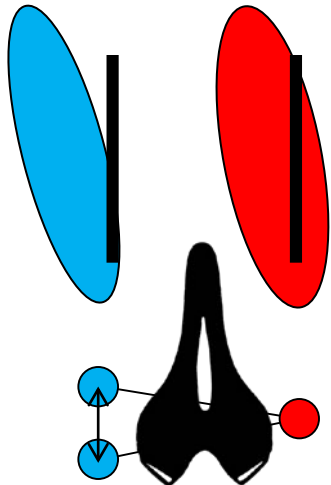


"My biggest concerns are my left knee and leg. The outside of my left knee hurts. That leg fatigues early and just feels like it's working too hard."



"The saddle has never really felt great. I don't feel very even on it, so I move around a lot on longer rides."



"One last thing I think is wired is that just my left hand goes numb. I feel more pressure on that side of the handle bar."

ASSESSMENT

IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



ASSESSMENT

IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



ASSESSMENT

IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



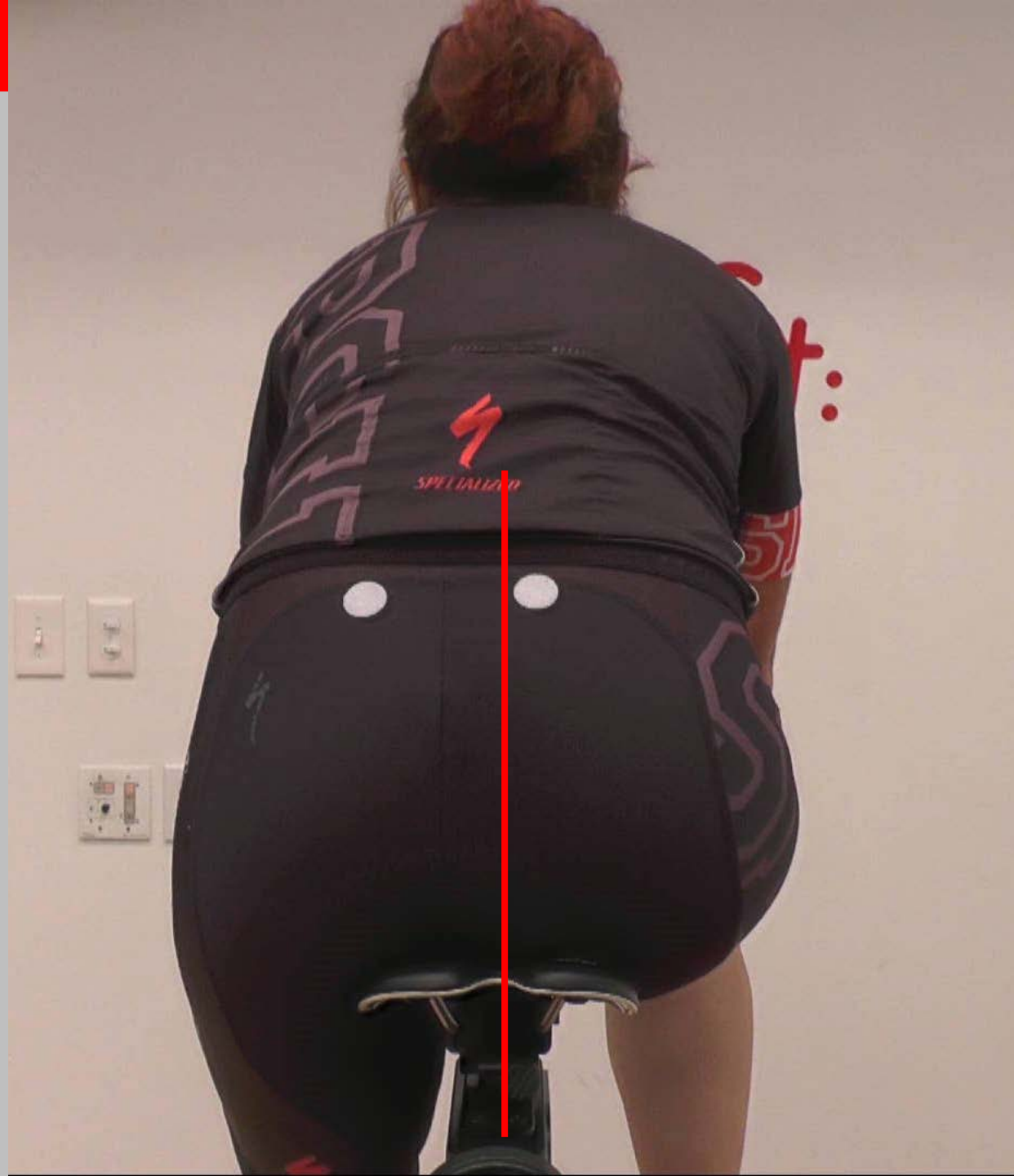
ASSESSMENT

IT: 115mm
Forefoot: Var Mild / Var
Rear Foot: Mod
Neutral Arch: Val Mod / Val
Knee Position: Mod
Level Pelvis: Mod / Mod
Spinal Curves: Mild / Mild
Scapular Position: Mild Hi R
Position: Neutral
Spinal Flexion: Mild
Neck Flex/Ext: Mod +10°
Shoulders: Neutral
Foot Rotation: Mild TI / Mod
Hamstrings: TI
Glutes: 60° / 60°
Ankle Flexion: 98° / 125°
LLD: Neutral
Core: R Tib Long <3mm
Q-Angle: Mild
Thomas: Valgus



