

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

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Hips Pushed Forward Posterior Pelvic Tilt	Hamstrings Glutes Lower Abdominals	Quadriceps Iliopsoas Lumbar Erectors	"Belt Buckle Up" from standing position Leaning back when walking History of hamstring pulls Hips pushed way forward from a standing position Significant tightness in low back and hamstrings	Walking Toe Touches Squat to Stand Walking Lunge w/Overhead Reach Drop Squat Walking Reaches Walking Knee to Chest Stretch Lateral Lunge	Scorpions Mini Band Monster Walks Elevated Step Single Leg Squats SB Hip Bridges Single Leg Cone Reaches Reverse Scorpions Elevated Step Single Leg Reaches Floor Bridges Quadraped 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	Squats Bulgarian Squats Box Step Up's Cable Pull Throughs Lunge (static, dynamic, walking, 6"box) Glute/Ham Raise 1 Leg Romanian Deadlifts Deadlifts	90/90 Stretches for Glutes Standing Hamstring Stretch(foot raised) Kneeling Abdominal Stretch w/Reach	Foam Roller Stretch(Hamstrings) Foam Roller Stretch(Glutes) Foam Roller Stretch(Low Back)

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

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Feet Turning In Knees Turning In Internal Rotation At Femur	Lumbar Erectors Hamstrings Hip Flexors Iliotibial Band Adductors Quadriceps Psoas	Gluteus Maximus Gluteus Medius Gluteus Minimus Transverse Abdominis Internal Obliques	Feet turning in during gait Shoes showing excessive wear on inside area of the sole Calluses right underneath the big toe History of knee pain (patella femoral syndrome, iliotibial band syndrome) "runner's knee" Toes pointed in on lead foot with lateral lunges Tightness or pain in the hips when stretching Foot on lead leg turning in when doing forward reaches Trail leg drops inward towards midline of the body Look for "flat feet" with a lack of an arch being a primary culprit to patella femoral syndrome. If found refer to a specialist.	Walking Toe Touches Squat to Stand Walking Lunge w/Overhead Reach Drop Squat Walking Reaches Walking Knee to Chest Stretch Lateral Lunge	-Scorpions -Mini Band Monster Walks -Elevated Step Single Leg Squats -SB Hip Bridges -Single Leg Cone Reaches -Bodyweight Squats(90degrees) -Split Squat -Bulgarian Squat -Box Step Up's w/Single Leg Stabilization -Box Step Up's w/Internal Rot. -Band Glute/Ham Kickbacks -Pelvic Tilts -Facing Wall Squats -Squat w/Band at Knees -Resisted Walking w/Band at Feet -Frog Press Over Stability Ball -Reverse Scorpions -Elevated Step Single Leg Reaches -Floor Bridges -Quadrapped -Hyperextensions -2x4 Squats -MB Forward Reaches -Box Step Up's -Box Step Up's w/Ext.Rotation -Single Leg Squat Variations -Mini Band Side Steps -Pelvic Figure Eights on SB -Supine Vertical Leg Raises -Single Leg Hop w/Band Abduction -Glute Raise on Stability Ball -Single Leg Hops	Squats Bulgarian Squats Box Step Up's Cable Pull Throughs Lunge (static, dynamic, walking,6"box) Glute/Ham Raise 1 Leg Romanian Deadlifts Deadlifts	Kneeling Hip Flexor Stretches 90/90 Seated Hip Flexor Stretches Lateral Step w/Forearm to Foot Stretch Standing Hamstring Stretch (foot raised) Prone Butterfly Stretch Supine V Legs Split Against Wall Stretch Bulgarian Hip Flexor Stretches Seated Groin Stretch Standing Adductor Stretch SB Psoas Stretch Sumo Adductor Stretch	Foam Roller Stretch(Psoas) Foam Roller Stretch(Hip Flexors) Foam Roller Stretch(Quadriceps) Foam Roller Stretch(Iliotibial Band) Foam Roller Stretch(Hamstrings) Foam Roller Stretch(Lumbar Erectors) Foam Roller Stretch(Adductors)

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Feet Turning Out Knees Turning Out External Rotation At Femur	Soleus Piriformis Biceps Femoris	Gluteus Maximus Gluteus Medius Adductors	Feet turning out when squatting or reaching Knees turning out when squatting Poor single leg balance Leaning forward when walking Falling forward when squatting (back bending over)	Walking Toe Touches Squat to Stand Walking Lunge w/Overhead Reach Drop Squat Walking Reaches Walking Knee to Chest Stretch Lateral Lunge	-Scorpions -Mini Band Monster Walks -Elevated Step Single Leg Squats -SB Hip Bridges -Single Leg Cone Reaches -Bodyweight Squats(90degrees) -Split Squats -Bulgarian Squats -Box Step Up's w/Single Leg Stabilization -Box Step Up's w/Internal Rotation -Single Leg Balancing -Single Leg Squat -Band Internal 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	Squats Bulgarian Squats Box Step Up's Cable Pull Throughs Lunge (static, dynamic, walking, 6'box) Glute/Ham Raise 1 Leg Romanian Deadlifts Deadlifts	Standing Hamstring Stretch (foot raised) Standing Calve Stretch Foam Roller Stretch (Hamstrings) Foam Roller Stretch(Iliotibial Band) Foam Roller Stretch (Piriformis) Foam Roller Stretch (Calves)	

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Shoulders Rounded Forward Protracted Shoulder Girdle	Pectoralis Major Pectoralis Minor Anterior Delts Serratus Anterior Latissimus Dorsi	Mid Traps Rhomboids Rear Deltoids	Shoulders rounded forward Shoulder pain and discomfort when raising and rotating shoulder girdle in multi planar motions. Classic poor posture with "slouching over" appearance	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 Pulls Seated Rows Bent Over Barbell Rows Single Arm Dumbbell Rows Pull Up's Barbell Upright Rows Barbell High Pulls Dumbbell Bent Over Rear Delt Rows Cable Reverse Flys	Doorway Chest Stretch Pectoralis Stretch on Stability Ball	Foam Roller Stretch (pectoralis major & minor) Foam Roller Stretch (latissium dorsi) Foam Roller Stretch (serratus anterior)
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 Pulls Seated Rows Bent Over Barbell Rows Single Arm Dumbbell Rows Pull Up's Barbell Upright Rows Barbell High Pulls Dumbbell Bent Over Rear Delt Rows Cable 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)

