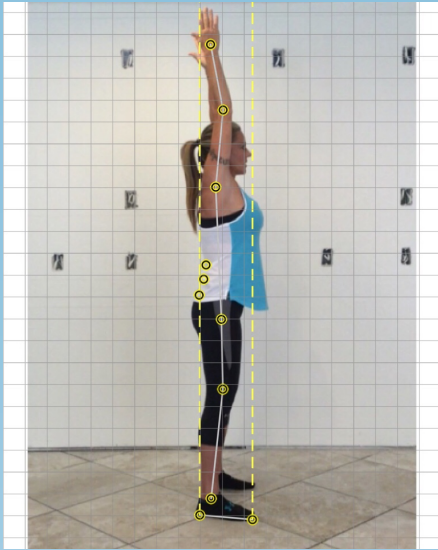


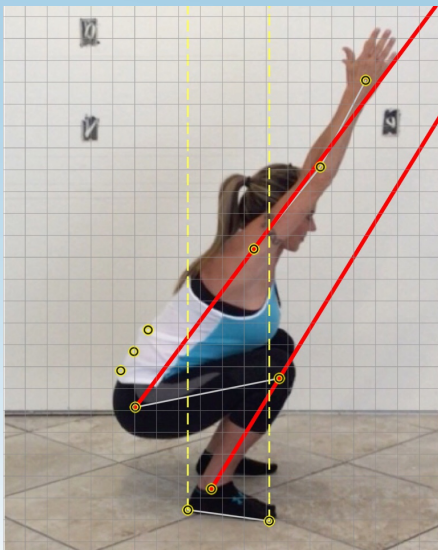
SquatScreen - Lateral for Kelly Smith performed on 7/12/16



Start Position Results

- Elbow Angle of 163.7°
- Wrist/Shoulder To Vertical: 2.06° backward
- Shoulder/Hip Knee/Ankle Difference: 8.6°
- Lower Back Extended/Arched
- Knee/Ankle To Vertical: 6.09° forward
- Torso extended relative to shin plane
- Foot Displacement Relative To Floor: not signif...

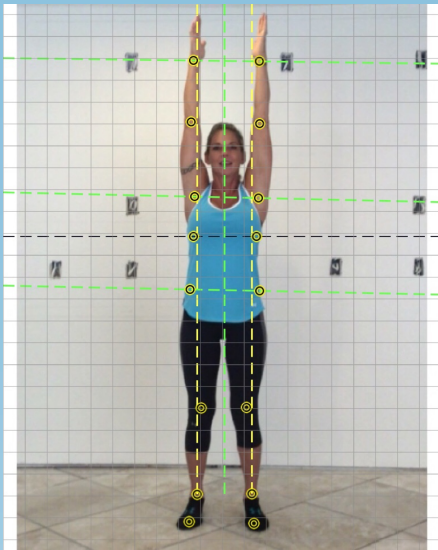
Finding	Possible Overactive Muscles	Possible Underactive Muscles	Possible Injuries
Excessive Forward Lean	Soleus Gastroc Hip Flexor Group Piriformis	Tibialis Anterior Glute Max Core Stabilizers	Hamstring, Quad, Groin Strain, Low back Pain Risk
Adapted from: Clark, Micheal, and Scott Lucett. "Movement Assessments." NASM Essentials of Corrective Exercise Training. Baltimore: Lippincott Williams & Wilkins, 2011. 108-120.			



End Position Results

- Elbow Angle of 168.6°
- Wrist/Shoulder To Vertical: 33.51° forward
- Shoulder/Hip Knee/Ankle Difference: -5.3°
- Hip below parallel by 11.4°
- Knee/Ankle To Vertical: 31.53° forward
- Torso flexed relative to shin plane
- Foot Displacement Relative To Floor: not signif...

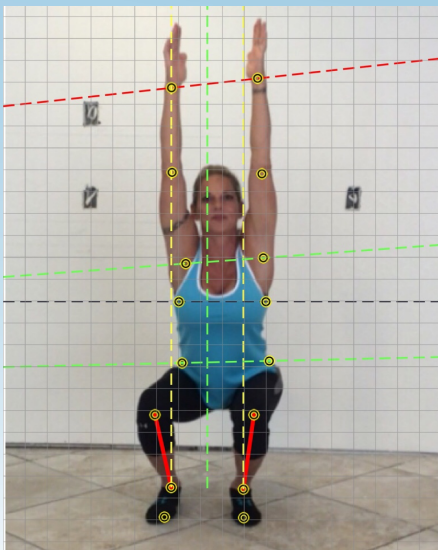
SquatScreen - Anterior for Kelly Smith performed on 7/12/16



Start Position Results
Wrists Are Level
Shoulders Are Level
Hips Are Level
Right Elbow Angle Of 175.3°
Left Elbow Angle Of 178.9°
Hip Displacement Of 0.1° Left

Finding	Possible Overactive Muscles	Possible Underactive Muscles	Possible Injuries
Knee Moves Outward	Piriformis Biceps Femoris TFL/Gluteus Minimus	Adductors Complex Medial Hamstring Gluteus Maximus	Patellar Tendinopathy Patellofemoral Syndrome ACL Injury IT Band Tendonitis
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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 High On Left By 6.2°
Shoulders Are Level
Hips Are Level
Right Elbow Angle Of 171.9°
Left Elbow Angle Of 181.6°
Hip Displacement Of 8.3° Left
Right Knee Moved Outward
Left Knee Moved Outward