



BROOKBUSH INSTITUTE

Human Movement Science Education

Overhead Squat	With Modification (Heel Rise and Arms Down)
Anterior View	Anterior View
<ul style="list-style-type: none"> • Foot/Ankle <ul style="list-style-type: none"> <input type="checkbox"/> Turn Out <input type="checkbox"/> Feet Flatten • Knees <ul style="list-style-type: none"> <input type="checkbox"/> Buckle In <input type="checkbox"/> Bow Out • Shoulder <ul style="list-style-type: none"> <input type="checkbox"/> Arms Adduct 	<ul style="list-style-type: none"> • Knees <ul style="list-style-type: none"> <input type="checkbox"/> Buckle In <input type="checkbox"/> Bow Out
Lateral View:	Lateral View:
<ul style="list-style-type: none"> • LPHC <ul style="list-style-type: none"> <input type="checkbox"/> Excessive Forward Lean <input type="checkbox"/> Excessive Lordosis <input type="checkbox"/> Posterior Pelvic Tilt • Shoulder <ul style="list-style-type: none"> <input type="checkbox"/> Arms Fall Forward 	<ul style="list-style-type: none"> • LPHC <ul style="list-style-type: none"> <input type="checkbox"/> Excessive Forward Lean <input type="checkbox"/> Excessive Lordosis <input type="checkbox"/> Posterior Pelvic Tilt <ul style="list-style-type: none"> <input type="checkbox"/> Trunk Flexion
Posterior View:	Posterior View:
<ul style="list-style-type: none"> • LPHC <ul style="list-style-type: none"> <input type="checkbox"/> Asymmetrical Weight Shift • Shoulder Girdle <ul style="list-style-type: none"> <input type="checkbox"/> Elevation • Feet <ul style="list-style-type: none"> • Feet Flatten 	<ul style="list-style-type: none"> • LPHC <ul style="list-style-type: none"> <input type="checkbox"/> Asymmetrical Weight Shift • Shoulder Girdle <ul style="list-style-type: none"> <input type="checkbox"/> Elevation

Notes: