Movement	Tight Muscles	Weak	Possible	Dynamic	Motor Control	Strength	Static	Self Myofascial
Observation /Posture		Muscles	Indicators	Flexibility	Exercises	Training	Stretching	Release
Hip Tightness	Low Back Extensors	Glutues Maximus	Difficulty	Quadraped Hip	Scorpions	Squats	Kneeling Hip	Foam Roller
Difficulty Internally Or			internally or	Mobility (Fire			Flexor Stretches	Stretch(Iliopsoas)
Externally Rotating Hips	Hamstrings	Glutues Medius	externally rotating	Hydrants)	Mini Band Monster	Bulgarian Squats		
			hips during step		Walks		90/90 Seated Hip	Foam Roller
	Illiotibial Band	Glutues Minimus	ups	Hurdle Exercise		Box Step Up's	Flexor Stretches	Stretch(IT Band)
			Forward leaning		Elevated Step Single			
	Hip Flexors		posture	Squat To Stand	Leg Squats	Cable Pull	Lateral Step	Foam Roller
	A dala sta un		Increased	O	CD Line Duidense	Throughs	w/Forearm to	Stretch(Low Back)
	Adductors		forward lean	Over/Under Drills	SB Hip Bridges		Foot Stretch	Frank Dallan
	Piriformis		when squatting,	Doverse Lunge	Single Log Cone	Lunge (static,	Lying Tonsor	Foam Roller
	PITIOTIIIS		heels coming off ground	Reverse Lunge with Twist	Single Leg Cone Reaches	dynamic, walking, 6" box)	Lying Tensor Fascia Latae	Stretch(Hamstrings)
	Psoas		Tightness in	WILLI I WISL	RedChes	o DOX)	Stretch	Foam Roller
	F 50d5		hamstrings, low		Bodyweight	Glute/Ham Raise	Suelan	Stretch(Calves)
			back, hip flexors		Squats(90degrees)	Glute/Halli Kaise	Bulgarian Hip	Suecu(Calves)
			Rotational		Squats(Sources)	1 Leg Romanian	Flexor Stretches	
			movement of the		Split Squats	Deadlifts	TICKOF Stretches	
			knee when		opine oquato	Deddines	Seated Groin	
			peforming a		Bulgarian Squats		Stretch	
			single leg mini		Paiganan equate			
			squat (20		Box Step Up's		Standing	
			degrees)		w/Single Leg		Adductor Stretch	
			Shifting of trunk		Stabilization			
			when performing				Standing	
			a single leg mini-		Box Step Up's		Hamstring Stretch	
			squat (20		w/Internal Rotation		(foot raised)	
			degrees)					
			Knees caving in		Mini Band Side Steps			
			when squatting					
			Foot (lead leg)		Elevated Step Single			
			turning in with		Leg Reaches			
			forward reaches					
			Trail leg caving		Floor Bridges			
			in (moving		Quadranad			
			towards mid-line)		Quadraped (Birddog/a)			
			when performing forward reaches		(Birddog's)			
			Instability when		Reverse			
			performing		Hyperextensions			
			forward reaches		riyperextensions			
			or lunges		2x4 Squats			
			Instability when		2XT Squue			
			performing step-		MB Forward Reaches			
			up's to single leg					
			stabilization		Box Step Up's			
			Foot turning					
			inward during gait		Box Step Up's			
			cycle		w/External Rotation			
			Flat feet with					
			abnormal wear on		Single Leg Squat			
			shoes or calluses		variations			
			on feet					

Movement Observation/Posture	Tight Muscles	Weak Muscles	Possible Indicators	Dynamic Flexibility	Motor Control Exercises	Strength Training	Static Stretching	Self Myofascial Release
Hips Pushed Forward Posterior Pelvic Tilt	Hamstrings Glutes	Quadriceps Iliopsoas	"Belt Buckle Up " from standing position	Walking Toe Touches	Scorpions Mini Band Monster	Squats Bulgarian Squats	90/90 Stretches for Glutes	Foam Roller Stretch(Hamstrings)
	Lower Abdominals	Lumbar Erectors	Leaning back	Squat to Stand	Walks	Box Step Up's	Standing Hamstring	Foam Roller Stretch(Glutes)
			when walking History of	Walking Lunge w/Overhead Reach	Elevated Step Single Leg Squats	Cable Pull Throughs	Stretch(foot raised)	Foam Roller Stretch(Low Back)
			hamstring pulls Hips pushed	Drop Squat	SB Hip Bridges Single Leg Cone	Lunge (static, dynamic, walking,	Kneeling Abdominal Stretch w/Reach	
			way forward from a standing	Walking Reaches	Reaches	6"box)	WINCOLI	
			position Significant	Walking Knee to Chest Stretch	Reverse Scorpions Elevated Step Single	Glute/Ham Raise 1 Leg Romanian		
			tightness in low back and	Lateral Lunge	Leg Reaches	Deadlifts		
			hamstrings		Floor Bridges Quadraped	Deadlifts		
					Hyperextensions			
					Bodyweight Squats(90degrees)			
					Split Squats			
					Bulgarian Squats			
					Box Step Up's w/Single Leg Stabilization			
					Box Step Up's w/Internal Rotation			
					Band Glute/Ham Kickbacks			
					Pelvic Tilts			
					Facing Wall Squats			
					MB Forward Reaches			
					Box Step Up's Box Step Up's w/Ext.			
