

STATIC POSTURAL ASSESSMENT

Pronation Distortion Syndrome		Lower Crossed Syndrome		Upper Crossed Syndrome	
Shortened Muscles	Lengthened Muscles	Shortened Muscles	Lengthened Muscles	Shortened Muscles	Lengthened Muscles
Gastrocnemius	Anterior tibialis	Gastrocnemius	Anterior tibialis	Upper trapezius	Deep cervical flexors
Soleus	Posterior tibialis	Soleus	Posterior tibialis	Levator scapulae	Serratus anterior
Peroneals	Gluteus maximus	Adductors	Gluteus maximus	Sternocleidomastoid	Rhomboids
Adductors	Gluteus medius	Hip flexor complex	Gluteus medius	Scalenes	Middle trapezius
Iliotibial (IT) band		Latissimus dorsi	Transverse abdominis	Latissimus dorsi	Lower trapezius
Hip flexor complex		Erector spinae	Internal obliques	Teres major	Teres minor
Biceps femoris (short head)				Subscapularis	Infraspinatus
				Pectoralis major / minor	

DYNAMIC SQUAT ASSESSMENTS

View	Kinetic Chain Checkpoint	Compensation	Overactive Muscles	Underactive Muscles
Lateral	LPHC	Excessive forward lean	Soleus	Anterior tibialis
			Gastrocnemius	Gluteus maximus
			Hip flexor complex	Erector spinae
			Abdominal complex	
		Low back arches (anterior pelvic tilt)	Hip flexor complex	Gluteus maximus
			Erector spinae	Hamstring complex
			Latissimus dorsi	Intrinsic core stabilizers
		Low back rounds (posterior pelvic tilt)	Hamstring complex	Intrinsic core stabilizers
			Rectus abdominis	Gluteus maximus
	Upper body	Arms fall forward		Erector spinae
			Latissimus dorsi	Middle / lower trapezius
			Teres major	Rhomboids
			Pectoralis major / minor	Rotator cuff
Anterior	Feet	Turn out	Soleus	Medial gastrocnemius
			Lateral gastrocnemius	Medial hamstring complex
			Biceps femoris (short head)	Gracilis
				Sartorius
	Knees	Move inwards		Popliteus
			Adductor complex	Gluteus maximus
			Soleus	Gluteus medius
			Gastrocnemius	Vastus medialis oblique (VMO)
			Biceps femoris (short head)	
			Tensor fasciae latae (TFL)	
			Vastus lateralis	
		Move outwards	Soleus	Gluteus maximus
			Gastrocnemius	Adductors
			Biceps femoris (short head)	Medial hamstring complex
			Piriformis	