|  |  |  |
| --- | --- | --- |
| Observation | Check | Comments |
| Foot Strike* Mid foot
* Fore foot
* Rear foot
* Pronation
* Supination
* Inversion
* Eversion
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Stride Length Ratio* Too far in front of body
* Too far under body
* Too much extension (hip)
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Range of Motion* Ankle
* Knee
* Hip
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Torso Position* Too far forward
* Too upright
* Left or right
* Twisting
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Arm Swing* Too much
* Too little
* In plane
* Out of plane
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Head Position (sprinting)* angle
* eyes
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |