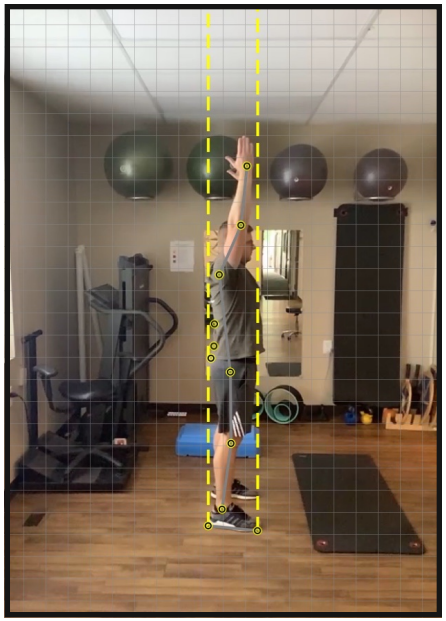
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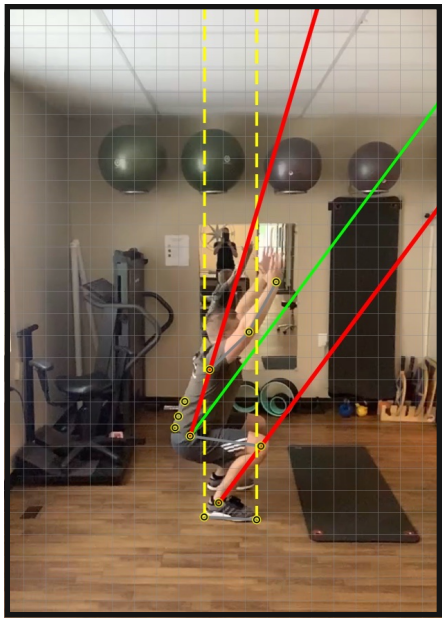
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Accurate Postural Assessment

SquatScreen - Lateral for Devin Cox performed on 7/29/21



Start Position Results
Elbow Angle of 161.9°
Wrist/Shoulder To Vertical: 14.29° forward
Shoulder/Hip Knee/Ankle Difference: 14.3°
Torso extended relative to shin plane
Lower Back Extended/Arched
Knee/Ankle To Vertical: 7.79° forward
Foot Displacement Relative To Floor: 5.6°

Finding	Possible Overactive Muscles	Possible Underactive Muscles	Possible Injuries
Inadequate Forward Lean	Piriformis Bicep Femoris Adductor Magnus Quadratus Lumborum Errector Spinae	Glute Max Glute Medius Multifidi	Hamstring, Quad, Groin Strain, Low Back Pain Risk
Low Back Rounds	Hamstrings Adductor Magnus Rectus Abdominis External Obliques	Gluteus Maximus Erector Spinae Intrinsic Core Stabilizers Hip Flexor Complex Latissmus Dorsi	Thoraco-lumbar Pain and Injury Lumbar Disc Irritation/ increased injury Risk
Adapted from: Clark, Micheal, and Scott Lucett. "Movement Assessments." NASM Essentials of Corrective Exercise Training. Baltimore: Lippincott Williams & Wilkins, 2011. 108-120.			



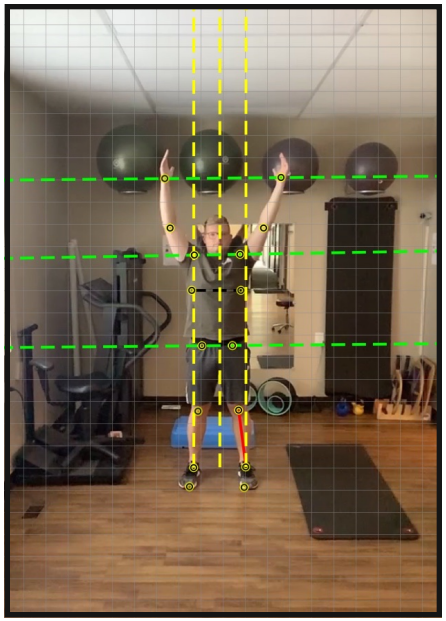
End Position Results
Elbow Angle of 162.6°
Wrist/Shoulder To Vertical: 37.09° forward
Shoulder/Hip Knee/Ankle Difference: 20.1°
Torso extended relative to shin plane
Lower Back is Flexed/Rounded
Hip above parallel by 8.1°
Knee/Ankle To Vertical: 36.65° backward
Foot Displacement Relative To Floor: not significant

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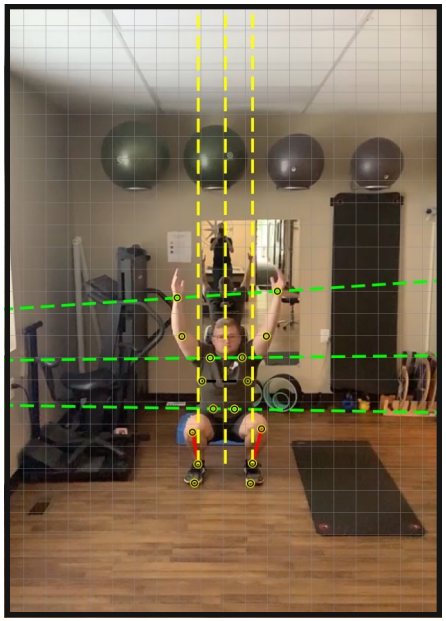
SquatScreen - Anterior for Devin Cox performed on 7/29/21



Start Position Results
Wrists Are Level
Shoulders Are Level
Hips Are Level
Right Elbow Angle Of 144.1°
Left Elbow Angle Of 157.5°
Hip Displacement Of 1.2° Right
Left Knee Moved Inward

Finding	Possible Overactive Muscles	Possible Underactive Muscles	Possible Injuries
Right Knee Moves Outward	Piriformis Biceps Femoris TFL/Gluteus Minimus	Adductors Complex Medial Hamstring Gluteus Maximus	Patellar Tendinopathy Patellofemoral Syndrome ACL Injury IT Band Tendonitis
Left Knee Moves Outward	Piriformis Biceps Femoris TFL/Gluteus Minimus	Adductors Complex Medial Hamstring Gluteus Maximus	Patellar Tendinopathy Patellofemoral Syndrome ACL Injury IT Band Tendonitis

Adapted from: Clark, Micheal, and Scott Lucett. "Movement Assessments." NASM Essentials of Corrective Exercise Training. Baltimore: Lippincott Williams & Wilkins, 2011. 108-120.



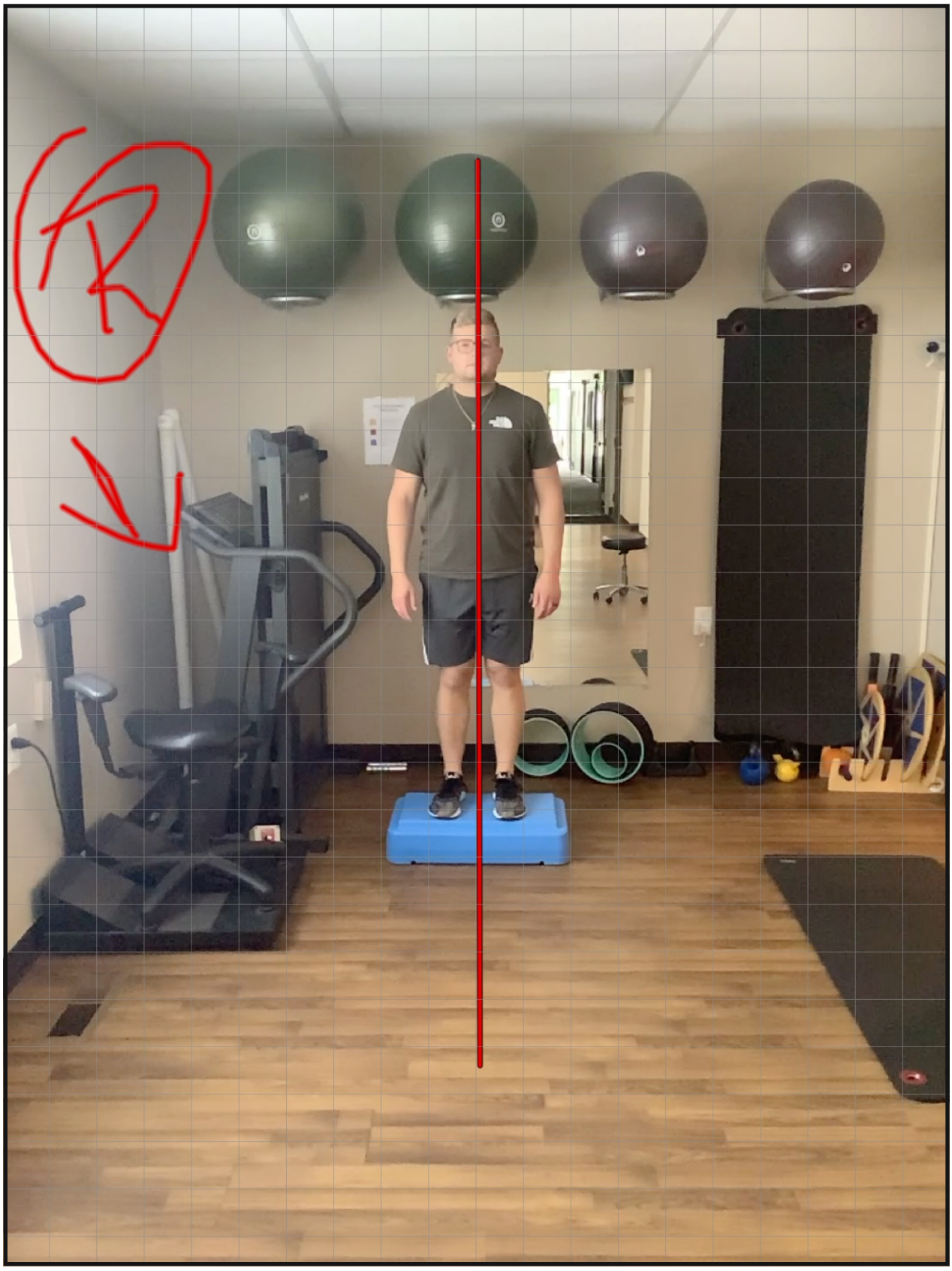
End Position Results
Wrists Are Level
Shoulders Are Level
Hips Are Level
Right Elbow Angle Of 133.9°
Left Elbow Angle Of 145.4°
Hip Displacement Of 1.4° Right
Right Knee Moved Outward
Left Knee Moved Outward