ASSESSMENT

IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



ASSESSMENT

IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



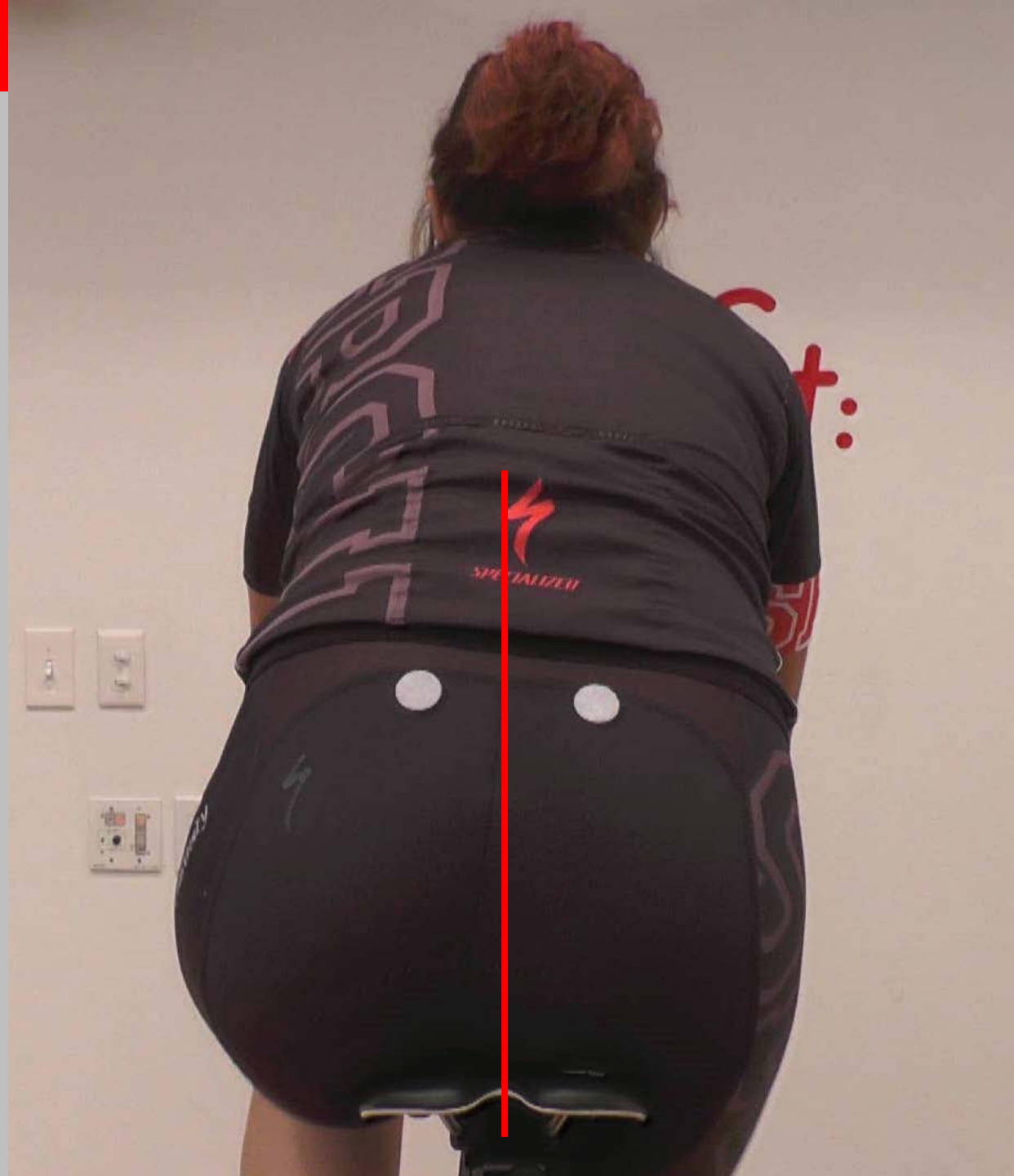
ASSESSMENT

IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



ASSESSMENT

IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



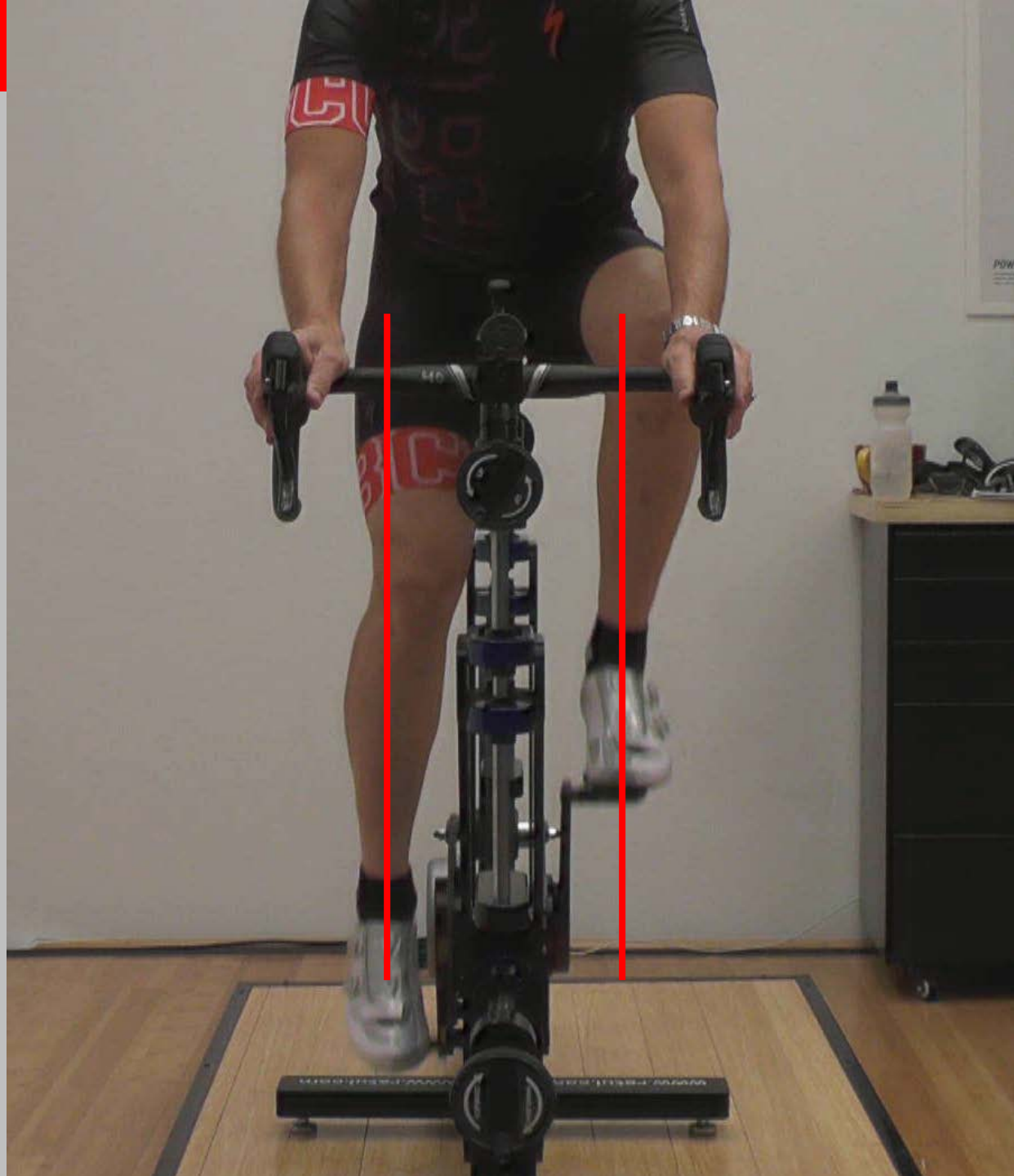
ASSESSMENT

IT: 115mm
Forefoot: Var Mild / Var
Rear Foot: Mod
Neutral Arch: Val Mod / Val
Knee Position: Mod
Level Pelvis: Mod / Mod
Spinal Curves: Mild / Mild
Scapular Position: Mild Hi R
Position: Neutral
Spinal Flexion: Mild
Neck Flex/Ext: Mod +10°
Shoulders: Neutral
Foot Rotation: Mild TI / Mod
Hamstrings: TI
Glutes: 60° / 60°
Ankle Flexion: 98° / 125°
LLD: Neutral
Core: R Tib Long <3mm
Q-Angle: Mild
Thomas: Valgus



