

# BEND-AND-LIFT ASSESSMENT FORM

Date: \_\_\_\_\_

## Squat Pattern

View		Location	Compensation	Key Suspected Compensations: Overactive (Tight)	Key Suspected Compensations: Underactive (Lengthened)
<input type="checkbox"/>	Anterior	Feet			
<input type="checkbox"/>	Anterior	Knees			
<input type="checkbox"/>	Anterior	Torso			
<input type="checkbox"/>	Side	Feet			
<input type="checkbox"/>	Side	Hip and knee			
<input type="checkbox"/>	Side	Hip and knee  Contact behind knee			
<input type="checkbox"/>	Side	Lumbar and thoracic spine			
<input type="checkbox"/>	Side	Head			