



Key Assessment Points Parts of Body: Cheat Sheet

Feet	Toe Mobility, Toe Separation, Stands in Toes, Arches
Ankles	Dorsi-Flexion, Plantar Flexion, lateral movement, Total balanced Range of Motion
Calves	Tightness, Check Achilles for deviations
Shins	Torsions
Knees	Tracking, Rotations, hyperextensions, knock/bow
Thighs	ITB (Ileotibial Band) tightness (will see external rotation of leg)
Pelvis/Hips	Tilts/Rotations, Elevation, SI check, ASIS/PSIS
Torso	Breath Patterns, Standing Rotations, Core strength assessment (Rectus Abd; TVA)
Spine	Kyphosis, Hyper/Hypo-Lordosis, Scoliosis
Shoulders	Internal/External Rotation, Winging, Elevation, Depression
Arms	Carrying Angles, Biceps tendon
Neck	Forward head, tilts, rotations
Jaw	TMJ-Body/Jaw Alignment, Jaw deviations
Whole Body	Single Leg Stand

