

Functional Yoga Therapy™ - Body-In-Motion Assessment

Name/Date:	Session Number: Virtual ☐ In-Person ☐
Overhead Squat: Anterior, Posterior, Lateral 	ANTERIOR: <u>Knee Tracking:</u> Knee Drops Medial —Right___; Left___; Drops Lateral —Right___ Left___ Feet: Pronate Right___; Left___ Supinate Right___; Left___ POSTERIOR: <u>Hip lateral deviation:</u> Right___; Left___; Equal___ <u>Heels Rise:</u> Right___; Left___; Both___; None___ <u>Shoulders Elevate:</u> Right___; Left___; None___ LATERAL: <u>Ankle dorsiflexion:</u> Knees over toes___; Knees less than toes___; Other_____ <u>Hip flexion:</u> Above knees___, Equal to knees___, Below knees___; Butt Wink___ <u>Thoracic Extension:</u> Yes___; No___ <u>Shoulder Flexion:</u> 180 degrees or greater___; Less than 180 degrees___ <u>Excessive Forward Lean Upper Body:</u> Nose more forward than knees___
Single Leg Stance: Eyes Open (10 seconds), Eyes Closed 	___ Posture Upright ___ Torso flexes ___ Full foot stand ___ Foot/Ankle Supinate: Right___; Left___ ___ Foot/Ankle Pronate: Right___; Left___ ___ Rib Cage Lifts ___ Breath Holding ___ Toe Gripping ___ Eyes Deviate ___ Trendelenberg Sign (hip drops on elevated leg) ___ Holds less than 10 seconds with eyes open
Thoracic Rotation: Standing, Seated, Supine or All 4's 	___ Only Torso/neck/head move ___ Both sides equal – (Medial shoulder lines up to midline) ___ Right side greater rotation ___ Left side greater rotation ___ Done lying down ___ Done Seated ___ Done on all 4's
Other "Body-in-Motion" Assessments: 	Joint Freeing #5 (Seated on floor, in chair, or legs up wall) Right Leg/Hip: _____ Left Leg/Hip: _____ Joint Freeing #14 (Lying Supine better for assessment & treatment) External Rotation: Both sides equal___; Other_____ Internal Rotation: Both sides equal___; Other_____
Yoga Rx:	