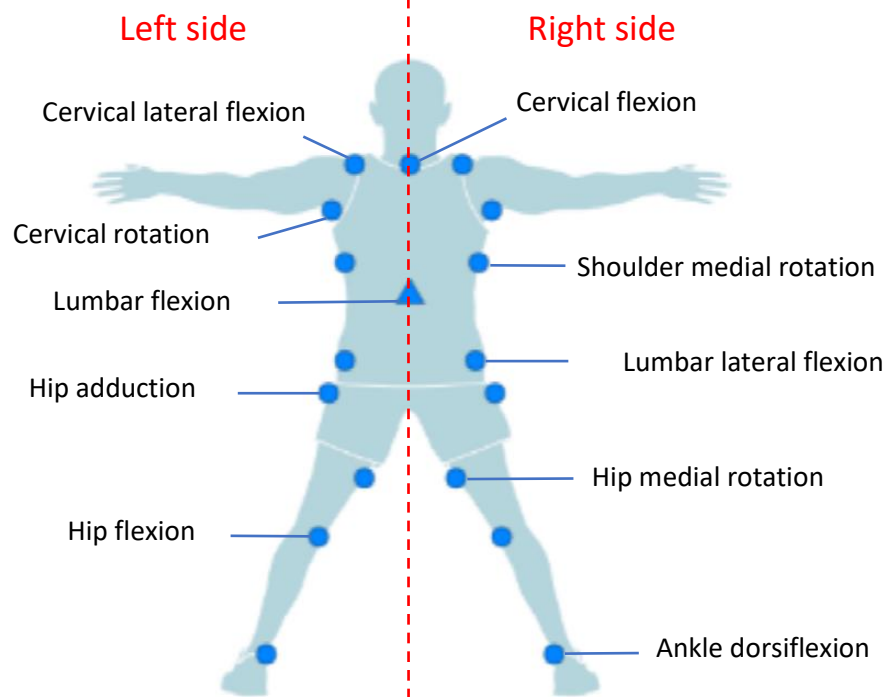
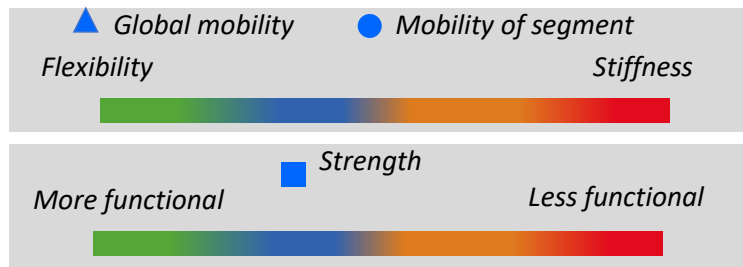
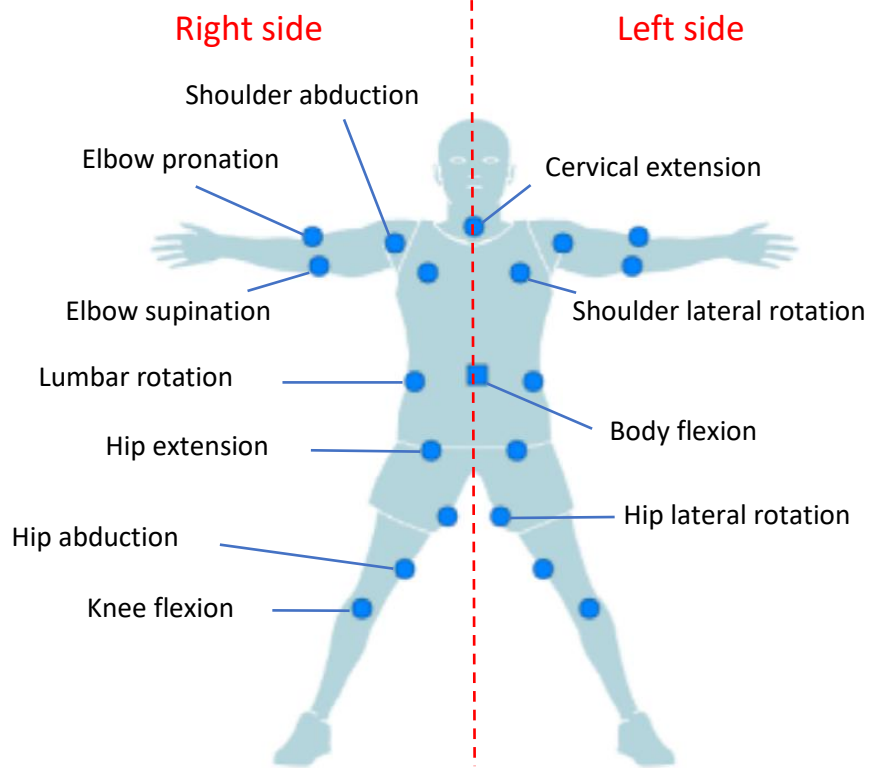


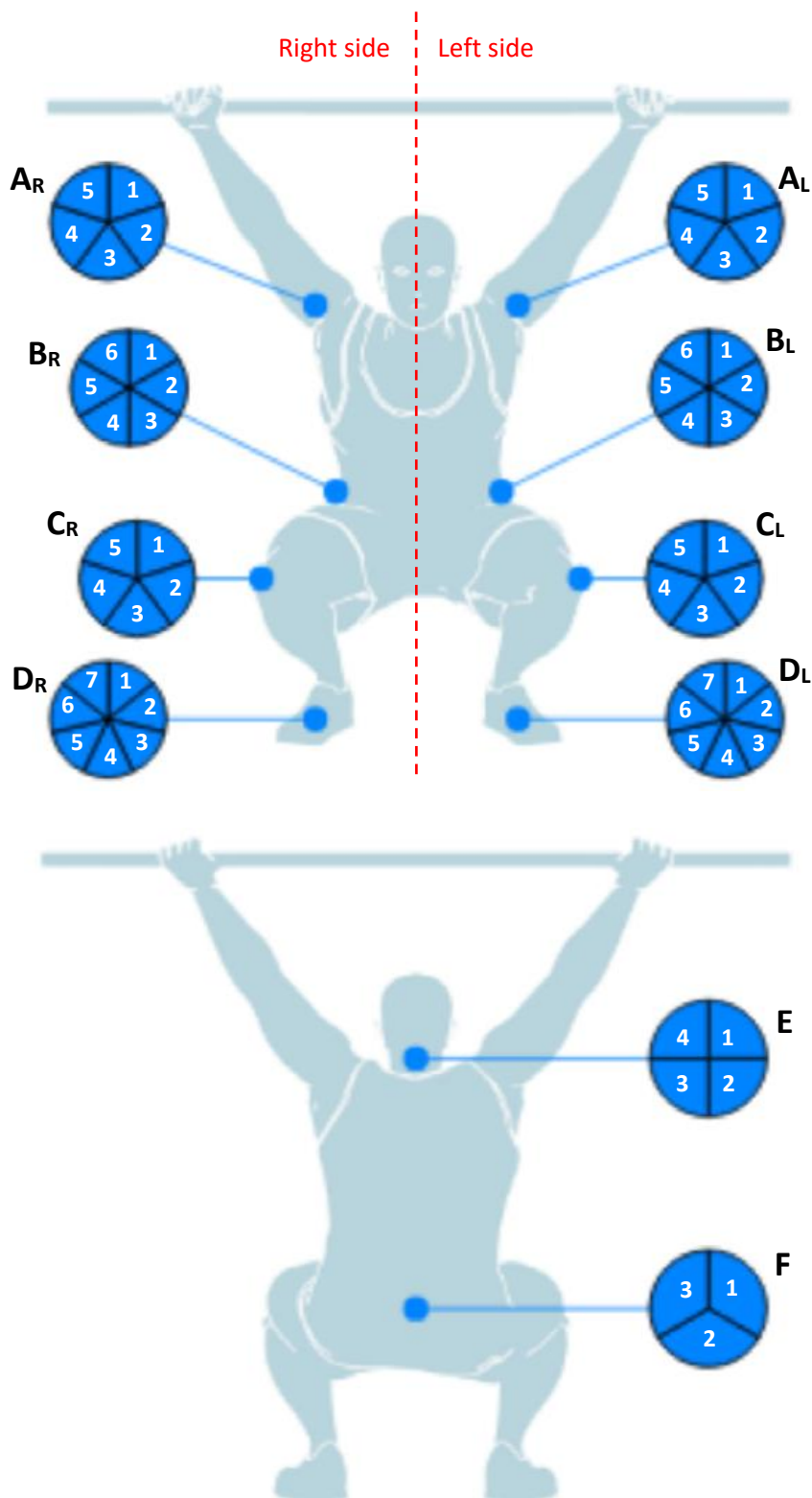
Performance Accelerator

BODYLAT



OVER HEAD SQUAT

SCORE : _ / 4



A_R/A_L Shoulder - Arm

1. Forward
2. Backward
3. Scapulas – not fixed
4. Elbow flexion
5. Elbow hyperextension

B_R/B_L Hip

1. Internal rotation
2. External rotation
3. Crushing
4. Mobility – Average
5. Mobility – Bad
6. Abdominal wall hypotonic

C_R/C_L Knee

1. Flexum
2. Varus
3. Valgus
4. Internal rotation
5. External rotation

D_R/D_L Foot - Ankle

1. Eversion
2. Inversion
3. Plantar arch sagging
4. Heel not on the ground
5. Ankle stiffness
6. Pronation
7. Supination

E Head - Neck

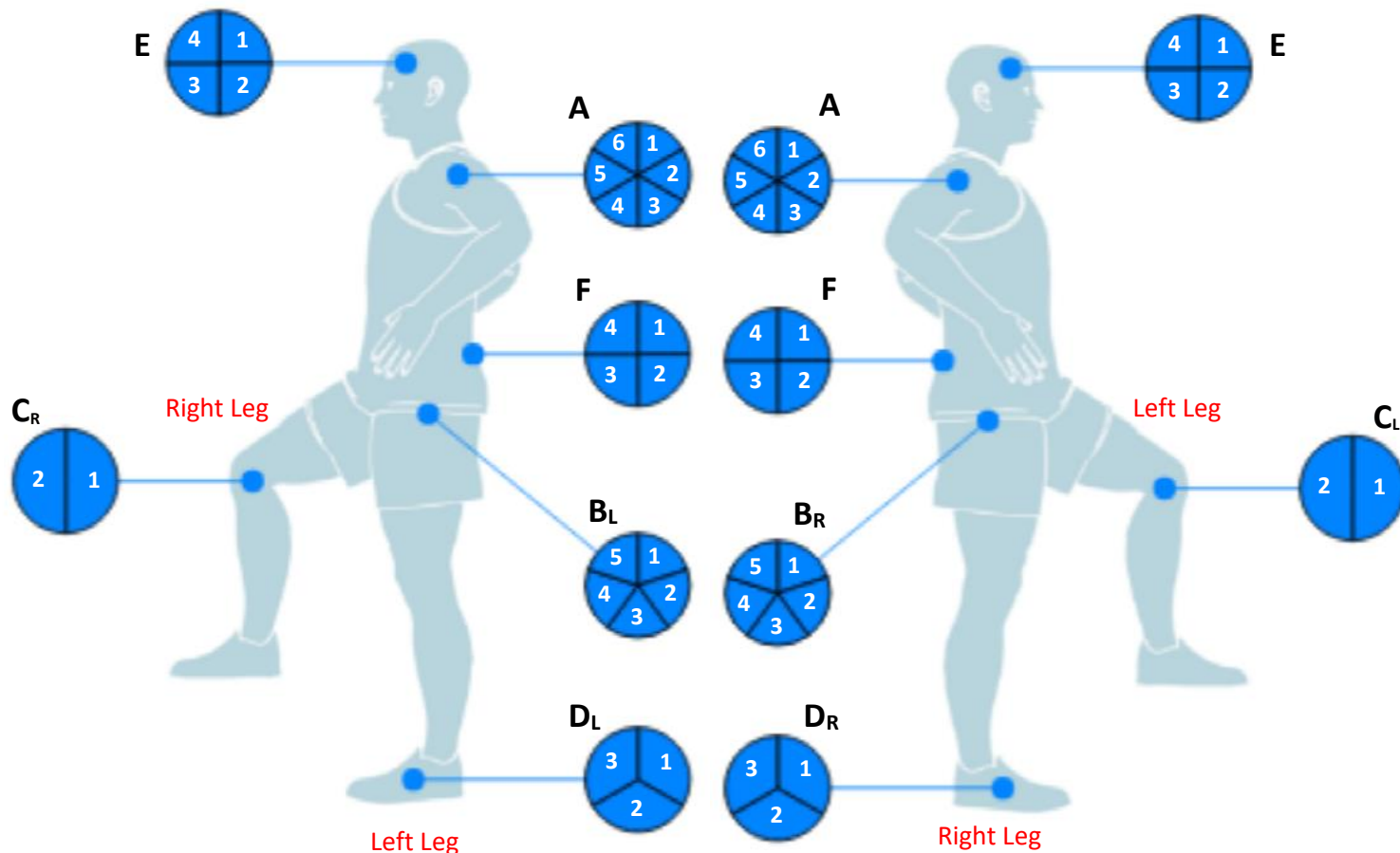
1. On the left
2. On the right
3. Cervical flexion
4. Cervical extension

F Back

1. Forward imbalance
2. Scoliosis
3. Thoracic Lordosis

STEPPING

SCORE : _ / 4



A Shoulder

1. Forward imbalance left
2. Forward imbalance right
3. Backward imbalance left
4. Backward imbalance right
5. Lateral imbalance left
6. Lateral imbalance right

