

Overhead Squat Assessment

OVERHEAD SQUAT ASSESSMENT

Name: _____ Date: _____ dd / mm / yyyy

Follow the steps outlined below to conduct an overhead squat assessment. Utilize the questions under Compensations to pinpoint any possible imbalances or issues. When interpreting the outcomes, refer to the interpretation table to ascertain whether the movement is satisfactory or highlights potential areas of concern. Use the Findings and Additional Notes sections to jot down any supplementary details or observations.

The client should stand with hands overhead, aligning arms with the ears. Keep your eyes focused straight ahead on an object in front. Point feet straight ahead, ensuring foot, ankle, knee, and lumbo-pelvic-hip complex (LPHC) are in a neutral position with shoes off.

Guide the client to squat (at a natural pace) to about chair seat height and return to the starting position. Repeat the movement for five reps, observing from anterior and lateral views.

Assess the feet, ankles, and knees from the front. The feet should stay straight, and the knees should track in line with the foot (second and third toes). Examine the lumbo-pelvic-hip complex (LPHC), shoulders, and cervical complex from the side. Ensure the tibia aligns with the torso and the arms remain in line.

Feet: Do the feet flatten and turn out?

☐ Yes ☐ No

Knees: Do the knees move inward (adduct and internally rotate)?

☐ Yes ☐ No

Lumbo-pelvic-hip complex: Does the low back arch? Does the torso lean forward excessively?

☐ Yes ☐ No

Shoulder: Do the arms fall forward?

☐ Yes ☐ No

Hips: Is there an uneven hip level?

☐ Yes ☐ No

Lumbar spine: Is there any evident lateral shift or rotation?

☐ Yes ☐ No

Feet: Do the heels lift off the ground?

☐ Yes ☐ No

Findings:

Additional Notes: