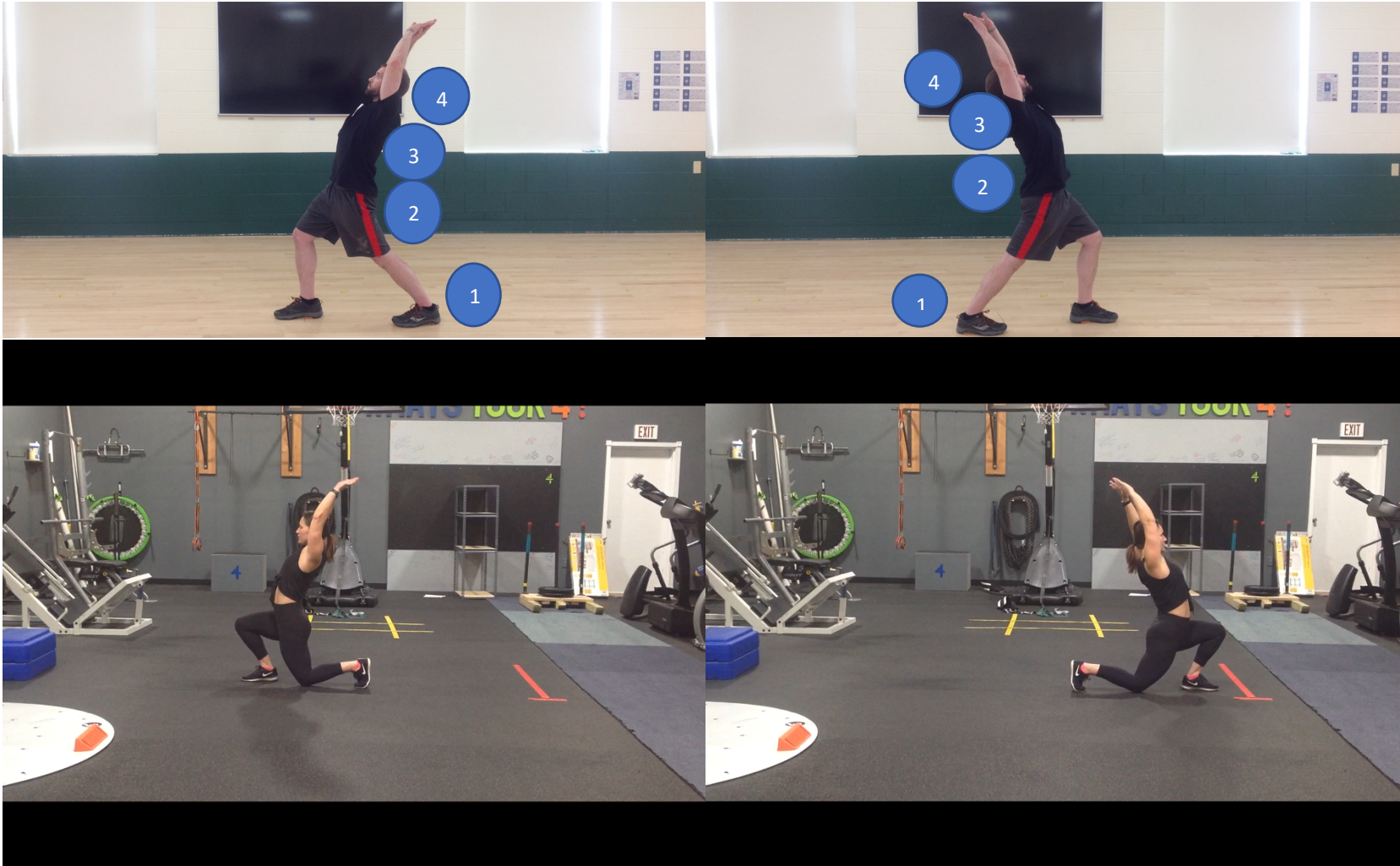


Anterior Chain



1. Ankles: 1.5
2. Hip: 1.5
3. Thoracic Spine: 2.5
4. Shoulder: 2.5
5. Stability: 3

1. Ankles: 1.5
2. Hip: 2.5
3. Thoracic Spine: 2.5
4. Shoulder: 1.5
5. Stability: 3

1. Ankle: How well can our body move forward over the back ankle while keeping the heel on the ground and foot pointing straight forward.
2. Hip: Allowing the thigh to move backwards and the front part of the hip to drive forward instead of the low back excessively rounding.
3. Thoracic Spine: The middle backs ability to curve backwards in a smooth pattern.
4. Shoulder: Ability of the shoulders to stay straight and next to the ear while reaching backwards, the head should also follow this motion.

