|  |  |  |
| --- | --- | --- |
| 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 | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ |  |