FUNCTIONAL SQUAT TEST

LEVEL → 1
Ability to initiate a squat by slightly bending knees while trunk remains in flexion
Inability reflects lack of posterior pelvic rotation and hyperactive back extensors

LEVEL → 2
Ability to begin squatting, moving bottom back and knees forward while trunk remains in flexion
Inability reflects lack of femoral adduction, hyperactive hip flexors, and overactive FA ER’s

LEVEL → 3
Ability to squat bringing bottom below knee level while keeping heels down and trunk flexed
Inability reflects tight intercostals and hyperactive anterior / posterior tibialis

LEVEL → 4
Ability to squat keeping heels down, trunk flexed and bottom to heels
Inability reflects hyperactive quads and gastrosoleus

LEVEL → 5
Ability to maximally squat keeping heels down and trunk flexed while keeping center of gravity through heels
Inability reflects lack of maximal AF IR and synchronized mechanics of diaphragm and pelvic floor respiration

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