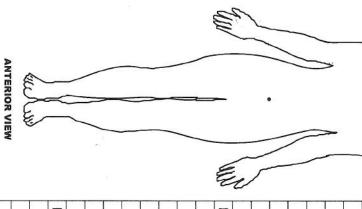
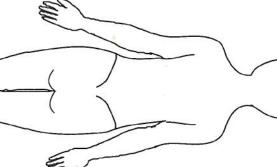
X' for "Ouick Check"

## 'X' for "Ouick Check"



	Pain? Arthritis? Function?
	Lumbo-Pelvic Hip:
	Single leg squat?
	Visual irregularities?
	Aggravating factors?
	Causal links?
	Function?
	Arthritis?
	Pain?
	Knee:
	Condition of calves?
	Plantar fascia?
	Condition of toes?
	Ab./Adducted?
	Pronated?
	Visual irregularities?
	Causal links?
	Aggravating factors?
	Function?
	Arthritis?
	Pain?
	Feet and Ankles:
DETAILS	CHECKLIST Y



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Excessive curvature?	Forward Head?	Visual irregularities?	Aggravating factors?	Causal links?	Function?	Arthritis?	Pain?	Head and Neck:	Muscle tension?	Int. rotated arms?	Protract./Elevated scap.?	Excessive Kyphosis?	Aggravating factors?	Causal links?	Function?	Arthritis?	Pain?	Thoracic Spine/Shoulder:	Anterior Rotation?	Excessive Lordosis?	Visual irregularities?	Aggravating factors?	Causal links?	CHECKLIST
																								4
				And the second s																				DETAILS

Exercise Considerations

Lower Kinetic Chain Findings

Upper Kinetic Chain Findings

Occupation/Activities ADDITIONAL NOTES

POSTERIOR VIEW