

FUNCTIONAL SQUAT TEST

LEVEL → 1

Ability to initiate a squat by slightly bending knees while trunk remains in flexion

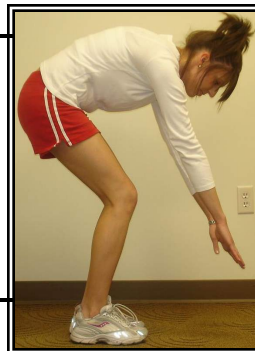
Inability reflects lack of posterior pelvic rotation and hyperactive back extensors



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 gastroc-soleus



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