					Rotation			

Movement Observation/Posture	Tight Muscles	Weak Muscles	Possible Indicators	Dynamic Flexibility	Motor Control Exercises	Strength Training	Static Stretching	Self Myofascial Release
Hips Pushed Back Anterior Pelvic Tilt	Lumbar Erectors	Gluteus Maximus	Short depth on squat	Walking toe touches	Scorpions	Squats	Kneeling Hip Flexor Stretches	Foam Roller Stretch (Psoas)
	Hamstrings	Glutues Medius	Gap between	Squat to Stand	Mini Band Monster Walks	Bulgarian Squats	90/90 Seated Hip	Foam Roller Stretch
	Hip Flexors	Glutues Minimus	low back and floor when lying			Box Step Up's	Flexor Stretches	(Hip Flexors)
	Adductors	Transverse Abdominis	on their back (rounded arch)	Walking Lunge w/Overhead Reach	Elevated Step Single Leg Squats	Cable Pull Throughs	Lateral Step w/Foreman to	Foam Roller Stretch (Quadriceps)
	Quadriceps Psoas	Internal Obliques	Increased forward lean	Drop Squat	Reverse Scorpions Elevated Step Single	Lunge (static, dynamic,	Foot Stretch Standing	Foam Roller Stretch (Hamstrings)
	1 3003		when squatting, heels coming off	Walking Reaches	Leg Reaches	walking,6" box)	Hamstring Stretch (foot raised)	Foam Roller Stretch
			ground	Walking Knee to Chest Stretch	Floor Bridges	Glute/Ham Raise	Prone Butterfly	(Lumbar Erectors)
			Doorway test with heels and head	Lateral Lunge	SB Hip Bridges	1 Leg Romanian Deadlifts	Stretch	Foam Roller Stretch (Adductors)
			against door, look for significant gap between		Single Leg Cone Reaches	Deadlifts	Supine V Legs Split against Wall Stretch	
			low back and doorway. Enough room to		Bodyweight Squats (90 degree)		Bulgarian Hip Flexor Stretches	
			stick your entire arm through with		Split Squats		Seated Groin	
			minimal resistance.		Bulgarian Squats		Stretch	
			Low back sags when attempting		Box Step Up's with Single Leg Stabilization		Standing Adductor Stretch	
			to do planks		Box Step Up's with		SB Psoas Stretch	
			Appearance of a "sway back"		Internal Rotation		Sumo Adductor Stretch	
			when standing		Band Glute/Ham Kickbacks			
					Pelvic Tilts			
					Facing Wall Squats			
					Quadraped (Birddog's)			
					Hyperextensions			
					2x4 Squats			
					MB Forward Reaches			
					Box Step Up's			

Movement Observation/Posture	Tight Muscles	Weak Muscles	Possible Indicators	Dynamic Flexibility	Motor Control Exercises	Strength Training	Static Stretching	Self Myofascial Release
Feet Turning In	Lumbar Erectors	Gluteus Maximus	Feet turning in	Walking Toe	-Scorpions	Squats	Kneeling Hip	Foam Roller
Knees Turning In	Euribar Erectors	Glaceas Flaximus	during gait	Touches	-Mini Band Monster	oquuto	Flexor Stretches	Stretch(Psoas)
Internal Rotation At Femur	Hamstrings	Gluteus Medius	during gait	Touches	Walks	Bulgarian Squats	TIEXOF SUCCIES	Stretch(150d5)
	namsumgs	Gluteus Meulus	Shoes showing	Squat to Stand	-Elevated Step Single	Duiganan Squats	90/90 Seated Hip	Foam Roller
	Hip Flexors	Gluteus Minimus	excessive wear	Squar to Stanu	Leg Squats	Box Step Up's	Flexor Stretches	Stretch(Hip Flexors)
	The recors	Giuleus Minimus	on inside area of	Walking Lunge	-SB Hip Bridges	box step op s	TIEXUL SU ELCHES	Suecci(Tip Tiexors)
	Iliotibial Band	Transverse	the sole	w/Overhead	-Single Leg Cone	Cable Pull	Lateral Step	Foam Roller
