

Muscle Imbalance Corrections

Overhead Squat Assessment

Foot/Ankle Turn Out

Overactive

Soleus	Lunging Keep back heel flat on ground	Kneeling Lay opposite foot parallel to ground	Floor Board - Soleus Keep knee of stretched leg bent
Gastrocnemius	Lunging Keep back heel flat on ground	Floor Board - Gastrocnemius Keep both knees straight	
Hamstrings Complex	Lying - Vertical Straighten stretched knee until felt. Bend opposite knee	Lying – Vertical Progression slowly straighten opposite leg until slight stretch is felt in back of thigh	

Underactive

Anterior Tibialis	Reverse Calf Raise	Single-Leg Reverse Calf Raise	Reverse Calf Raise with Dumbbell	Single-Leg Reverse Calf Raise with Dumbbell
Posterior Tibialis	Ankle Inversion-Eversion w/Resistance Band			
Gluteus Maximus	Assisted Step-Ups	Step-Up	Single-Leg Step-Up	Squat
	Lunge		Single-Leg Squat	
Gluteus Medius	Clamshell	Hip Abduction Side Lying	Side Plank (on Knees)	Side Plank (On Feet)
	Side-Step Tubing around thighs Side step with slight squat and tension in tubing	Side-Step Tubing around ankles Side step with slight squat and tension in tubing		

Knee Moves In (Valgus)

Overactive

Tensor Fascia Latae (TFL)	TFL Static Stretch	Lying Iliotibial Stretch		
	Stretched leg foot externally rotated and behind, Lunge forward and away from stretched leg	Lie on side, pull top leg back into flamingo stretch, place bottom foot on stretched knee		
Adductor Complex	Kneeling Side Lunge	Lying Groin	Seated Groin	
	Kneel, point foot perpendicular to stretched kneeling leg, lean away from stretched leg	Place soles of feet together close to body, lower knees to floor	Push knees down with elbows	

Underactive (Same as Foot/Ankle Underactive Muscles)

Anterior Tibialis	Reverse Calf Raise	Single-Leg Reverse Calf Raise	Reverse Calf Raise with Dumbbell	Single-Leg Reverse Calf Raise with Dumbbell
Posterior Tibialis	Ankle Inversion-Eversion w/Resistance Band			
Gluteus Maximus	Assisted Step-Ups	Step-Up	Single-Leg Step-Up	Squat
	Lunge	Single-Leg Squat		

Excessive Forward Lean

Overactive

Soleus	Lunging	Kneeling	Floor Board - Soleus	
	Keep back heel flat on ground	Lay opposite foot parallel to ground	Keep knee of stretched leg bent	

Gastrocnemius	Lunging	Floor Board - Gastrocnemius		
	Keep back heel flat on ground	Keep both knees straight		
Hip Flexors	Lying Iliotibial Stretch	Kneeling Iliopsoas Stretch	Standing Iliopsoas Stretch	
	Lie on side, pull top leg back into flamingo stretch, place bottom foot on stretched knee	Lunge forward with back knee on floor, straighten hip of rear leg by pushing hips forward	Stand one legs length away, Place one foot on bench, lunge forward, straighten hip of rear leg by pushing hips forward	
Rectus Abdominis	Standing	Kneeling		
	Arch back with hands overhead	Hands on hips, lean torso back by arching back		
External Obliques	Lying Bent Leg	Seated Bent Leg		
	Keep both shoulders on floor, bring both knees and feet to one side resting on top of each other	bring both knees and feet to one side resting on top of each other, lean back slightly, turn shoulders away from knees for greater stretch		

Underactive

Hamstrings Complex	Straight Hip Leg Curl (on stability ball)	Self-Assisted Inverse Leg Curl	Glute-Ham Raise	Weighted Glute-Ham Raise
	Feet on stability ball, pull ball toward hips, then push away	Bend at knees, weigh ankles down, push off floor slightly with hands		
Gluteus Maximus	Assisted Step-Ups	Step-Up	Single-Leg Step-Up	Squat
	Lunge	Single-Leg Squat		
Lumbar Extensors	Back Extension with Arms Supporting	Back Extension without Arms Supporting	Bridges	

	Lie supine, elbows bent 90 degrees, forearms resting on ground, don't use arms to push up, arch back without hyperextending (don't "pinch" lower back), hold 10 secs, then rest	Lie supine, arch back without hyperextending (don't "pinch" lower back), hold 10 secs, then rest		
--	---	--	--	--

Low Back Arches

Overactive

Hip Flexors	Lying Iliotibial Stretch	Kneeling Iliopsoas Stretch	Standing Iliopsoas Stretch	
	Lie on side, pull top leg back into flamingo stretch, place bottom foot on stretched knee	Lunge forward with back knee on floor, straighten hip of rear leg by pushing hips forward	Stand one legs length away, Place one foot on bench, lunge forward, straighten hip of rear leg by pushing hips forward	
Lumbar Extensors	Cat	Seated Bent-Over (Chair/Bench)		
	Hunch back on all fours	Hunch back, reach extended arms underneath chair		
Latissimus Dorsi	Bent-Over	Bent-Over Chair	Seated Side Reach	
	Pray to mecca, reach out with hands as far as possible	Kneel before chair, place crossed arms on end of chair, lower torso, head between arms	First arm slightly behind back for support, other arms overhead reaching toward first arm's side	