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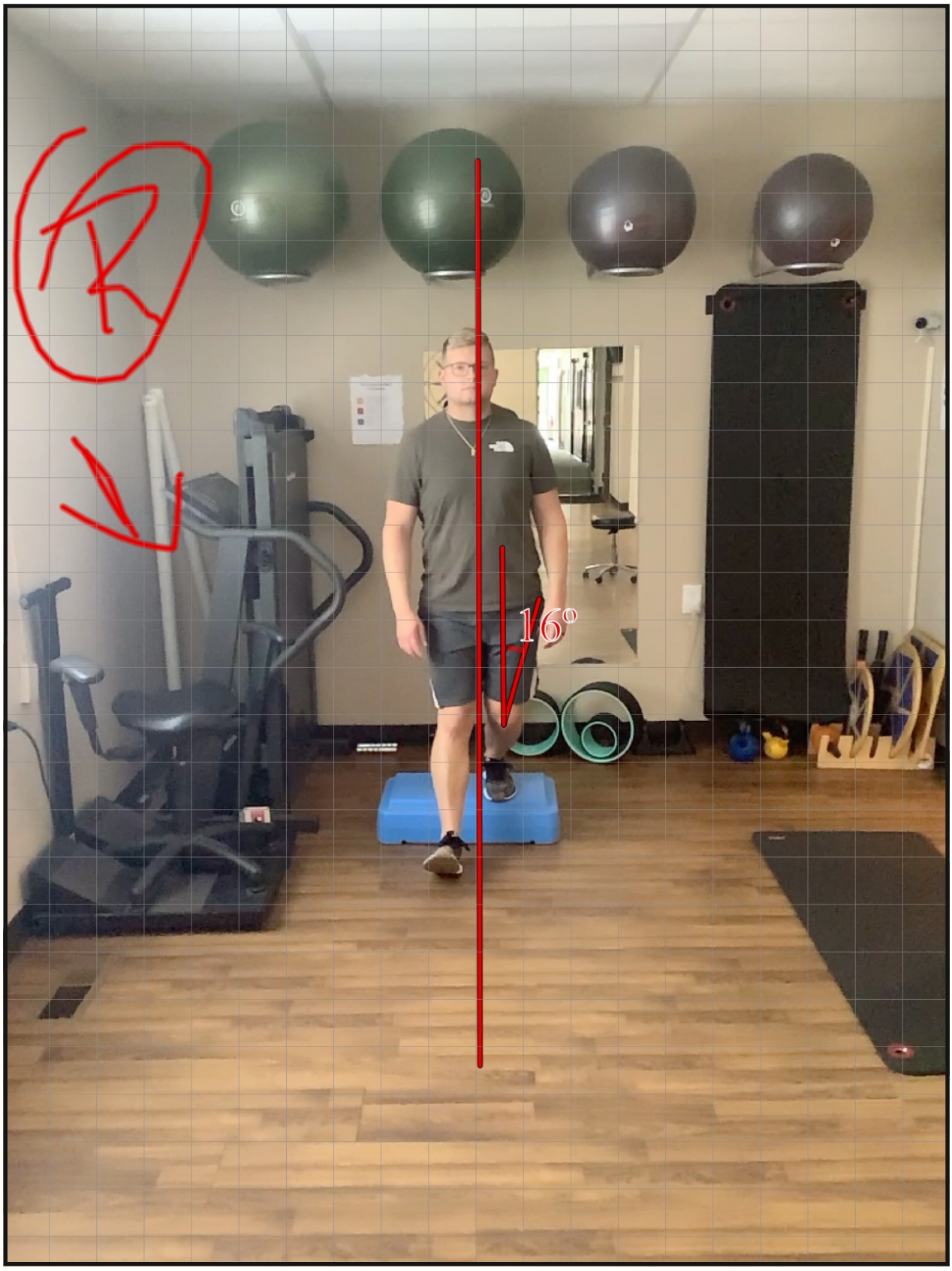