		Abdominis	ule sole	Reach	Reaches		w/Forearm to	
	A ddu atowa	ADUOITIITIIS		Reaction		Throughs		Stretch(Quadriceps)
	Adductors		Calluses right		-Bodyweight		Foot Stretch	- D.II
		Internal Obliques	underneath the	Drop Squat	Squats(90degrees)	Lunge (static,		Foam Roller
	Quadriceps		big toe		-Split Squat	dynamic,	Standing	Stretch(Iliotibial
	_			Walking Reaches	-Bulgarian Squat	walking,6"box)	Hamstring Stretch	Band)
	Psoas		History of knee		-Box Step Up's		(foot raised)	
			pain (patella	Walking Knee to	w/Single Leg	Glute/Ham Raise		Foam Roller
			femoral	Chest Stretch	Stabilization		Prone Butterfly	Stretch(Hamstrings)
			syndrome,		-Box Step Up's	1 Leg Romanian	Stretch	
			iliotibial band	Lateral Lunge	w/Internal Rot.	Deadlifts		Foam Roller
			syndrome)		-Band Glute/Ham		Supine V Legs	Stretch(Lumbar
			"runner's knee"		Kickbacks	Deadlifts	Split Against Wall	Erectors)
					-Pelvic Tilts		Stretch	
			Toes pointed in		-Facing Wall Squats			Foam Roller
			on lead foot with		-Squat w/Band at		Bulgarian Hip	Stretch(Adductors)
			lateral lunges		Knees		Flexor Stretches	. ,
			5		-Resisted Walking			
			Tightness or		w/Band at Feet		Seated Groin	
			pain in the hips		-Frog Press Over		Stretch	
			when stretching		Stability Ball			
					-Reverse Scorpions		Standing	
			Foot on lead leg		-Elevated Step Single		Adductor Stretch	
			turning in when		Leg Reaches			
			doing forward		-Floor Bridges		SB Psoas Stretch	
			reaches		-Quadraped		5D 1 5005 50 CtCl1	
			reactics		-Hyperextensions		Sumo Adductor	
			Trail leg drops		-2x4 Squats		Stretch	
			inward towards		-MB Forward Reaches		Succer	
			midline of the		-Box Step Up's			
			body		-Box Step Up's			
			bouy		w/Ext.Rotation			
			Look for "flat		-Single Leg Squat			
			feet" with a lack		Variations			
			of an arch being a					
			primary culprit to		-Mini Band Side Steps			
			patella femoral		-Pelvic Figure Eights on SB			
			· · · ·		-Supine Vertical Leg			
			syndrome. If					
			found refer to a		Raises			
			specialist.		-Single Leg Hop			
					w/Band Abduction			
					-Glute Raise on			
					Stability Ball			
					-Single Leg Hops			

Observation/Posture	-	Weak Muscles	Possible Indicators	Dynamic Flexibility	Motor Control Exercises	Strength Training	Static Stretching	Self Myofascial Release
Feet Turning Out	Soleus	Gluteus Maximus	Feet turning	Walking Toe	-Scorpions	Squats	Standing	Foam Roller Stretch
Knees Turning Out	00.000		out when	Touches	-Mini Band Monster	04446	Hamstring Stretch	(Hamstrings)
External Rotation At	Piriformis	Gluteus Medius	squatting or		Walks	Bulgarian Squats	(foot raised)	(
Femur			reaching	Squat to Stand	-Elevated Step Single		()	Foam Roller
	Biceps Femoris	Adductors			Leg Squats	Box Step Up's	Standing Calve	Stretch(Iliotibial
			Knees turning	Walking Lunge	-SB Hip Bridges		Stretch	Band)
			out when	w/Overhead	-Single Leg Cone	Cable Pull		
			squatting	Reach	Reaches	Throughs		Foam Roller Stretch
			- 1 5		-Bodyweight			(Piriformis)
			Poor single leg	Drop Squat	Squats(90degrees)	Lunge (static,		,
			balance		-Split Squats	dynamic, walking,		Foam Roller Stretch
				Walking Reaches	-Bulgarian Squats	6'box)		(Calves)
			Leaning	in an any incode inco	-Box Step Up's	0.2011)		(00.100)