ASSESSMENT

IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



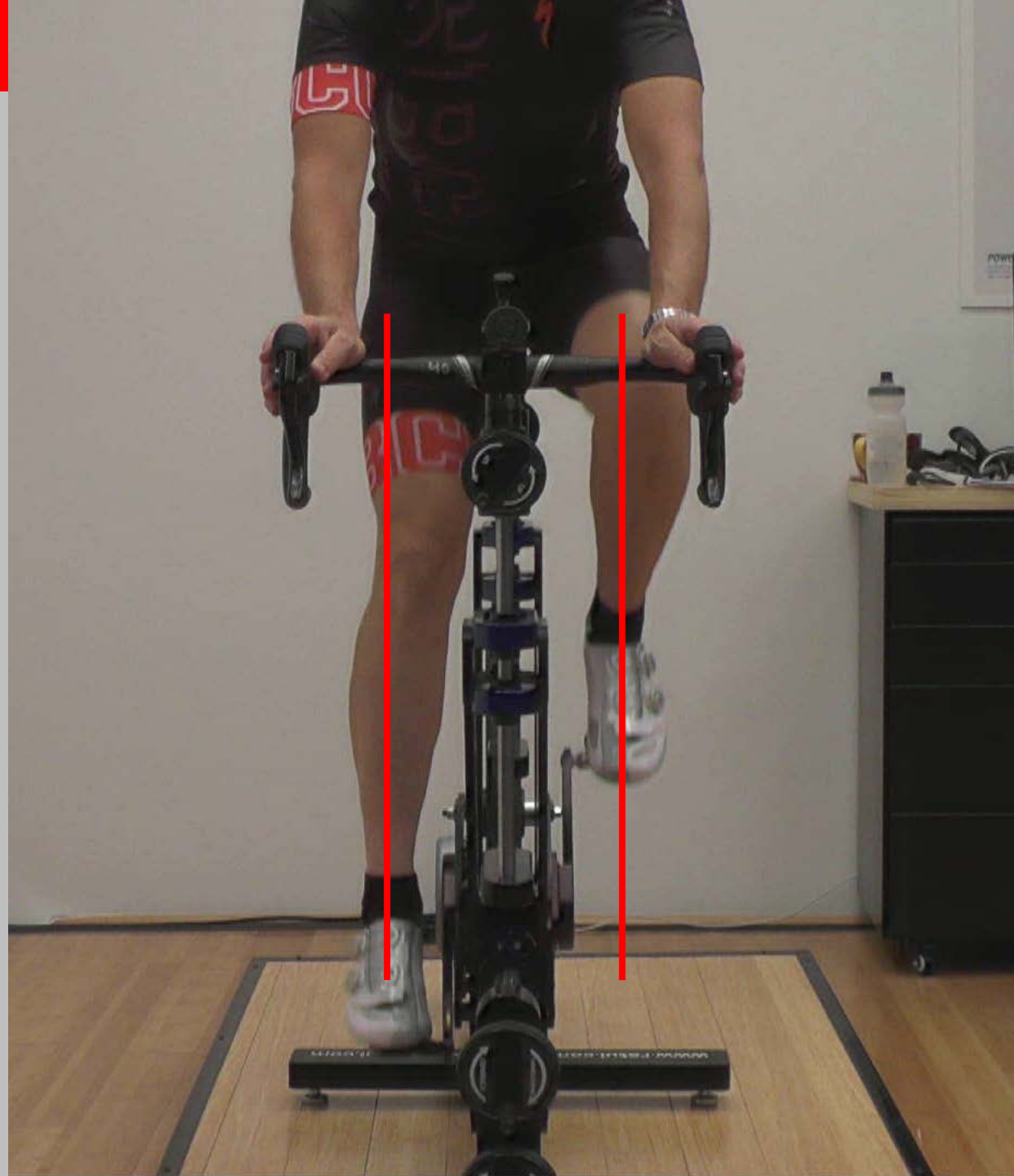
ASSESSMENT

IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



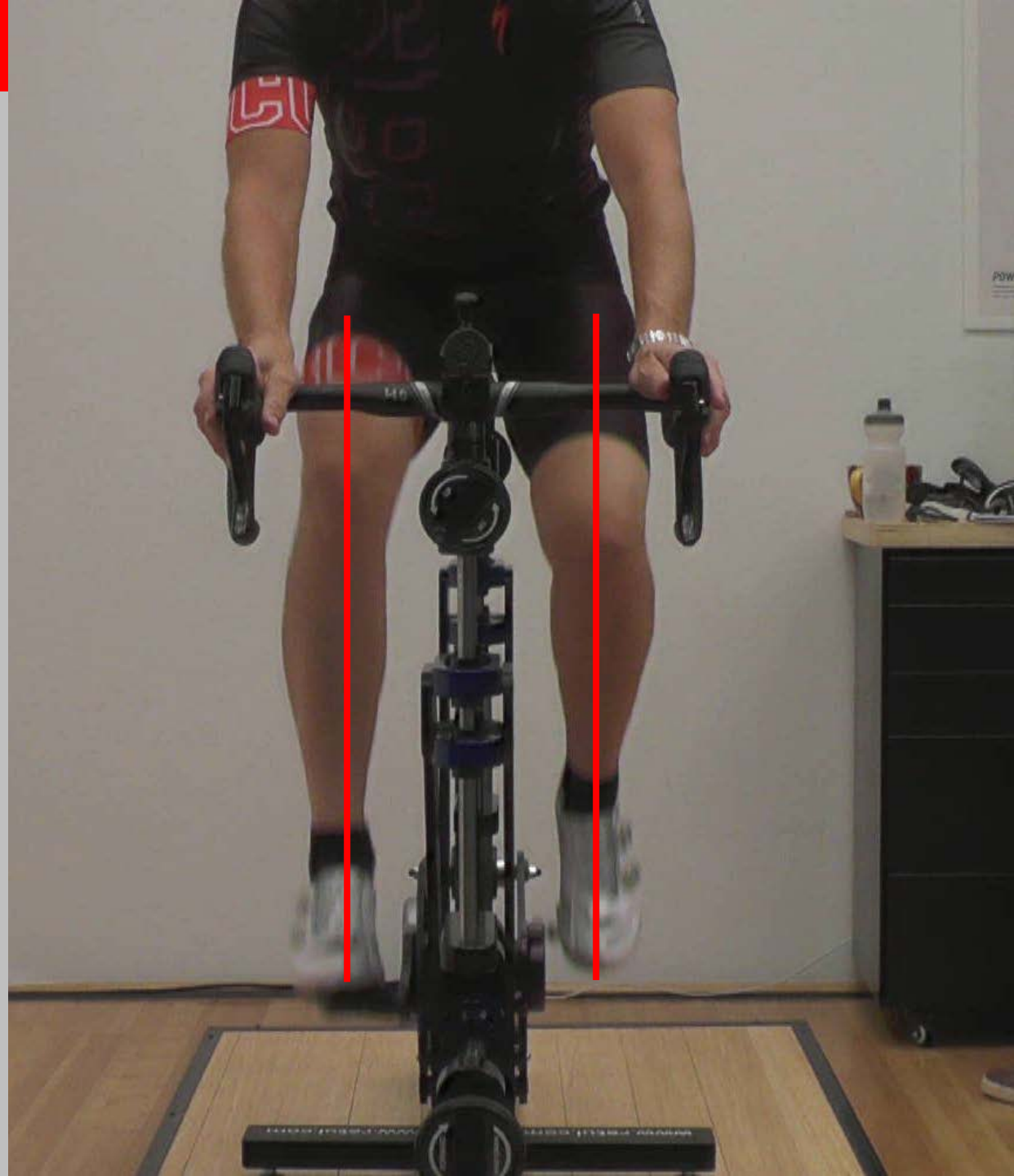
ASSESSMENT

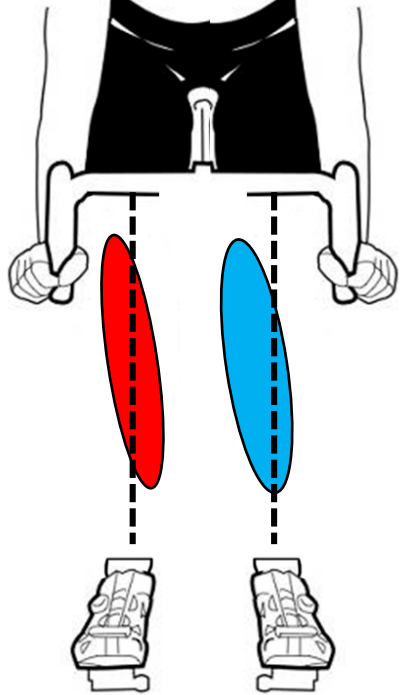
IT:	115mm
Forefoot:	Var Mild / Var
Rear Foot:	Mod
Neutral Arch:	Val Mod / Val
Knee Position:	Mod
Level Pelvis:	Mod / Mod
Spinal Curves:	Mild / Mild
Scapular Position:	Mild Hi R Neutral
Spinal Flexion:	Mild Mod +10°
Neck Flex/Ext:	Neutral
Shoulders:	Neutral
Foot Rotation:	Mild TI / Mod
Hamstrings:	TI
Glutes:	60° / 60°
Ankle Flexion:	98° / 125°
LLD:	Neutral
Core:	R Tib Long <3mm
Q-Angle:	Mild
Thomas:	Valgus



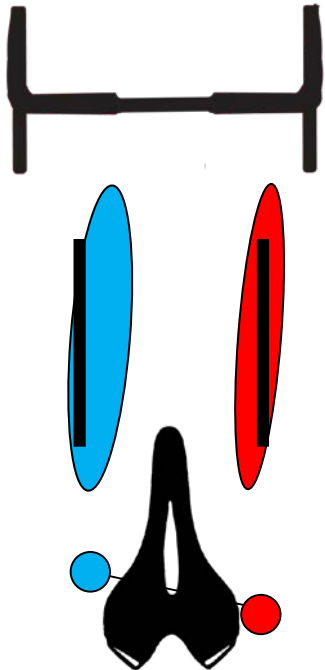
ASSESSMENT

IT: 115mm
Forefoot: Var Mild / Var
Rear Foot: Mod
Neutral Arch: Val Mod / Val
Knee Position: Mod
Level Pelvis: Mod / Mod
Spinal Curves: Mild / Mild
Scapular Position: Mild Hi R
Position: Neutral
Spinal Flexion: Mild
Neck Flex/Ext: Mod +10°
Shoulders: Neutral
Foot Rotation: Mild TI / Mod
Hamstrings: TI
Glutes: 60° / 60°
Ankle Flexion: 98° / 125°
LLD: Neutral
Core: R Tib Long <3mm
Q-Angle: Mild
Thomas: Valgus





“I am suffering from some pretty bad lower back pain towards the end and after my rides.” I used to be able to deal with it, but as I’ve gotten older it has gotten much worse.”



“Recently my left knee has started to hurt, right in one spot on the side. Plus I get pretty tight along the side of my thigh.”

ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Position: Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



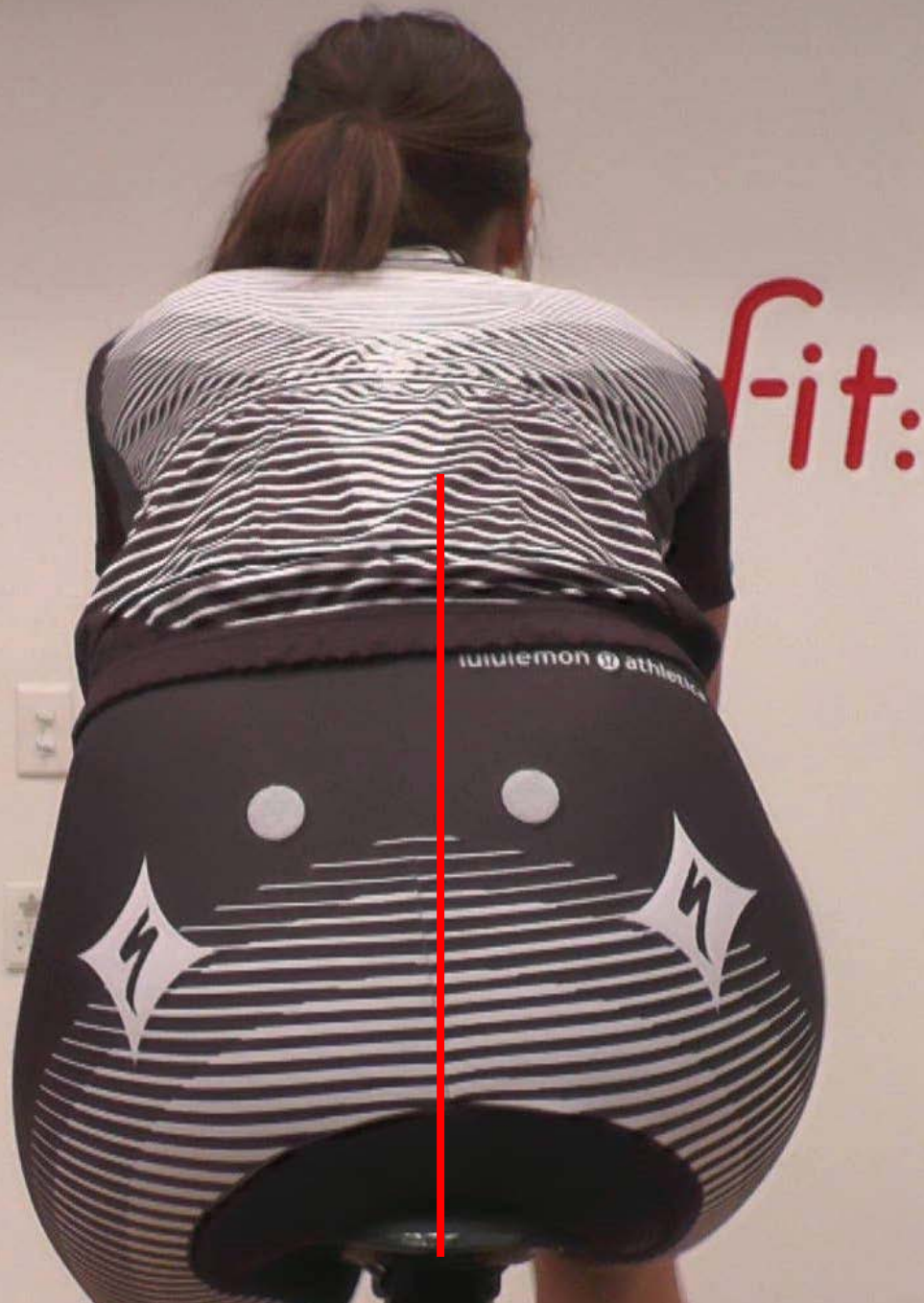
ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



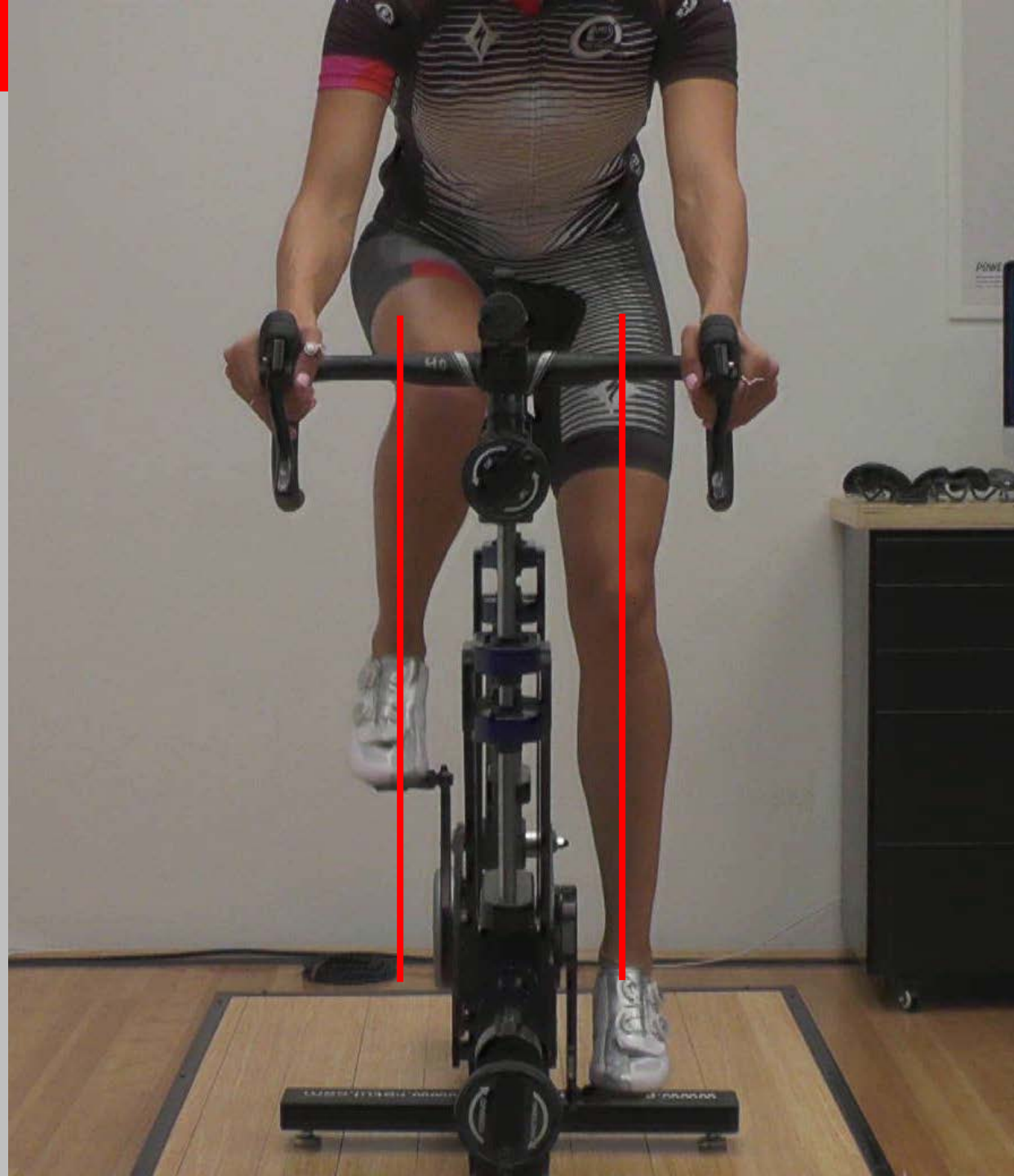
ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Position: Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Position: Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Position: Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



