

Static Postural Assessment

1 Client Intake

2 **Static Postural Assessment**

3 Overhead Squat Assessment (OHSA) and Modified OHSA

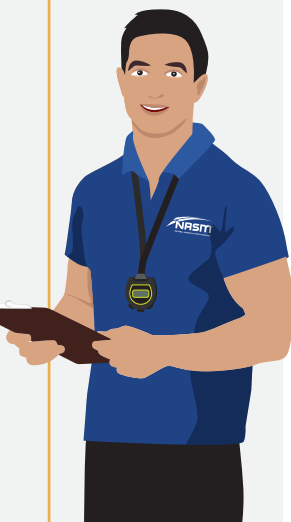
4 Single-Leg Squat and/or Split Squat Assessment

4a Dynamic Assessments
OPTIONAL

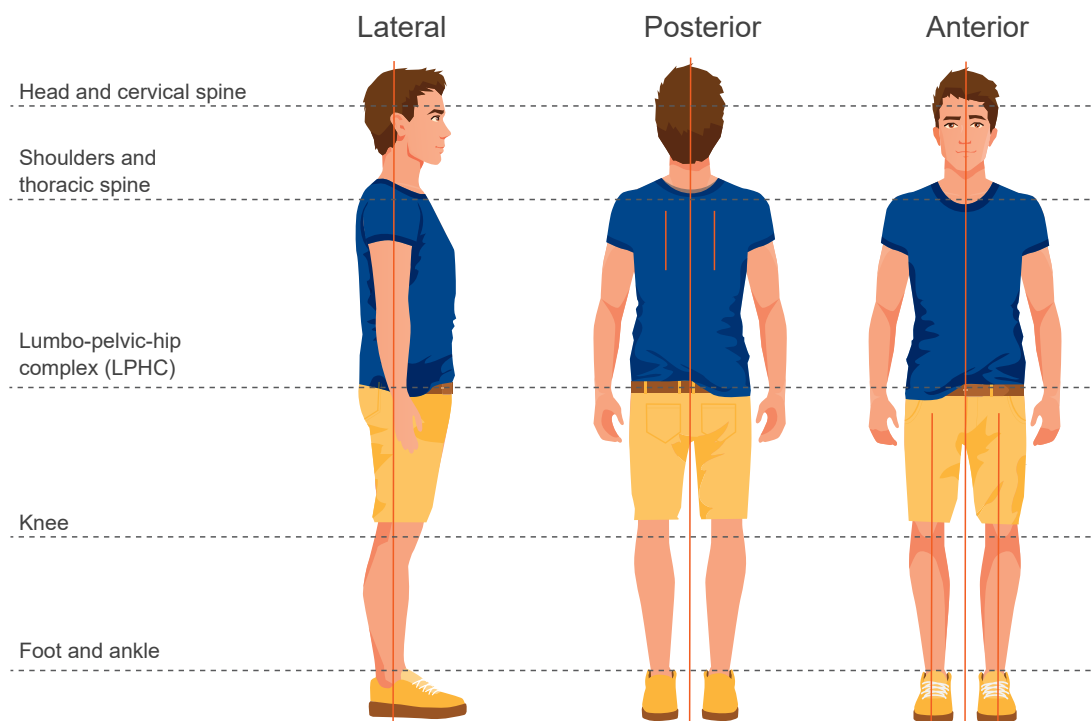
4b Loaded Assessments
OPTIONAL

5 Mobility Assessments

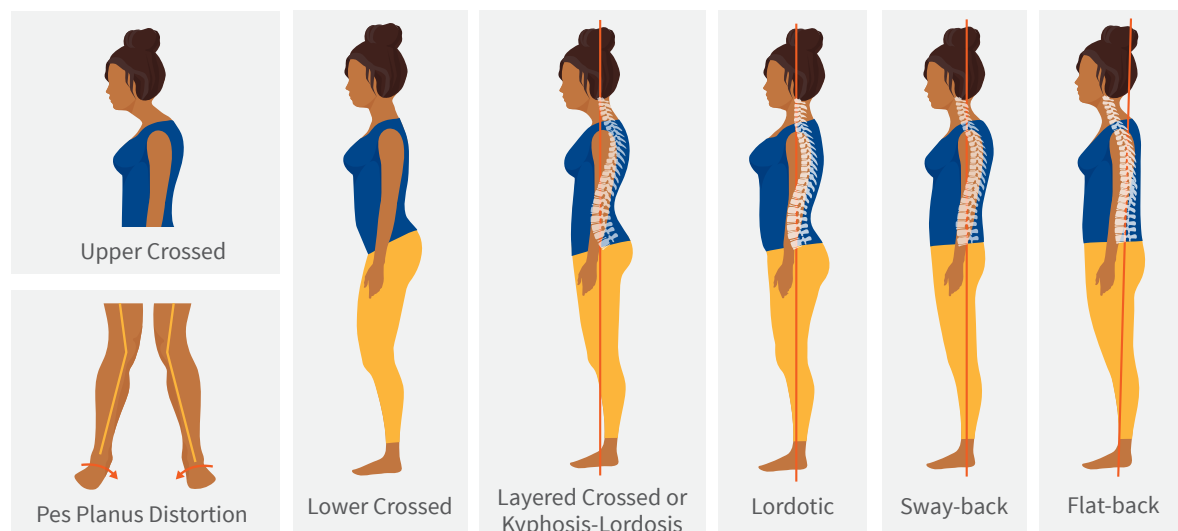
6 Corrective Exercise Programming
INHIBIT • LENGTHEN
ACTIVATE • INTEGRATE



Observe static posture focusing on kinetic chain checkpoints below.



Compare client to postural distortion patterns below.



Identify potentially overactive and underactive muscles based on the postural patterns they most closely match.