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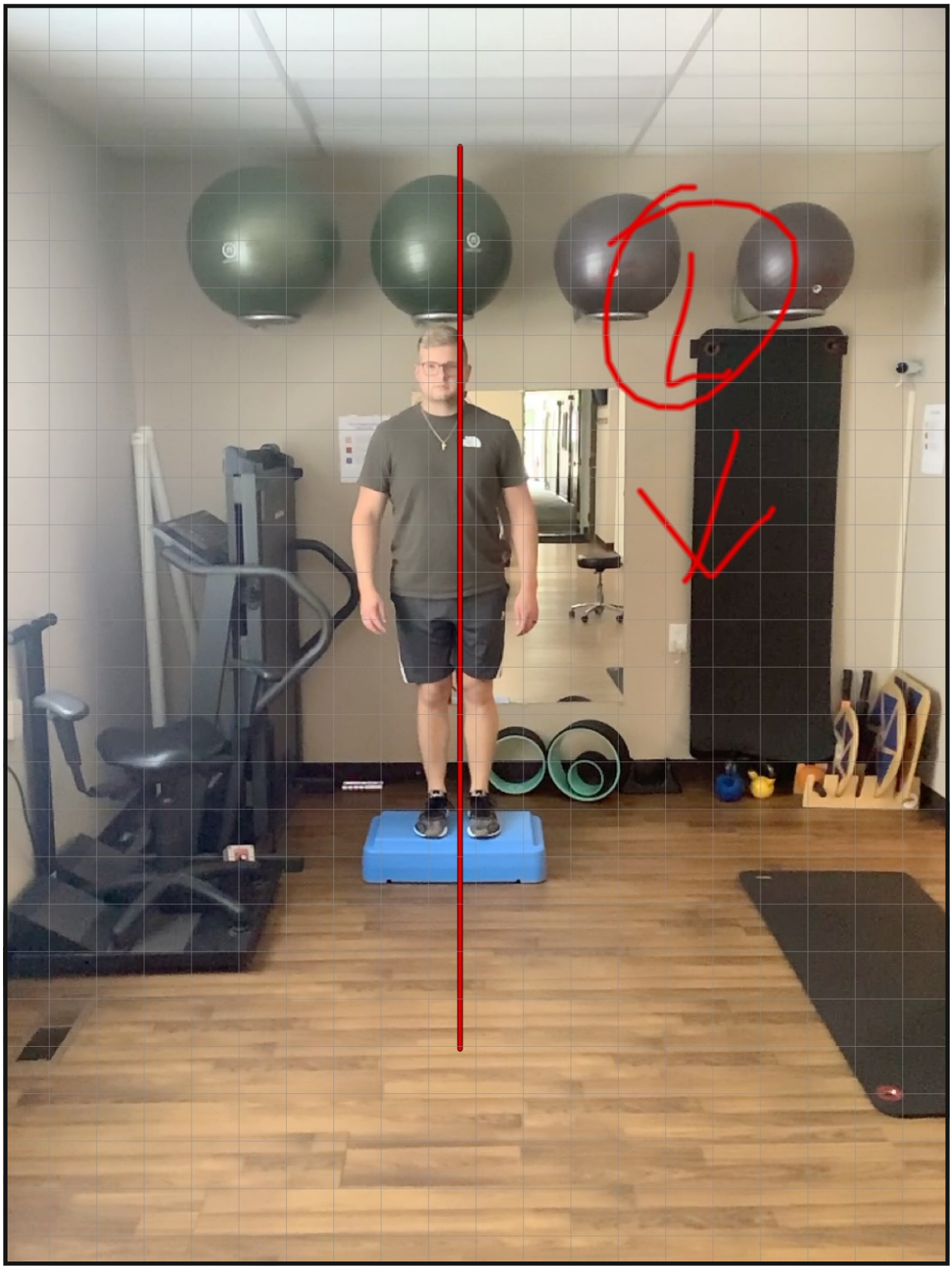


