OVERHEAD SQUAT ASSESSMENT

THIS OBSERVATION IS DESIGNED TO ASSESS DYNAMIC FLEXIBILITY ON BOTH SIDES OF THE BODY AS WELL AS INTEGRATED TOTAL BODY STRENGTH.

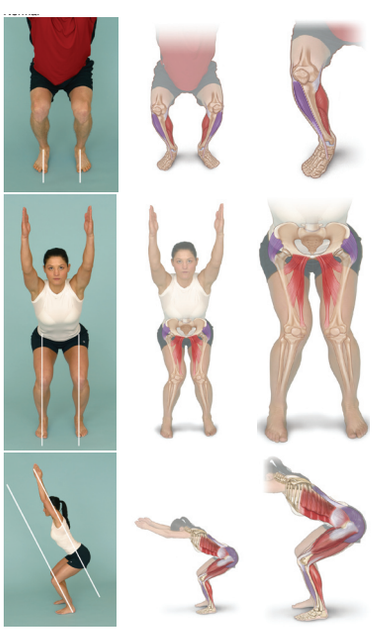
POSTURE IS OFTEN VIEWED AS BEING STATIC (OR WITH MOVEMENT). HOWEVER, EVERYDAY POSTURE IS CONSTANTLY CHANGING TO MEET THE DEMANDS PLACED ON THE KINETIC CHAIN. THE MAIN PURPOSE OF PROPER POSTURE IS TO MAINTAIN ENOUGH STRUCTURAL EFFICIENCY TO OVERCOME CONSTANT FORCES PLACED ON THE BODY (I.E., GRAVITY). STRUCTURAL EFFICIENCY IS DEFINED AS THE ALIGNMENT OF THE MUSCULOSKELETAL SYSTEM, WHICH ALLOWS OUR CENTER OF GRAVITY TO BE MAINTAINED OVER A BASE OF SUPPORT.

OVERHEAD SQUAT ASSESSMENT, ANTERIOR VIEW.

OVERHEAD SQUAT ASSESSMENT, LATERAL VIEW.

OVERHEAD SQUAT ASSESSMENT OBSERVATION, ANTERIOR VIEW.

OVERHEAD SQUAT ASSESSMENT OBSERVATION, LATERAL VIEW.



POSITION

1. Client stands with feet shoulder-width apart and pointed straight ahead. The foot and ankle complex should be in a neutral position.
2. Have client raise his or her arms overhead, with elbows fully extended. The upper arm should bisect the torso.

MOVEMENT

3. Instruct client to squat to roughly the height of a chair and return to the start position.
4. Have the client repeat the movement for five repetitions in each position (anterior, and lateral).

VIEWS

5. View feet, ankles, and knees from the front
6. View the lumbo-pelvic-hip complex, shoulder, and cervical complex from the side.

DYNAMIC POSTURAL OBSERVATIONS (LOOKING AT MOVEMENTS) ARE OFTEN THE QUICKEST WAY TO GAIN AN OVERALL IMPRESSION OF A CLIENT'S FUNCTIONAL STATUS. BECAUSE POSTURE IS A DYNAMIC QUALITY, THESE OBSERVATIONS SHOW POSTURAL DISTORTION AND POTENTIAL OVERACTIVE AND UNDERACTIVE MUSCLES IN ITS NATURALLY DYNAMIC SETTING.

SINGLE-LEG SQUAT ASSESSMENT

THIS OBSERVATION IS DESIGNED TO ASSESS ANKLE PROPRIOCEPTION, CORE STRENGTH, AND HIP JOINT STABILITY.

POSITION

1. Client should stand with hands on the hips and eyes focused on an object straight ahead.
2. Feet should be pointed straight ahead, and the foot, ankle, and knee and the lumbo-pelvic-hip complex should be in a neutral position.

MOVEMENT

3. Instruct client to raise one leg and place it parallel to the stance leg.
4. Have the client squat to a comfortable level and return to the start position.
5. Perform up to five repetitions before switching sides.

VIEWS

6. View the knee from the front.

FOR SOME INDIVIDUALS, THE SINGLE-LEG SQUAT ASSESSMENT MAY BE TOO DIFFICULT TO PERFORM (E.G. ELDERLY CLIENT). OTHER OPTIONS INCLUDE USING OUTSIDE SUPPORT FOR ASSISTANCE OR SIMPLY PERFORM A SINGLE-LEG BALANCE ASSESSMENT TO ASSESS MOVEMENT COMPENSATION AND THEIR ABILITY TO CONTROL THEMSELVES IN A RELATIVELY UNSTABLE ENVIRONMENT.

PROPER POSTURAL ALIGNMENT ALLOWS OPTIMUM NEUROMUSCULAR EFFICIENCY. THIS IS PARTICULARLY TRUE WITH RESPECT TO THE NEUROMUSCULAR SYSTEM. PROPER POSTURE ENSURES THAT THE MUSCLES OF THE BODY ARE OPTIMALLY ALIGNED AT THE PROPER LENGTH-TENSION RELATIONSHIPS NECESSARY FOR EFFICIENT FUNCTIONING OF FORCE-COUPLES. THIS ALLOWS FOR PROPER JOINT MECHANICS (OR ARTHROKINEMATICS) AND EFFECTIVE ABSORPTION AND DISTRIBUTION OF FORCES THROUGHOUT THE KINETIC CHAIN, ALLEVIATING EXCESS STRESS ON JOINTS.

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