

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: _____