Underactive

Gluteus Maximus	Assisted Step-Ups	Step-Up	Single-Leg Step-Up	Squat
	Lunge	Single-Leg Squat		

Hamstrings Complex	Straight Hip Leg Curl (on stability ball)	Self-Assisted Inverse Leg Curl	Glute-Ham Raise	Weighted Glute-Ham Raise
	Feet on stability ball, pull ball toward hips, then push away	Bend at knees, weigh ankles down, push off floor slightly with hands		
Abdominals (Rectus Adbominis)	Stability Ball Rollout	Front Plank	Sit-Up	Incline Sit-Up

Arms Fall Forward

Overactive

Latissimus Dorsi	Bent-Over	Bent-Over Chair	Seated Side Reach	
	Pray to mecca, reach out with hands as far as possible	Kneel before chair, place crossed arms on end of chair, lower torso, head between arms	First arm slightly behind back for support, other arms overhead reaching toward first arm's side	
Teres Major	Elbow Behind Head	Elbow Over Head		
	Grab opposite shoulder behind head with stretched arm, hand facing away from neck	Rest forearm on top of head, hand facing face, pull arm down and bend away from stretched arm		
Pectoralis Major	Doorway	Lying		
	Place 90 degree bent arm against doorframe, place elbow shoulder height or <u>below</u> , turn body away from stretched arm	Lie prone, shoulder and stretched elbow bent 90 degrees, roll body back toward stretched arm, keep opposite arm straight		
Pectoralis Minor	Doorway	Lying		
	Place 90 degree bent arm against doorframe, place	Lie prone, shoulder and stretched elbow		

	elbow <u>above</u> shoulder height, turn body away from stretched arm	bent 90 degrees, roll body back toward stretched arm, keep opposite arm straight		
--	---	--	--	--

Underactive

Middle Trapezius	Barbell Shrug			
	Elevate shoulders as high as possible and repeat			
Lower Trapezius	Assisted Underhand Chip-Up	Underhand Chin-Up		
	Palms facing face, using shoulder height barbell, pull up using your legs as little as possible	Palms facing up, pull up until chin above bar		
Rhomboids	Inverted Row	Assisted Underhand Chip-Up	Underhand Chin-Up	
	Upside down push-up using racked barbell, place bar lower for harder, place higher for easier	Palms facing face, using shoulder height barbell, pull up using your legs as little as possible	Palms facing up, pull up until chin above bar	
Posterior Deltoids	Inverted Row	Assisted Underhand Chip-Up	Underhand Chin-Up	
	Upside down push-up using racked barbell, place bar lower for harder, place higher for easier	Palms facing face, using shoulder height barbell, pull up using your legs as little as possible	Palms facing up, pull up until chin above bar	
Rotator Cuff	Raised Arm Twists	Full Bow	Elbow to Torso	
	Hold arms straight out, perpendicular to shoulders, twist wrist as far as possible both	Arms in press position, 90 degree elbow bends, fingers pointing up, rotate shoulder to	Arm behind back, 90 degree elbow bend, reach across back to other side of torso as far as possible, return to arm	

	clockwise and counterclockwise	fingers pointing down position	resting behind back	
--	--------------------------------	--------------------------------	---------------------	--

Scapular Elevation

Overactive

Levator Scapulae	Chair Trapezius			
	Sit on chair slightly angled right, grab behind right chair leg with <u>left</u> hand, pull up on chair leg while lifting torso upright, repeat on other side			
Upper Trapezius	Upper Trapezius			
	Place stretched arm behind back, grab stretched wrist with opposite hand, pull stretched arm farther from stretched side, also tilt head away from stretched side			

Underactive

Lower Trapezius	Assisted Underhand Chip-Up	Underhand Chin-Up		
	Palms facing face, using shoulder height barbell, pull up using your legs as little as possible	Palms facing up, pull up until chin above bar		

Head Juts Forward

Overactive

Levator Scapulae	Chair Trapezius			
	Sit on chair slightly angled right, grab behind right chair leg with <u>left</u> hand, pull up on chair leg while lifting torso upright, repeat on other side			
Sternocleidomastoid	Neck Retraction	Neck Rotation		
	Pull neck as far back as possible while looking slightly down, hold	Turn head until chin is over shoulder, hold		

Underactive

Deep Cervical Flexors	Neck Hold			
	Lay on ground in sit-up position, hands behind head, lift head until chin almost touches chest, remove hand supports and hold neck in this position. Try to keep the front of the neck muscles relaxed to target the deeper, weaker muscles.			