

Overhead Squat FMS

Performance Evaluation

Squat Score: 97



Core Strength: 0



Knee Stability : 37



Asymmetry Score: 44

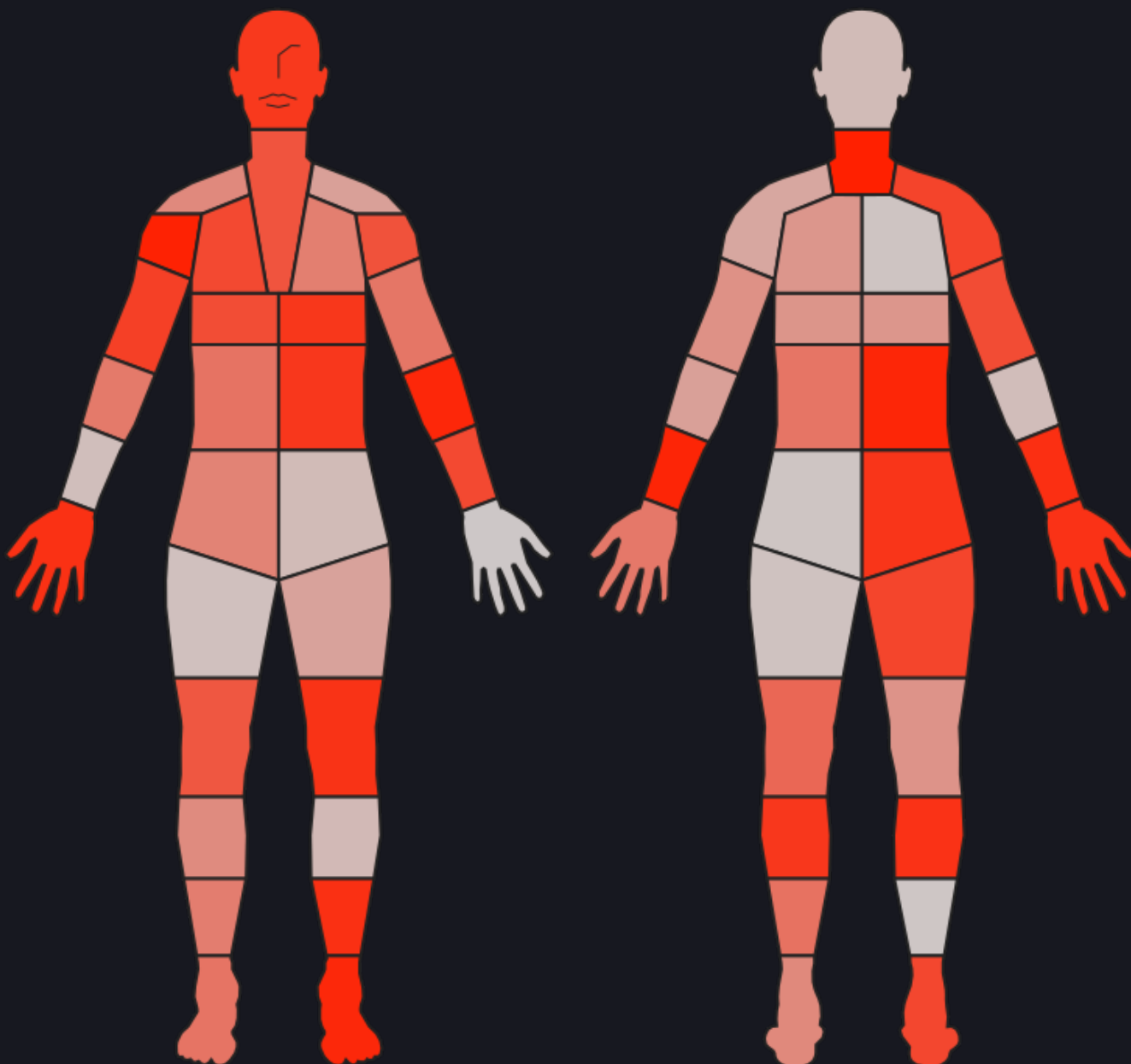


Recommended Interventions



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