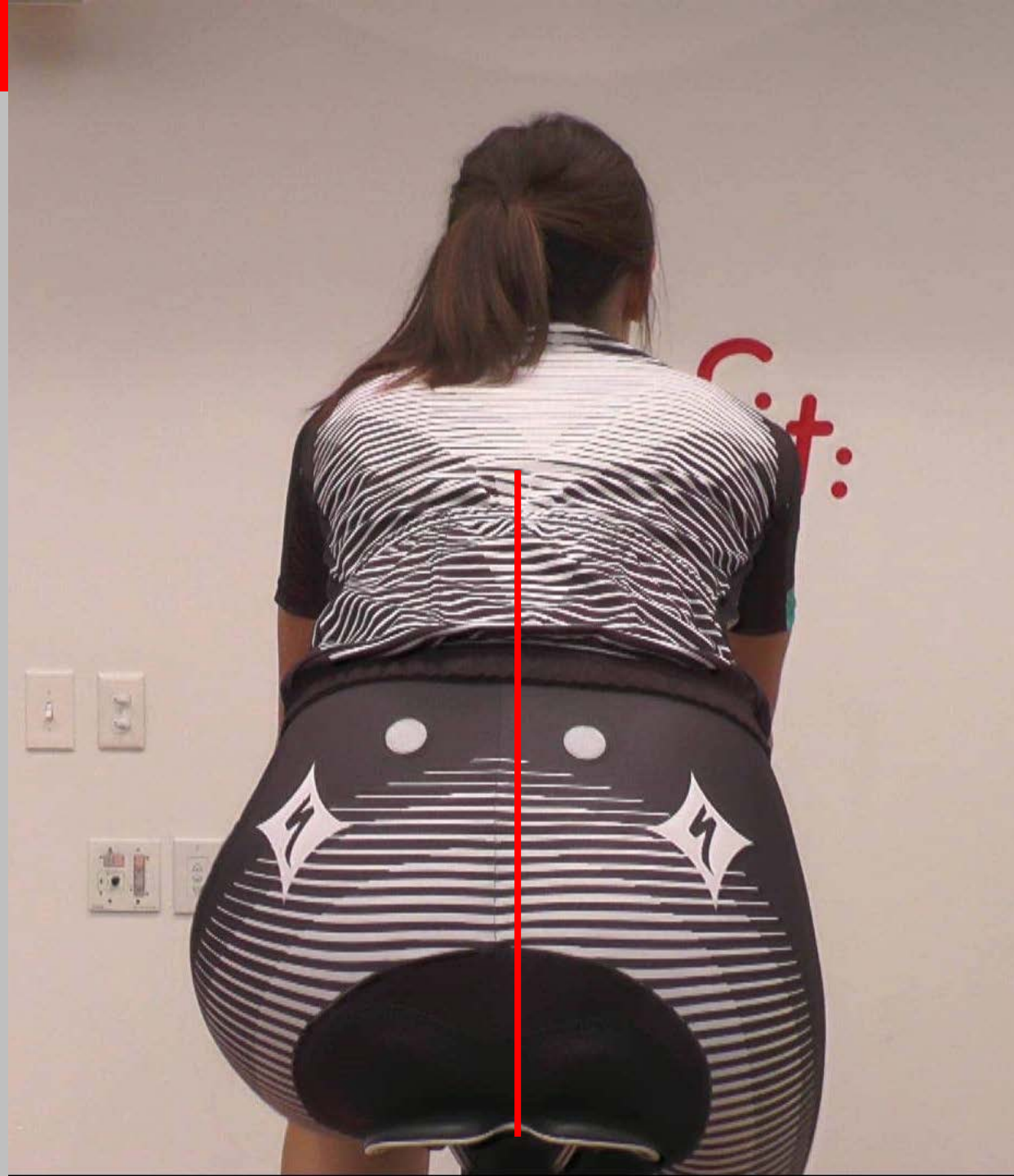
ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Position: Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



