

Overhead Squat Assessment Video Instructions

The Overhead Squat Assessment is a valuable tool for identifying potential movement dysfunctions. By following the instructions below to record a video, you'll allow me to analyse your movement patterns using evidence-based criteria to guide personalised recommendations for improving your performance and reducing injury risk.

1. What You'll Need

- A clear space with enough room to squat comfortably.
- A camera or smartphone to record the video.
- A friend to record or a stable surface (e.g., tripod or propped-up phone).

2. Set-Up

- Clothing: Wear form-fitting clothes (e.g., shorts and t-shirt or activewear) to ensure your movements are easy to observe. Avoid baggy clothing.
- Lighting: Choose a well-lit area to make your video as clear as possible.
- Camera Position: Place the camera so your entire body (head to feet) is visible.

3. Filming Instructions

To analyse your movement, I need to see your body from different angles. Please record two angles:

1. Side View: Position the camera to your left or right.
2. Front View: Position the camera directly in front of you.

4. Steps:

- Stand with your feet shoulder-width apart, toes pointing forwards.
- Raise both arms straight overhead, keeping them as close to your ears as possible.
- Perform 3 slow and controlled squats:
 - Lower yourself until your thighs are parallel to the floor (or as deep as is comfortable).
 - Focus on keeping your heels on the ground and chest upright.
 - Return to the starting position smoothly.

5. Tips for Quality Video

- Ensure the camera remains steady throughout filming.
- Frame your entire body, ensuring no part is cut off (especially your feet and knees).
- Perform the squats at a slow, steady pace for clarity.

6. Submitting Your Video

- Save the video
- Email to matt@movebetterfeelgreat.co.uk
- Include your full name and the date in the email.

Once I've received and reviewed your video, I'll send you a detailed report outlining the muscles that need lengthening or activating to address the movement dysfunction identified.

If you have any questions, feel free to ask!