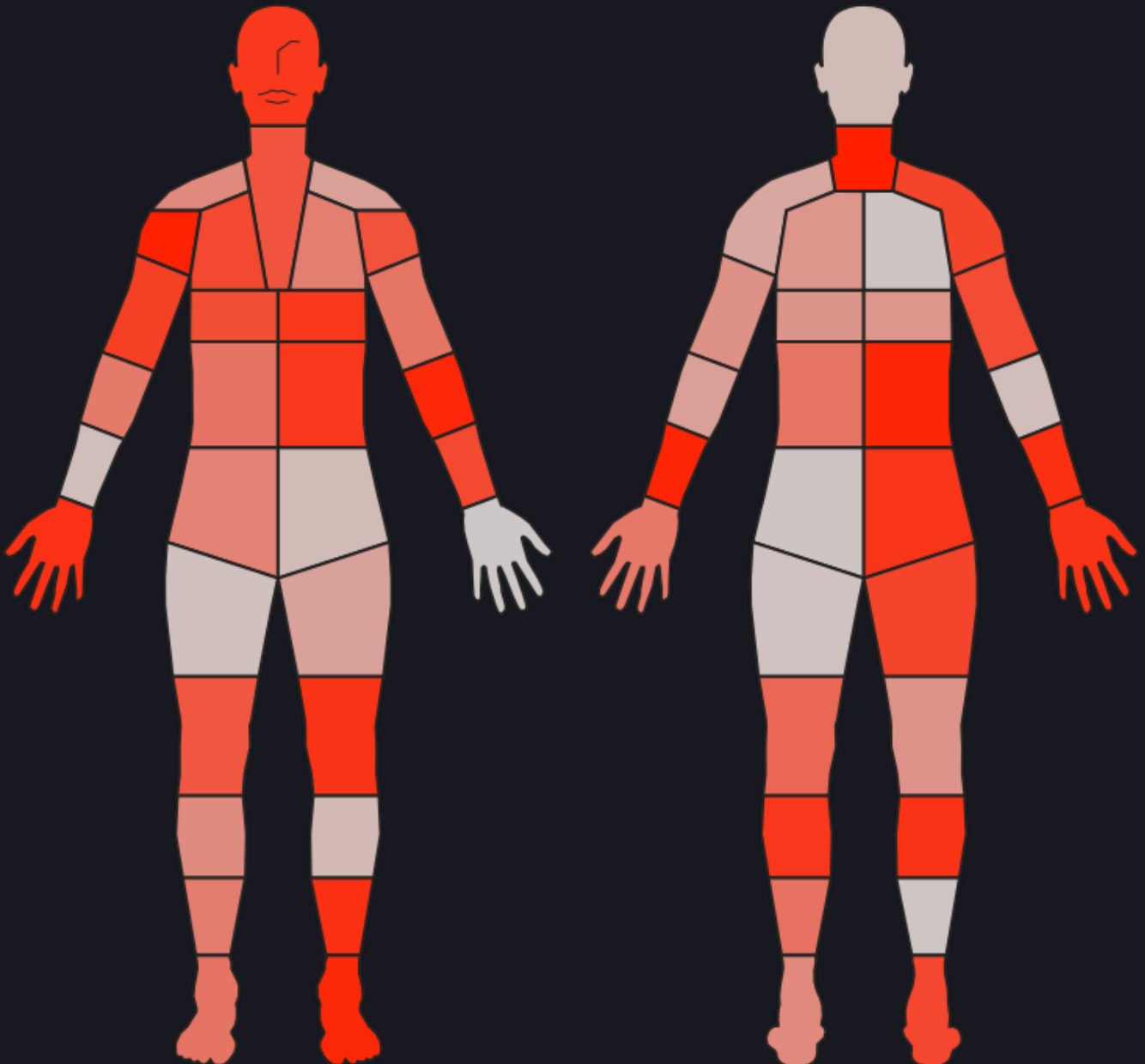


## Recommended Interventions



# Muscle Target Regions

Darker shades of red indicate regions for potential muscle strengthening



# FMS Classification

**Knee Varus or Valgus**

**None**

**Foot Turn Out**

**No**

**Heel Raise**

**No**

**Asymmetric Shift**

**No**

**Forward Lean**

**No**

**Arms Fall Forward**

**No**