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

LIVEWORKSHEETS