

Match the movement to the description of the movements' errors.

Overhead squat	Forearms not equal distance from ears Arms not straight (note which side has greatest bend) Dowel aligned over or behind heels Dowel rotated forward (closer to wall on one side compared to the other) Loss of balance Upper back rounded (flexed) Lower back arched (anterior pelvic tilt)
Straight-leg raise	Torso not upright Upper back rounded (flexed) Dowel not parallel to floor (torso side bend/lateral flexion of spine) Asymmetrical rotation (>25 cm difference from side to side)
Overhead squat	Bent knees (unable to keep legs straight) Foot is externally rotated during leg lift Ribs and thorax shift vertically (not belly breathing) Significant bulging in abdominal region Unable to hold core neutral (back arches) Plane changes in ASIS (pelvis rotates)
Seated spinal rotation	Weight shifts towards one side (note which side) Hip higher on one side (note which side) Knee not tracking over second toe Tibia and upper torso not parallel Ankle pronates or supinates