

Name _____

Date _____

Anterior View

Kinetic Chain Checkpoint	Observations
Foot and Ankle	
Knee	
LPHC	
Shoulders	
Head and Neck	

Posterior View

Kinetic Chain Checkpoint	Observations
Foot and Ankle	
Knee	
LPHC	
Shoulders	
Head and Neck	

Lateral View

Kinetic Chain Checkpoint	Observations
Foot and Ankle	
Knee	
LPHC	
Shoulders	
Head and Neck	

Evidence of postural distortion syndrome?

Lower Crossed: _____ Upper Crossed: _____ Pes Planus Distortion: _____

Potentially **overactive** muscles: _____

Potentially **underactive** muscles: _____