



# Overhead Squat Assessment

## Dress

Dress in shorts so that the knees are clearly visible when standing upright  
Remove shoes and socks

## Setup Position

Feet shoulder width apart pointing forward with the 2nd toe pointing directly ahead  
Arms are raised directly overhead alongside the ears for the duration of the squat.

## Action

Squat down to legs being at least 90 degrees, deeper if possible for each rep.

Execute 4 squats

Record video from directly in front. Be sure that the feet and hands are in view.

Execute 4 squats

Record video from directly behind. Be sure that the feet and hands are in view.

Execute 4 squats

Record video from the side

## Rest

Use a rolled up towel or yoga mat under the heels to raise the heels. Setup for the squat as above.

Repeat the above sequence with heels raised.

Record video as before from the front, side and back

## Rest

Put your hands on your hips and repeat the squat as in the action above, This time DO NOT put the towel or mat under your heels.