			forward when	Walking Knee to	w/Single Leg	Glute/Ham Raise		
			walking	Chest Stretch	Stabilization	chace, harrinalise		
			manang		-Box Step Up's	1 Leg Romanian		
			Falling forward	Lateral Lunge	w/Internal Rotation	Deadlifts		
			when squatting	Latoral Larigo	-Single Leg Balancing	2 000		
			(back bending		-Single Leg Squat	Deadlifts		
			over)		-Band Internal	Deddints		
			over)		Rotation(at toes)			
					-Stability Ball			
					Adductor Squeeze			
					w/Hip Bridge			
					-Reverse Scorpions			
					-Elevated Step Single			
					Leg Reaches			
					-Floor Bridges			
					-Quadraped			
					-Hyperextensions			
					-2x4 Squats			
					-MB Forward Reaches			
					-Box Step Up's			
					-Box Step Up's			
					w/External Rotation			
					-Single Leg Squat			
					variations			
					-Balance w/Reach			
					-Cable Adduction			
					-Squats w/Soft Ball			
					between			
					Knees(squeeze)			
					-Lying Soft Ball			
					Squeeze w/Hip			
					Bridge			
	1	1	1	1	1	1	1	1

Movement Observation / Posture	Tight Muscles	Weak Muscles	Possible Indicators	Dynamic Elexibility	Motor Control	Strength Training	Static Stretching	Self Myofascial
Movement Observation/Posture Shoulders Rounded Forward Protracted Shoulder Girdle	Tight Muscles Pectoralis Major Pectoralis Minor Anterior Delts Serratus Anterior Latissimus Dorsi	Weak Muscles Mid Traps Rhomboids Rear Deltoids	Possible Indicators Shoulders rounded forward Shoulder pain and discomfort when raising and rotating shoulder girdle in multi planar motions. Classic poor posture with "slouching over" appearance	Dynamic Flexibility Back Bridging	Motor ControlExercisesCuff ComplexBand Pull ApartsProne Straight Arm RotationScapular Push UpsY's and T's on Stability BallReverse FlysProne Cobras	Strength TrainingRear Delt Cable PullsSeated RowsBent Over Barbell RowsSingle Arm Dumbbell RowsPull Up'sBarbell Upright RowsBarbell High PullsDumbbell Bent	Static Stretching Doorway Chest Stretch Pectoralis Stretch on Stability Ball	Self Myofascial Release Foam Roller Stretch (pectoralis major & minor) Foam Roller Stretch (latissium dorsi) Foam Roller Stretch (serratus anterior)
Movement Observation/Posture	Tight Muscles	Weak Muscles	Possible Indicators	Dynamic Flexibility	Motor Control Exercises	Over Rear Delt Rows Cable Reverse Flys Strength Training	Static Stretching	Self Myofascial Release
Arms Rotated Inward With Palms Facing Back When Standing Internal Humeral Rotation	Pectoralis Major Pectoralis Minor Anterior Delts Serratus Anterior Lats	Mid Traps Rhomboids Rear Delts	Shoulders rounded forward with hands turned in, palms facing rear body Inability to lay flat on your back and raise arms over head until flat on floor History of overuse from sports activity (ex. baseball)	Back Bridging	Cuff Complex Band Pull Aparts Prone Straight Arm Rotation Scapular Push Ups Y's and T's on Stability Ball Reverse Flys Prone Cobras	Rear Delt Cable PullsSeated RowsBent Over Barbell RowsSingle Arm Dumbbell RowsPull Up'sBarbell Upright RowsBarbell High PullsDumbbell Bent Over Rear Delt RowsCable Reverse Flys	Doorway Chest Stretch Pec Stretch on Stability Ball	Foam Roller Stretch (pec major/minor) Foam Roller Stretch (lats) Foam Roller Stretch (serratus anterior)