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| View | Checkpoint | Compensation | Probable Overactive Muscles | Probable Underactive Muscles | Example Flexibility Exercise (Static & Static) | Example Strengthening Exercise |
|------------------|------------|---|--|---|--|---|
| Anterior | Foot | Foot Turns Out | Soleus Lat. Gastrocnemius Bicip Femoris (short head) Tensor Fascia Latae | Med. Gastrocnemius Med. Hamstring Gluteus Medius/Maximus Gracilis Popliteus | Calf Stretch Hamstring Stretch Standing TFL Stretch | Single-leg Balance Reach |
| | Knee | Moves Inward | Adductor Complex Bicip Femoris (short head) Tensor Fascia Latae Vastus Lateralis Lat. Gastrocnemius | Gluteus Medius/Maximus Vastus Medialis Oblique (VMO) Med. Hamstring Med. Gastrocnemius | Adductor Stretch Hamstring Stretch TFL Stretch Calf Stretch | Lateral Tube Walking Ball Squat w/Abduction Ball Bridge w/Abduction |
| | | Moves Outward | Piriformis Biceps Femoris Tensor Fascia Latae Gluteus Minimus/Medius | Adductor Complex Med. Hamstring Gluteus Maximus | Piriformis Stretch Hamstring Stretch TFL Stretch | Ball Squat w/Adduction Ball Bridge w/Adduction |
| Lateral | L-P-H-C | Excessive Forward Lean | Soleus Gastrocnemius Hip Flexor Complex Abdominal Complex (rectus abdominus, external oblique) | Anterior Tibialis Gluteus Maximus Erector Spinae | Calf Stretch Hip Flexor Stretch Ball Abdominal Stretch | Ball Squat |
| | | Low Back Aches | Hip Flexor Complex Erector Spinae Latissimus Dorsi | Gluteus Maximus Hamstrings Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, transversospinalis, pelvic floor muscles) | Hip Flexor Stretch Latissimus Dorsi Stretch Erector Spinae Stretch | Ball Squat Floor Bridge Ball Bridge |
| | | Low Back Rounds | Hamstrings Abductor Magnus Rectus Abdominus External Oblique | GLUTEUS MAXIMUS Erector Spinae Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, pelvic floor muscles, transversospinalis) | Hamstring Stretch Abductor Magnus Stretch Ball Abdominal Stretch | Floor Cobra Ball Cobra Ball Back Extension |
| | Upper Body | Arms Fall Forward | Latissimus Dorsi Pectoralis Major/Minor Teres Major Coracobrachialis | Mid/Lower Trapezius Rhomboids Rotator Cuff Posterior Deltoid | Latissimus Dorsi Stretch Pec Stretch SMR Thoracic Spine | Floor Cobra Ball Cobra Squat to Row |
| | | Forward Head (pushing/pulling assessment) | Levator Scapulae Sternocleidomastoid Scalenes | Deep Cervical Flexors | Levator Scapulae Stretch Sternocleidomastoid Stretch Scalene Stretch | Tuck chin, keeping head in neutral position during all exercises |
| | | Shoulder Elevation (pushing/pulling assessment) | Upper Trapezius Sternocleidomastoid Levator Scapulae | Mid/Lower Trapezius Rhomboids Rotator Cuff | Upper Trapezius Stretch Sternocleidomastoid Stretch Levator Scapulae Stretch | Floor Cobra Ball Cobra |
| Posterior | Foot | Foot Flattens | Pironeals Lat. Gastrocnemius Bicip Femoris (short head) Tensor Fascia Latae | Anterior Tibialis Posterior Tibialis Med. Gastrocnemius Gluteus Medius | Pironeal Stretch Calf Stretch Hamstring Stretch Standing TFL Stretch | Single-Leg Balance Reach Single-leg Medial Calf Raise |
| | | Heel Rises | Soleus | Anterior Tibialis | Soleus Stretch | Single-leg Balance Reach Single-leg Squat |
| | L-P-H-C | Asymmetrical Weight Shift | Adductor Complex Tensor Fascia Latae (same side) Piriformis Bicip Femoris Gluteus Medius (opposite side) | Gluteus Medius (same side) Adductor Complex (opposite side) | Adductor Stretch (same side) Tensor Fascia Latae Stretch Piriformis Stretch Hamstring Stretch (opposite side) | Gluteus Medius (same side) Adductor Complex (opposite side) |

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