C_R/C_L Knee

1. Varus
2. Valgus

E Head - Neck

1. On the left
2. On the right
3. Cervical flexion
4. Cervical extension

B_R/B_L Hip

1. Internal rotation
2. External rotation
3. Mobility – Average
4. Mobility – Bad
5. Gluteus medius weak

D_R/D_L Foot - Ankle

1. Internal rotation
2. External rotation
3. Heel not on the ground

F Back

1. Forward imbalance
2. Backward imbalance
3. Lateral imbalance left
4. Lateral imbalance right

Colour coding



OK



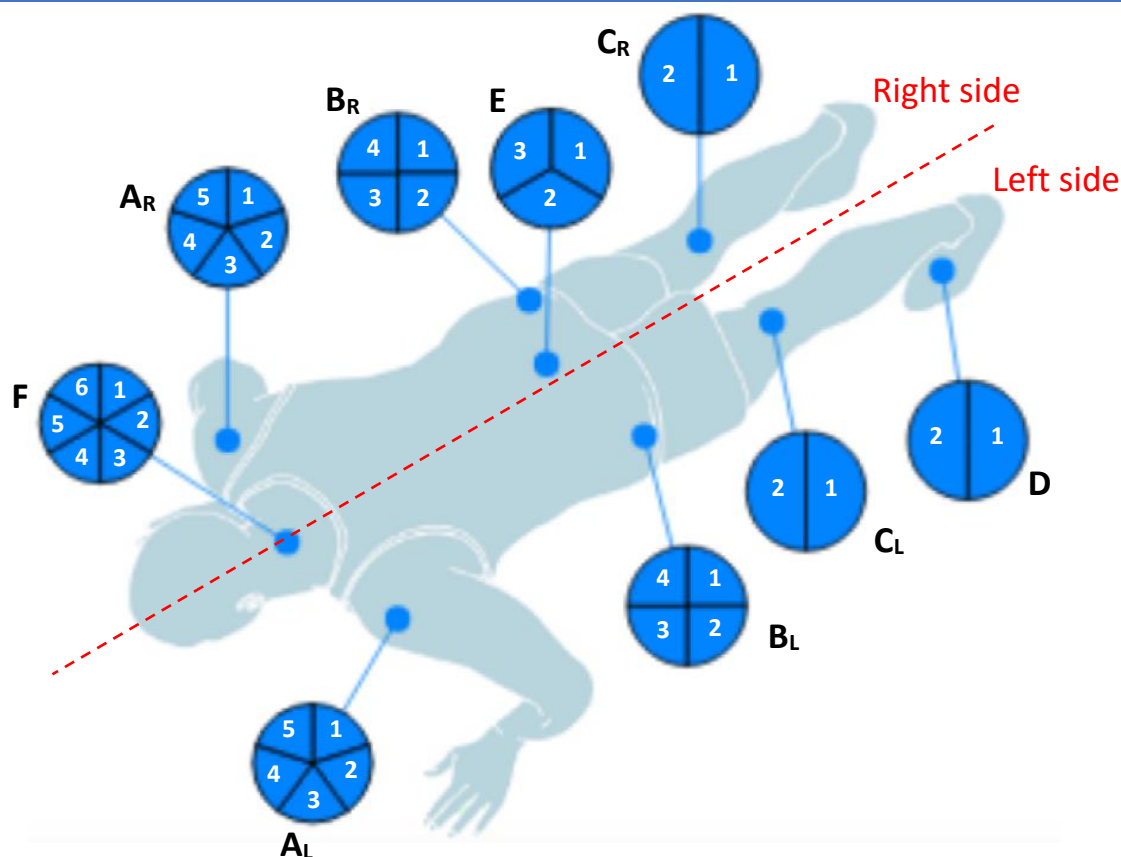
Compensation

Score

- 4 = Perform functional movement pattern
- 3 = Complete pattern with compensations
- 2 = Incomplete pattern with compensations
- 1 = Inability to perform the movement pattern
- 0 = Pain with movement or injury

PUSH-UP

SCORE : _ / 4



A_R/A_L Shoulder - Arm

1. Scapulas not fixed
2. Scapulas upward rotation
3. Scapulas downward rotation
4. Elbow flexion
5. Elbow hyperextension

C_R/C_L Knee

1. Flexum
2. Hyperextension

E Back

1. Thoracic lordosis
2. Thoracic kyphosis
3. Scoliosis

B_R/B_L Hip

1. Internal rotation
2. External rotation
3. Crushing
4. Abdominal wall hypotonic

D Foot

1. Hyperextension
2. Toes slip

F Neck

1. Cervical flexion
2. Cervical hyperflexion
3. Cervical extension
4. Cervical hyperextension
5. On the left
6. On the right



Français
Español
Русский
中文