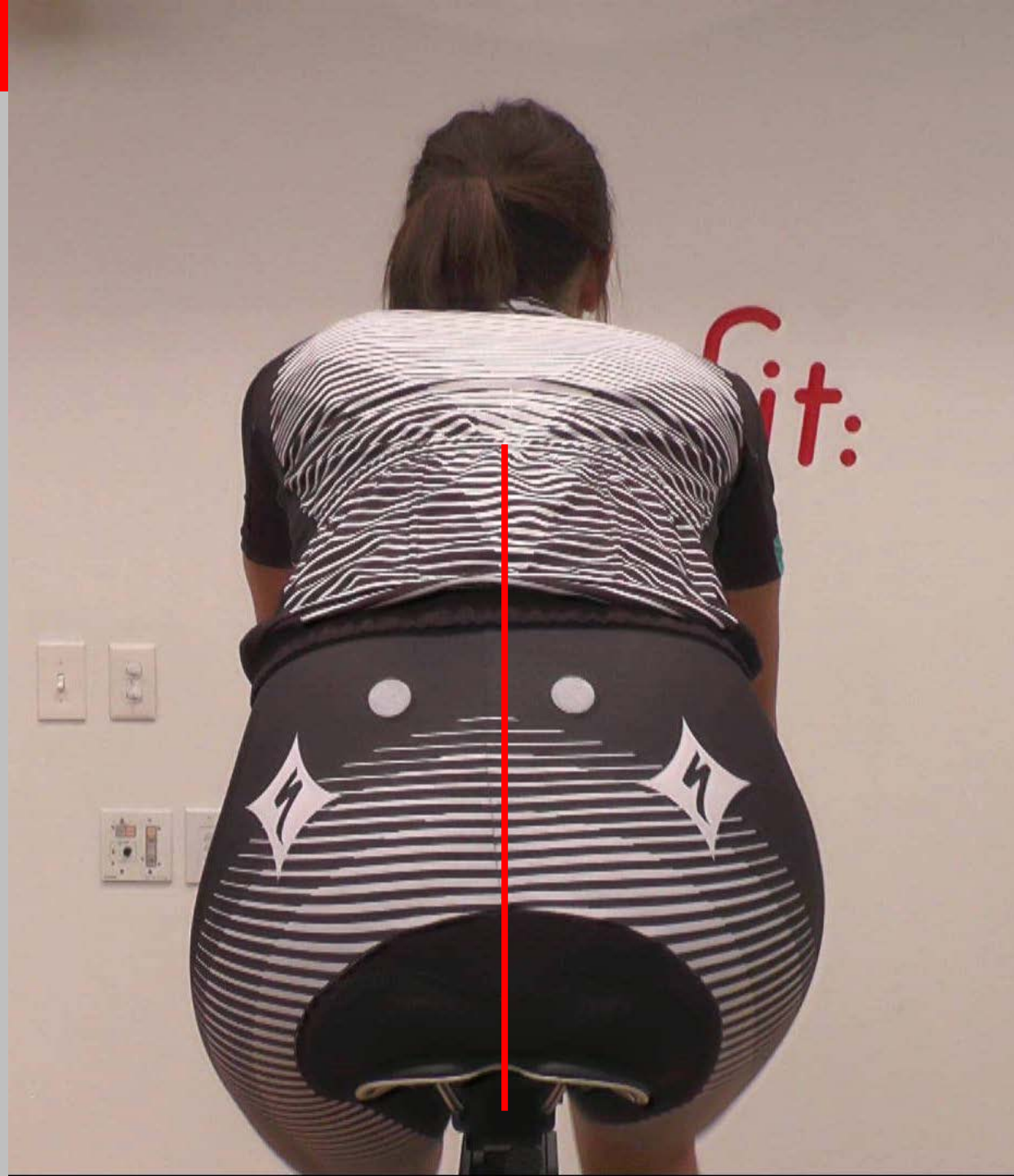
ASSESSMENT

IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



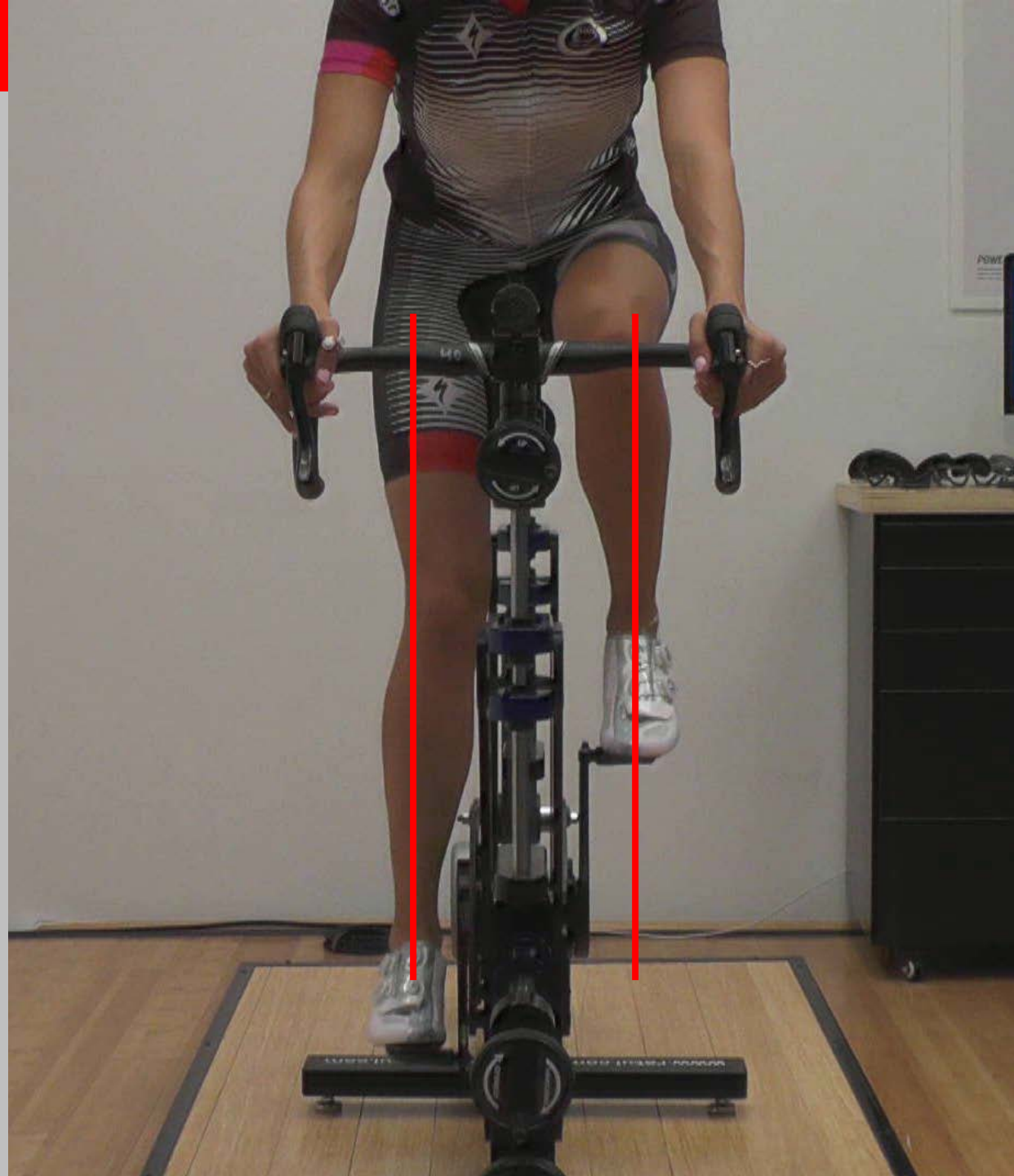
ASSESSMENT

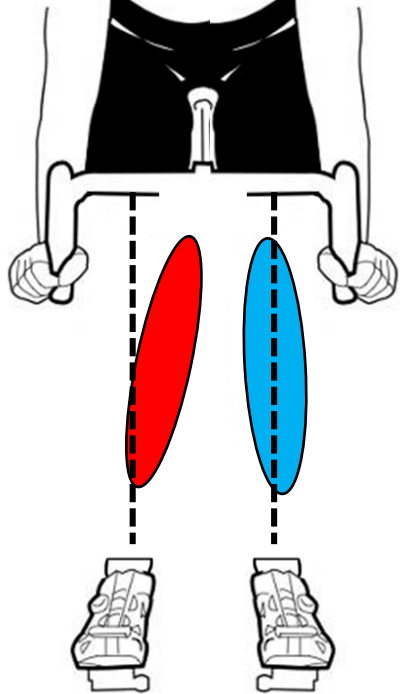
IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Position: Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab



ASSESSMENT

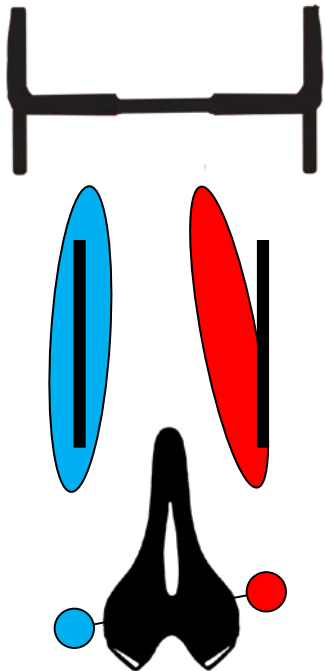
IT: 128mm
Forefoot: Var Mild / Var Mild
Rear Foot: Neutral / Neutral
Neutral Arch: Sig / Sig
Knee Position: Val Mild / Val Mod
Level Pelvis: Mild Hi R
Spinal Curves: Significant)
Scapular Position: Moderate
Mild+20°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 65° / 55°
Foot Rotation: 115° / 110°
Hamstrings: Neutral
Glutes: PR / R Tib +1cm /
Ankle Flexion: Fem ?
LLD: Significant
Core: Valgus
Q-Angle: Significant IT R
Thomas: Val/ Drop/Stab





"I just bought my first clipless shoes and pedals. I just bolted the cleats on the bottom and my right foot feels like it's on fire.

I read in the manual that I am supposed to set the cleats under the ball of my foot. I did it, but the pain is still there and they feel very different between left and right.



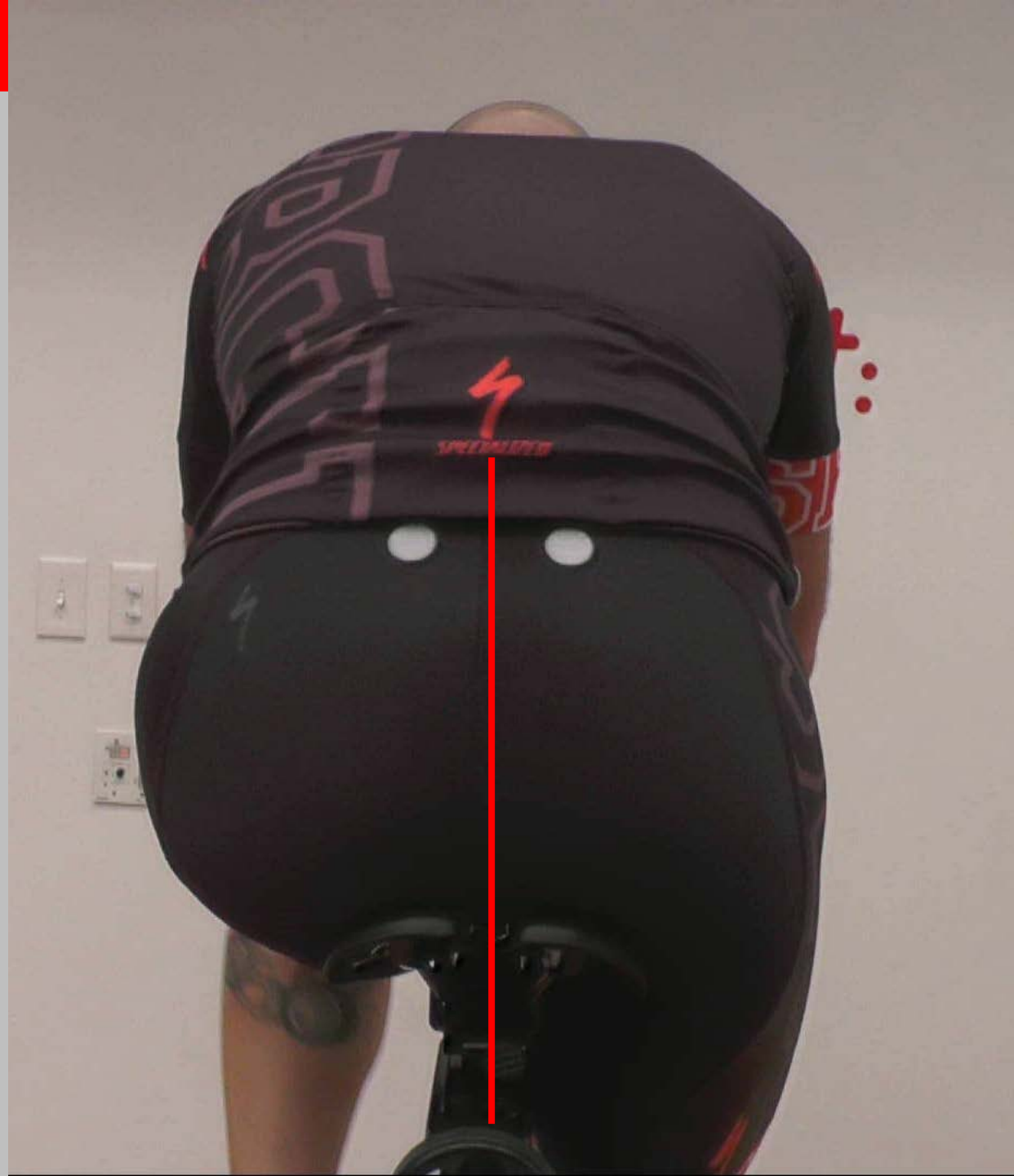
ASSESSMENT

IT: 132mm
Forefoot: Var Sig/ Var Sig
Rear Foot: Val Mild/ Val Mild
Neutral Arch Mild *L +1cm Longer
Knee Position Val Mild / Val Mild
Level Pelvis: Neutral
Spinal Curves: Sig Lordosis
Scapular Position: Mild
Position: -10°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 70° / 75°
Foot Rotation: 120° / 125°
Hamstrings: Neutral
Glutes: Neutral
Ankle Flexion: Mild
LLD: Valgus
Core: Mod IT L / R
Q-Angle: Val/ Drop/Unstab
Thomas:



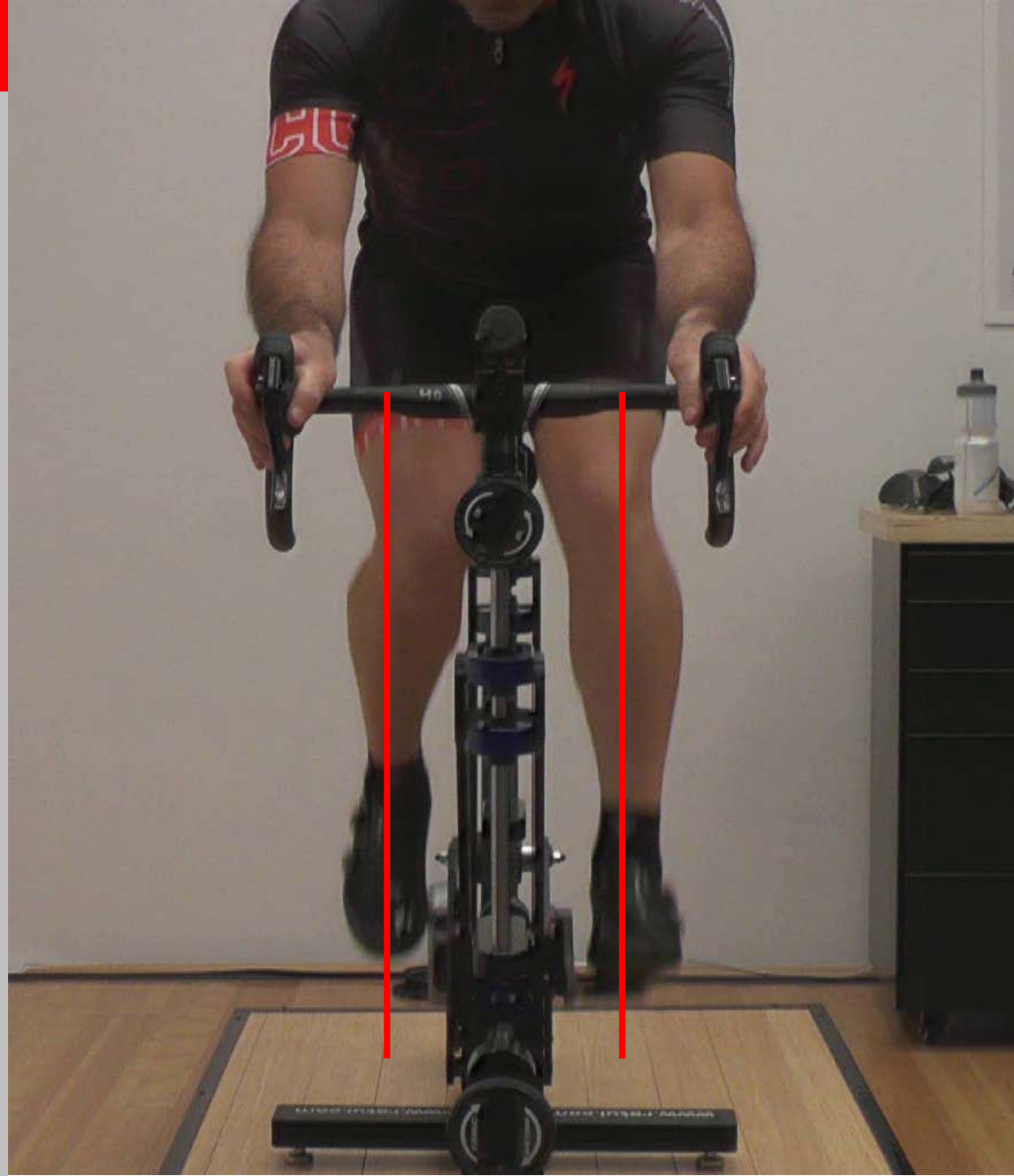
ASSESSMENT

IT: 132mm
Forefoot: Var Sig/ Var Sig
Rear Foot: Val Mild/ Val Mild
Neutral Arch Mild *L +lcm Longer
Knee Position Val Mild / Val Mild
Level Pelvis: Neutral
Spinal Curves: Sig Lordosis
Scapular Position: Mild
Position: -10°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 70° / 75°
Foot Rotation: 120° / 125°
Hamstrings: Neutral
Glutes: Neutral
Ankle Flexion: Mild
LLD: Valgus
Core: Mod IT L / R
Q-Angle: Val/ Drop/Unstab
Thomas:



ASSESSMENT

IT: 132mm
Forefoot: Var Sig/ Var Sig
Rear Foot: Val Mild/ Val Mild
Neutral Arch: Mild *L +1cm Longer
Knee Position: Val Mild / Val Mild
Level Pelvis: Neutral
Spinal Curves: Sig Lordosis
Scapular Position: Mild -10°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 70° / 75°
Foot Rotation: 120° / 125°
Hamstrings: Neutral
Glutes: Neutral
Ankle Flexion: Mild
LLD: Valgus
Core: Mod IT L / R
Q-Angle: Val/ Drop/Unstab
Thomas:



ASSESSMENT

IT: 132mm
Forefoot: Var Sig/ Var Sig
Rear Foot: Val Mild/ Val Mild
Neutral Arch Mild *L +1cm Longer
Knee Position Val Mild / Val Mild
Level Pelvis: Neutral
Spinal Curves: Sig Lordosis
Scapular Position: Mild
Position: -10°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 70° / 75°
Foot Rotation: 120° / 125°
Hamstrings: Neutral
Glutes: Neutral
Ankle Flexion: Mild
LLD: Valgus
Core: Mod IT L / R
Q-Angle: Val/ Drop/Unstab
Thomas:



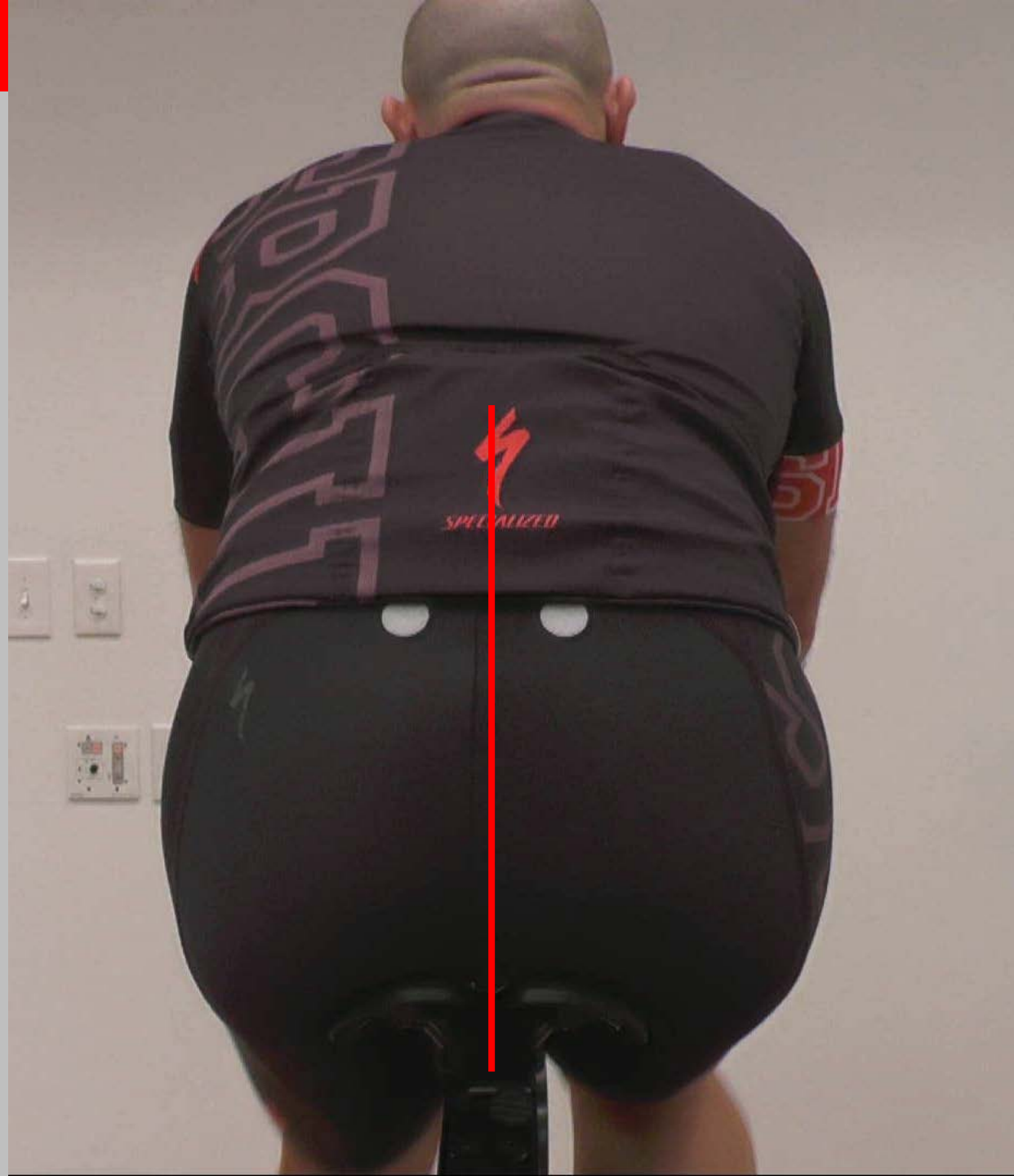
ASSESSMENT

IT: 132mm
Forefoot: Var Sig/ Var Sig
Rear Foot: Val Mild/ Val Mild
Neutral Arch Mild *L +1cm Longer
Knee Position Val Mild / Val Mild
Level Pelvis: Neutral
Spinal Curves: Sig Lordosis
Scapular Position: Mild
-10°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 70° / 75°
Foot Rotation: 120° / 125°
Hamstrings: Neutral
Glutes: Neutral
Ankle Flexion: Mild
LLD: Valgus
Core: Mod IT L / R
Q-Angle: Val/ Drop/Unstab
Thomas:



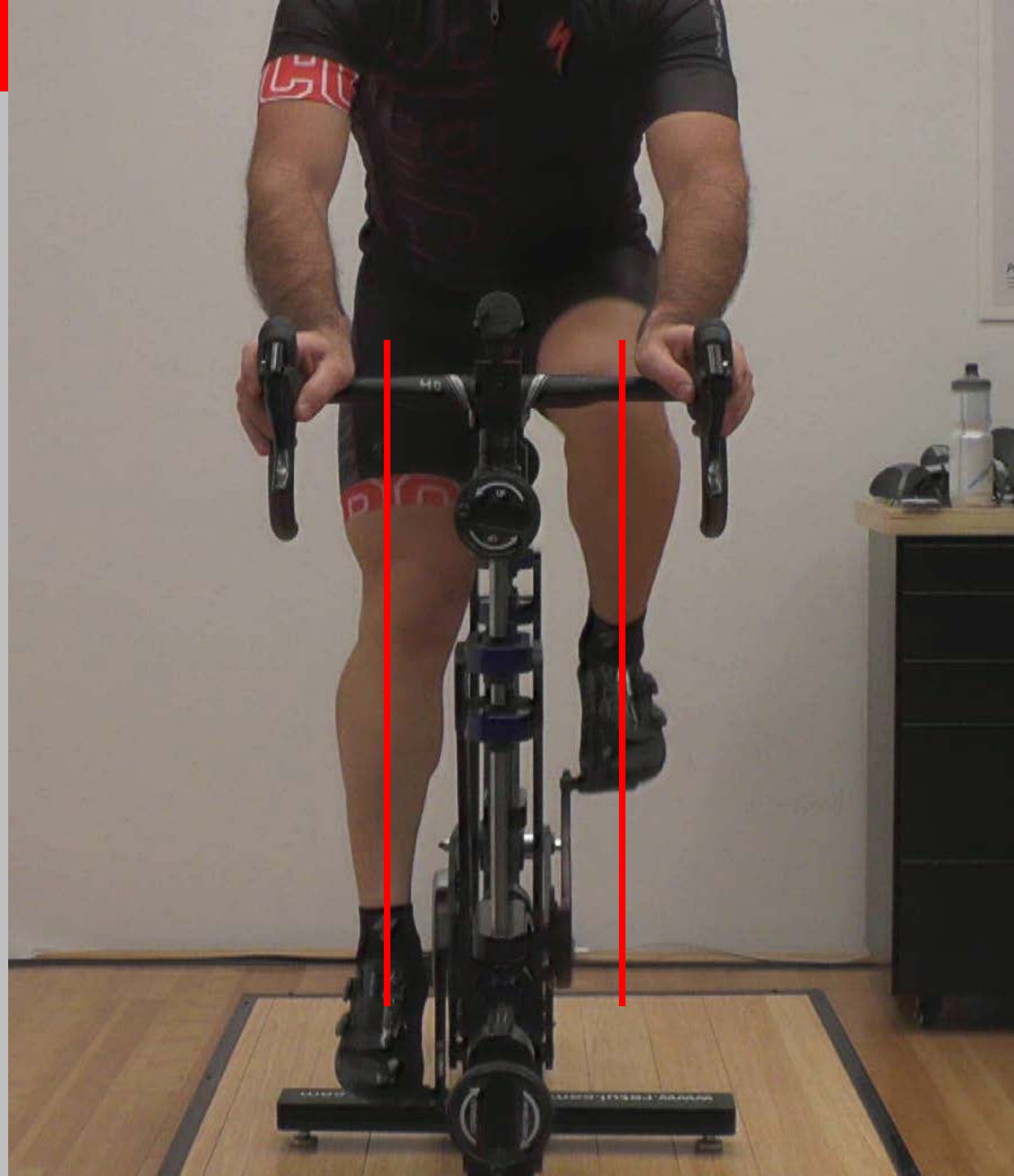
ASSESSMENT

IT: 132mm
Forefoot: Var Sig/ Var Sig
Rear Foot: Val Mild/ Val Mild
Neutral Arch Mild *L +1cm Longer
Knee Position Val Mild / Val Mild
Level Pelvis: Neutral
Spinal Curves: Sig Lordosis
Scapular Position: Mild
Position: -10°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 70° / 75°
Foot Rotation: 120° / 125°
Hamstrings: Neutral
Glutes: Neutral
Ankle Flexion: Mild
LLD: Valgus
Core: Mod IT L / R
Q-Angle: Val/ Drop/Unstab
Thomas:



ASSESSMENT

IT: 132mm
Forefoot: Var Sig/ Var Sig
Rear Foot: Val Mild/ Val Mild
Neutral Arch Mild *L +1cm Longer
Knee Position Val Mild / Val Mild
Level Pelvis: Neutral
Spinal Curves: Sig Lordosis
Scapular Position: Mild
Position: -10°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 70° / 75°
Foot Rotation: 120° / 125°
Hamstrings: Neutral
Glutes: Neutral
Ankle Flexion: Mild
LLD: Valgus
Core: Mod IT L / R
Q-Angle: Val/ Drop/Unstab
Thomas:



ASSESSMENT

IT: 132mm
Forefoot: Var Sig/ Var Sig
Rear Foot: Val Mild/ Val Mild
Neutral Arch Mild *L +1cm Longer
Knee Position Val Mild / Val Mild
Level Pelvis: Neutral
Spinal Curves: Sig Lordosis
Scapular Position: Mild
Position: -10°
Spinal Flexion: Neutral
Neck Flex/Ext: Neutral
Shoulders: 70° / 75°
Foot Rotation: 120° / 125°
Hamstrings: Neutral
Glutes: Neutral
Ankle Flexion: Mild
LLD: Valgus
Core: Mod IT L / R
Q-Angle: Val/ Drop/Unstab
Thomas:

