



Sample Corrective Exercise Program WITH YOGA

NAME: _____

DATE: _____

Overhead Squat Assessment

Anterior View		Right YES	Left YES	Lateral View (Right Side)		YES	Posterior View		Right Yes	Left YES
Foot	Foot Turns Out			LPHC	Excessive Forward Lean		Foot	Heel of Foot Rises		
Knee	Moves Inward	X	X		Low Back Arches			Foot Flattens		
	Moves Outward				Low Back Rounds		LPHC	Asymmetrical Weight Shift		
				Upper Body	Arms Fall Forward				X	

Notes: R Knee is more forward than left in standing position, R knee Condyles are higher slightly (1-2mm), R ankle rolls in and R foot everts or "toes in"

MODIFIED:	HEELS ELEVATED	ARMS DOWN
FEET		
KNEES		
LPHC		
UPPER		

Single Leg Squat Assessment

Standing on RIGHT Leg			Standing on LEFT Leg		
	L Hip Drop	YES		L Hip Hike	YES
Foot	Foot Flattens		Foot	Foot Flattens	
Knee	Moves Inward	X	Knee	Moves Inward	X
	Moves Outward			Moves Outward	
L-P-H-C	Lateral Hip Shift		L-P-H-C	Lateral Hip Shift	X

Notes: Standing L Leg: L Hip Hike, L Knee moves in, R foot drops, Inward Trunk Rotation
 Standing R Leg: L Hip Drop, R Knee Moves in, L foot stronger

Overhead Squat (OHS)



Sample Corrective Exercise Program WITH YOGA

View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles	Example Flexibility Exercise (SMR & Static)	Example Strengthening Exercise
Anterior	Foot	Foot Turns Out	Soleus Lat. Gastrocnemius Bicep Femoris (short head) Tensor Fascia Lata	Med. Gastrocnemius Med. Hamstring Gluteus Medius/Maximus Gracilis Popliteus	Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-leg Balance Reach
	Knee	Moves Inward	Adductor Complex Bicep Femoris (short head) Tensor Fascia Lata Vastus Lateralis Lat. Gastrocnemius	Gluteus Medius/Maximus Vastus Medialis Oblique (VMO) Med. Hamstring Med. Gastrocnemius	Adductor Stretch Hamstring Stretch TFL Stretch Calf Stretch	Lateral Tube Walking Ball Squat w/Abduction Ball Bridge w/Abduction
		Moves Outward	Piriformis, Biceps Femoris Tensor Fascia Lata Gluteus Minimus/Medius	Adductor Complex Med. Hamstring Gluteus Maximus	Piriformis Stretch, Hamstring Stretch TFL Stretch	Ball Squat w/Adduction Ball Bridge w/Adduction
Lateral	L-P-H-C	Excessive Forward Lean	Soleus Gastrocnemius Hip Flexor Complex Abdominal Complex (rectus abdominus, external oblique)	Anterior Tibialis Gluteus Maximus Erector Spinae	Calf Stretch Hip Flexor Stretch Ball Abdominal Stretch	Ball Squat
		Low Back Arches	Hip Flexor Complex Erector Spinae Latissimus Dorsi	Gluteus Maximus Hamstrings Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, transversospinalis, pelvic floor muscles)	Hip Flexor Stretch Latissimus Dorsi Stretch Erector Spinae Stretch	Ball Squat Floor Bridge Ball Bridge
		Low Back Rounds	Hamstrings Adductor Magnus Rectus Abdominus External Obliques	Gluteus Maximus Erector Spinae Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, pelvic floor muscles, transversospinalis)	Hamstring Stretch Adductor Magnus Stretch Ball Abdominal Stretch	Floor Cobra Ball Cobra Ball Back Extension
	Upper Body	Arms Fall Forward	Latissimus Dorsi Pectoralis Major/ Minor Teres Major Coracobrachialis	Mid/Lower Trapezius Rhomboids Rotator Cuff Posterior Deltoid	Latissimus Dorsi Stretch Pec Stretch SMR Thoracic Spine	Floor Cobra Ball Cobra Squat to Row
		Forward Head (pushing/pulling assessment)	Levator Scapula Sternocleidomastoid Scalenes	Deep Cervical Flexors	Levator Scapula Stretch Sternocleidomastoid Stretch Scalene Stretch	Tuck chin, keeping head in neutral position during all exercises
		Shoulder Elevation (pushing/pulling assessment)	Upper Trapezius Sternocleidomastoid Levator Scapulae	Mid/lower Trapezius Rhomboids Rotator Cuff	Upper Trapezius Stretch Sternocleidomastoid Stretch Levator Scapulae Stretch	Floor Cobra Ball Cobra



Overhead Squat (OHS)

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View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles	Example Flexibility Exercise (SMR & Static)	Example Strengthening Exercise
Posterior	Foot	Foot Flattens	Peroneals Lat. Gastrocnemius Bicep Femoris (short head) Tensor Fascia Lata	Anterior Tibialis Posterior Tibialis Med. Gastrocnemius Gluteus Medius	Peroneal Stretch Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-Leg Balance Reach Single-leg Medial Calf Raise
		Heel Rises	Soleus	Anterior Tibialis	Soleus Stretch	Single-leg Balance Reach Single-leg Squat
	L-P-H-C	Asymmetrical Weight Shift	Adductor Complex TFL (same side) Piriformis Bicep Femoris Gluteus Medius (opposite side)	Gluteus Medius, (same side) Adductor Complex (opposite side)	Adductor Stretch TFL Stretch (same side) & Piriformis Stretch Hamstring Stretch (opposite side)	Gluteus Medius (same side) Adductor Complex (opposite side)

Single Leg Squat (SHS)



Sample Corrective Exercise Program WITH YOGA




View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles
Anterior	Feet	Flatten	Soleus Lat. Gastrocnemius Bicep Femoris Tensor Fascia Lata (TFL)	Med. Gastrocnemius Med. Hamstring Gluteus Medius/Maximus Gracilis/ Sartorius Popliteus
	Knee Both R & L	Move Inward	Adductor Complex Bicep Femoris (short head) TFL Lat. Gastrocnemius	Med. Hamstring Med. Gastrocnemius Gluteus Medius/ Maximus VMO
		Move Outward	Piriformis Bicep Femoris TFL/ Gluteus Minimus Gluteus Medius	Adductor Complex Med. Hamstring Gluteus Maximus
	LPHC Only R Leg	Hip Hike L Standing: R leg R Standing: n/a	Quadratus Lumborum (opposite side) TFL/ Gluteus Minimus (same side)	Adductor Complex (same side) Gluteus Medius (same side)
		Hip Drop L Standing: L leg R Standing: n/a	Adductor Complex (same side)	Gluteus Medius (same side) Quadratus Lumborum (opposite side)
	Upper Body	Inward Trunk Rotation L Standing only	Internal Oblique (same side) External Oblique (opposite side) TFL (same side) Adductor complex (same side)	Internal Oblique (opposite side) External Oblique (same side) Gluteus Medius/ Maximus
		Outward Trunk Rotation	Internal Oblique (opposite side) External Oblique (same side) Piriformis (same side)	Internal Oblique (same side) External Oblique (opposite side) Adductor Complex (same side) Gluteus Medius/ Maximus

Table 6. Kinetic Chain Compensations for the Anterior View of the SLS.


Sample Corrective Exercise Program WITH YOGA

Corrective Exercise Program Template

INHIBIT (FOAM ROLLER)



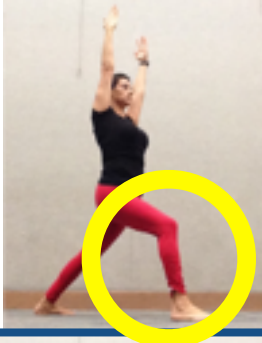


Exercise	Sets	Duration	Photo
Quad foam roller	1	30-60sec	
TFL foam roller	1	30-60sec	
Adductors foam roller	1	30-60sec	

LENGTHENING (STATIC STRETCH)