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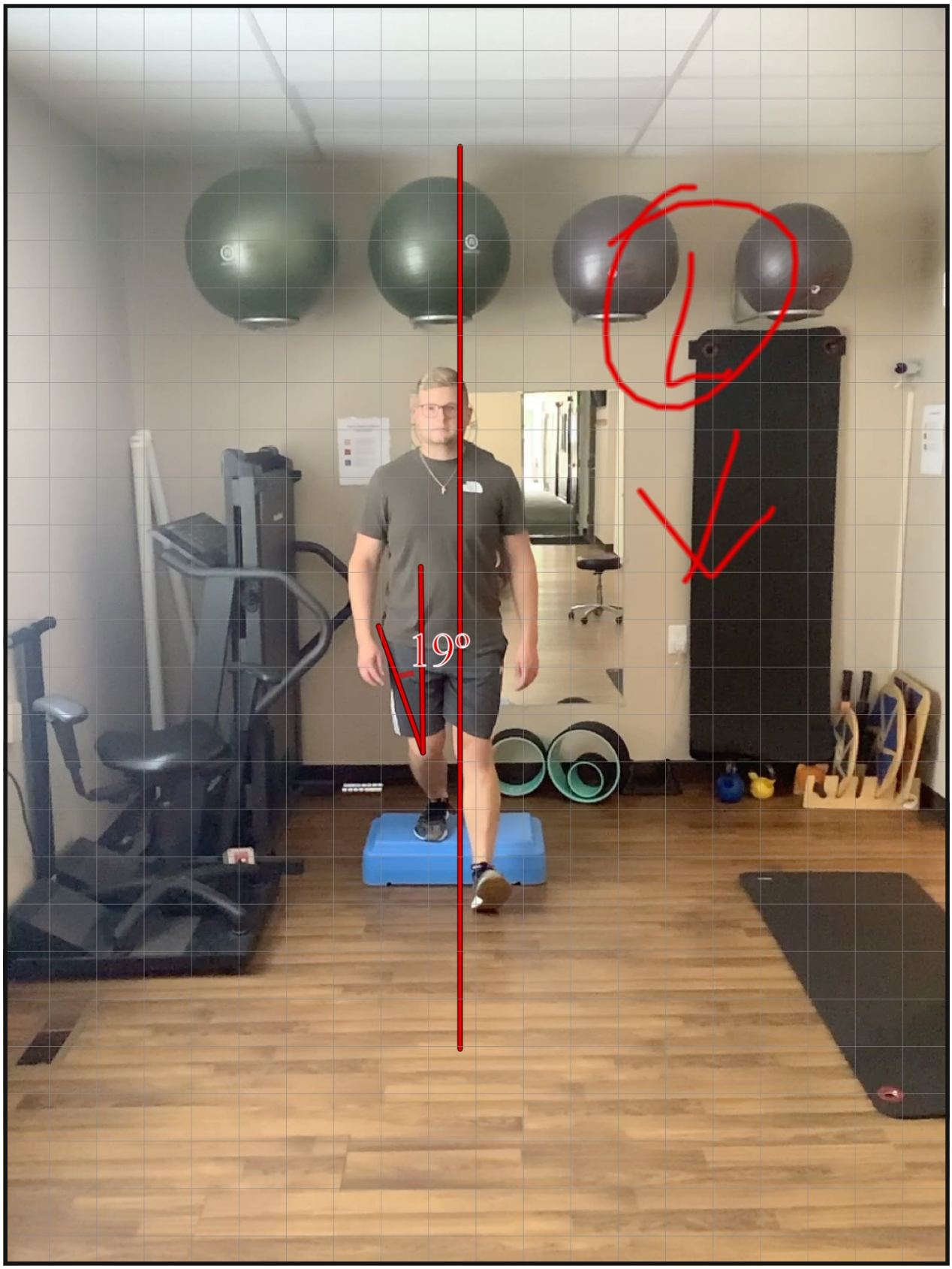


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