Posterior Chain



1. Ankles: 3
2. Hip: 1.5
3. Thoracic Spine: 2
4. Shoulder: 1
5. Stability: 3

1. Ankles: 3
2. Hip: 1
3. Thoracic Spine: 1
4. Shoulder: 2
5. Stability: 3

1. Ankles: Keeping the front and back feet flat and the back foot pointing straight forward.
2. Hip: Allowing the buttocks to drive backward and the pelvis to rotate forward in order to stretch and load the posterior chain. The front knee should stay straight while the back knee should bend.
3. Thoracic Spine: The thoracic (middle) spine should have a smooth curve.
4. Shoulder: Swinging the hands down toward or past the ankles while keeping the head hovered over the front foot.

Same Side Lateral Chain



1. Ankles: 2
2. Hip: 1.5 (R)
3. Thoracic Spine: 3
4. Shoulder: 2.5
5. Stability: 2

1. Ankles: 2
2. Hip: 2 (symptoms lefty)
3. Thoracic Spine: 3
4. Shoulder: 1
5. Stability: 2

1. Ankles: Keeping the lunging foot and knee pointing straight forward.

2. Hip: Ability of the lunging hip to drive outside of the foot allowing it to accept the weight and energy.
3. Thoracic Spine: The spine should have a smooth curve from the outside of the hip all the way up to the shoulder.
4. Shoulders: Shoulders and upper body pointed straight forward and staying tall. Shoulders should remain straight without much of a bend in the elbow.

Opposite Side Lateral Chain



1. Ankles: 1
2. Hip: 1
3. Thoracic Spine: 1.5
4. Shoulder: 2
5. Stability: 1

1. Ankles: 2
2. Hip: 1
3. Thoracic Spine: 2
4. Shoulder: 2
5. Stability: 1

1. Ankles: Keeping the feet pointed forward and back heel on the floor.
2. Hip: The hips should remain pointed forward and not rotated out.
3. Thoracic Spine: The spine should have a smooth curve from the outside of the hip all the way up to the shoulder.
4. Shoulders: Shoulders and upper body pointed straight forward and staying tall. Shoulders should remain straight without much of a bend in the elbow.

Same Side Rotation



1. Ankles: 2
2. Hip: 1.5
3. Thoracic Spine: 2
4. Shoulder: 2
5. Stability: 1.5

1. Ankles: 1.5
2. Hip: 1
3. Thoracic Spine: 2
4. Shoulder: 2
5. Stability: 1.5

1. Ankles: Front foot should stay pointed forward while the lunging foot rotates out and backwards. Front knee should also remain straight.
2. Hip: The front hips ability to open up as the lunging leg rotates out and back. The pelvis should rotate with the hip, if it cannot the low back can take over and rotate too much.
3. Thoracic Spine: There should be a contribution of rotation from the middle spine. The torso should also remain tall and not hunched forward.
4. Shoulders: Shoulders and upper body completing a swing at the end of the motion.

Opposite Side Rotation



1. Ankles: 1
2. Hip: 1
3. Thoracic Spine: 2.5
4. Shoulder: 1.5

1. Ankles: 1.5
2. Hip: 1.5
3. Thoracic Spine: 2.5
4. Shoulder: 1.5

5. Stability: R= 2, 2.5

1. Ankles: The back foot should be pointed forward and knee staying straight. The lunging foot rotates in front of the body in a forward and across direction.
2. Hip: The pelvis should rotate around the back leg.
3. Thoracic Spine: The middle spine should add extra rotation in the same direction of the lunge across the body. The torso remains vertical and not hunched forward.
4. Shoulders: Shoulders and upper body completing a swing at the end of the motion.