Exercise	Sets	Duration	Photo
Standing Quad Stretch	3 of 12		


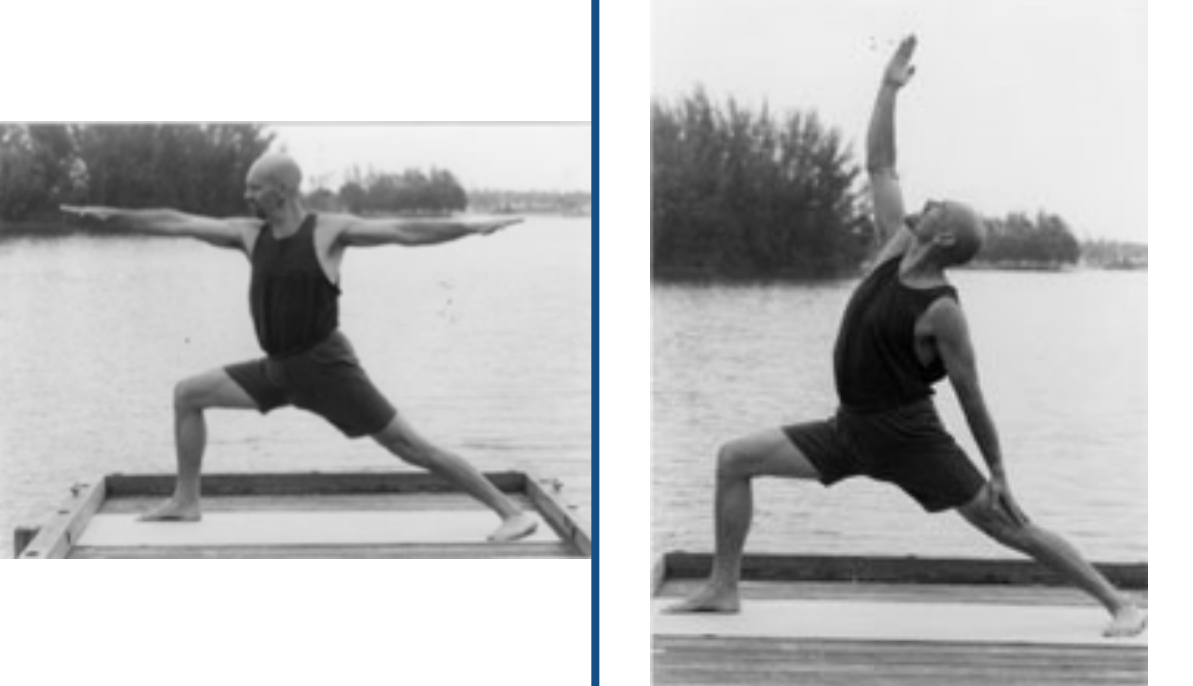
Sample Corrective Exercise Program WITH YOGA Corrective Exercise Program Template

MUSCLE ACTIVATION: STRIKE A POSE FOR 5

Exercise	Sets	Duration	Photo
<p>Warrior III: Extended leg</p> <p>1. Use glut, lift leg, extend back & down</p> <p>2. Glut “pulses”</p> <p>*Glut strengthening, Quad strengthening, even pelvis, track knee cap into midline</p> <p>**Modifications: Hands on the wall, back leg drops lower</p>	5 sets each leg	5 sec	
<p>Warrior III: Standing leg</p> <p>*Isolate Quad strengthening, hold kneecap in place, control hip hike and hip drop</p> <p>**Modifications: Hands on the wall, back leg drops lower</p>	5 sets each leg	5 sec	
<p>Warrior I: Bent knee</p> <p>*Leg muscles must be active on both inside (adductors) and outside (abductors), track knee into midline</p>	5 sets each leg	5 sec	
<p>Warrior I: Extended back leg</p> <p>*Isolate gluts and inner thigh muscles (adductors) together, spiral femur to midline, engage lower abs</p>	5 sets each leg	5 sec	
<p>Eagle “pulses”:</p> <p>*Strengthens adductors, engage abs, sit low to activate gluts,</p> <p>**Squeeze thighs together in 5 pulses = set</p>	2 sets of 5 each leg		

Sample Corrective Exercise Program WITH YOGA Corrective Exercise Program Template

FUNCTIONAL MOVEMENT(INTEGRATION) Yoga Flow Sequence

Exercise	Photo	
<ul style="list-style-type: none"> • Activate standing leg, lock knee cap in place with quads • Flex knee, lift “flying” leg up high • Set back to Warrior 3 		
<ul style="list-style-type: none"> • Warrior III: Extend leg back, hold for 5 breaths • Bend standing leg and hold for 5 breaths • Swing extended leg forward into Warrior I 		
<ul style="list-style-type: none"> • Warrior I: Hold 5 breaths • Hinge forward and back to Warrior 3 		
<ul style="list-style-type: none"> • Land back foot into Warrior II • Hold 5 breaths, strengthen back leg adductors and gluts • Reverse Warrior, keeping bent knee tracking to midline, thigh low for adductor strength, back glut engaged for strength 		

Repeat on other leg. Do one full sequence 2x daily



- Follow program for 2 weeks, then reassess with OHS in the mirror
 - Make any notes, problems, progress, questions, etc.
 - Contact me with any questions
- Melissa Nordin: melissanordin@gmail.com 813.220.8620

Date	Notes
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