

# Static and Dynamic Postural Assessment



Name \_\_\_\_\_

Date \_\_\_\_\_

## Static Postural Assessment

View	Observation	Notes (circle Yes or No)
Anterior	Pes Planus Syndrome	
Lateral	Lower Crossed Syndrome	
Lateral	Upper Crossed Syndrome	

## Overhead Squat Assessment (OHSA)

View	Kinetic Chain Checkpoint	Observation	Notes (circle Yes or No)	
			Left	Right
Anterior	Foot / Ankle	Feet turn out?		
	Knee	Knees moves in?		
Lateral	Lumbo-pelvic-hip Complex	Excessive forward lean?		
		Low back arches?		
	Shoulder	Arms fall forward?		

## Single-Leg Squat Assessment

View	Kinetic Chain Checkpoint	Observation	Notes (circle Yes or No)	
			Left	Right
Anterior	Knee	Knees moves in?		

## Pushing / Pulling Assessments

View	Kinetic Chain Checkpoint	Observation	Notes (circle Yes or No)	
			Pushing	Pulling
Lateral	Lumbo-pelvic-hip Complex	Low back arches?		
	Shoulder	Shoulders elevate?		
	Head / Neck	Head juts forward?		

# Static and Dynamic Postural Assessment



STATIC POSTURAL ASSESSMENT					
Pes Planus Distortion Syndrome		Lower Crossed Syndrome		Upper Crossed Syndrome	
Overactive	Underactive	Overactive	Underactive	Overactive	Underactive
Gastrocnemius	Anterior tibialis	Hip flexors	Gluteus maximus	Upper trapezius	Deep cervical flexors
Soleus	Posterior tibialis	Lumbar extensors	Gluteus medius	Levator scapulae	Rhomboids
Adductors	Gluteus maximus		Hamstrings	Sternocleidomastoid	Middle trapezius
Hip flexors	Gluteus medius		Abdominals	Pectoralis major	Lower trapezius
				Pectoralis minor	

  

DYNAMIC POSTURAL ASSESSMENTS				
View	Kinetic Chain Checkpoint	Movement Impairment	Overactive Muscles	Underactive Muscles
Anterior	Foot and Ankle	Turn out	Soleus	Anterior tibialis
			Gastrocnemius	Posterior tibialis
			Hamstrings complex	Gluteus maximus
	Knee	Valgus	Tensor fascia latae (TFL)	Gluteus maximus
			Adductor Complex	Gluteus medius
				Anterior tibialis
		Posterior tibialis		
Lateral	LPHC	Excessive forward trunk lean	Soleus	Hamstrings complex
			Gastrocnemius	Gluteus maximus
			Hip flexors	Lumbar extensors
			Rectus abdominis	
			External obliques	
	Low back arches	Hip flexors	Gluteus maximus	
		Lumbar extensors	Hamstrings complex	
		Latissimus dorsi (OHSAs only)	Abdominals	
	Shoulders	Arms fall forward	Latissimus dorsi	Middle trapezius
			Teres major	Lower trapezius
			Pectoralis major	Rhomboids
			Pectoralis minor	Posterior deltoids
		Scapular elevation (push/pull only)	Levator scapulae	Rotator cuff
			Upper trapezius	Lower trapezius
Head and Neck	Head juts forward (push/pull only)	Levator scapulae	Deep cervical flexors	
		Sternocleidomastoid		

Overactive Muscles: \_\_\_\_\_

Underactive Muscles: \_\_\_\_\_