

**Primary Assessment: Deep Overhead Squat**

Reach both hands up overhead, and then squat down as low as you feel comfortable

As best as you can, try to keep your:

- Hands up overhead
- Head up, eyes looking forward
- Trunk upright
- Heels down (feet on the ground)
- Hips lower than your knees
- Knees in line with feet



Is something limiting your performance in this movement?

If so, proceed to the most relevant **Secondary Assessment**

**Shoulders**

difficulty keeping hands up overhead,  
with arms angled forward in front of body

**Mid back (thoracic spine)**

difficulty keeping trunk upright,  
with chest pointing towards the ground

**Hips**

difficulty bending hips into a deep squat,  
with hips positioned higher than knees

**Knees**

difficulty bending knees into a deep squat,  
knees falling inwards, inside foot placement

**Ankles / Feet**

difficulty keeping feet flat on the ground,  
heels lifting up or feet rolling inwards

## Functional Demands & Activity Performance

**Shoulders**

Full range of motion of the shoulder joint, endurance with overhead reach and engagement of the shoulder blade to stabilise the shoulder complex are required for tasks including working on power poles, using a switching stick, and erecting ladders.



**Mid Back**

Full range of motion of the mid back (thoracic spine), including the ability to dissociate movement of the trunk from the pelvis is required for tasks demanding reach outside of your base of support and where unable to stand straight on, typically occurring in the crane bucket.



**Lower Back / Hips**

Full range of motion of the low back (lumbar spine) and hips, and engagement of the deep muscles to stabilise the areas (core, glutes) is required for tasks demanding reach and loading in an uneven manner, as well as climbing into the crane bucket.



**Knees**

Full range of motion of the knees, including strength, control and endurance through various ranges, and with uneven loading and angles is required for tasks including climbing ladders, climbing into the crane bucket, and even climbing in and out of the trucks.



**Ankles / Feet**

Full range of motion of the ankles, including strength and endurance through various ranges, balance control and healthy plantar support is required for tasks including climbing ladders, sustained working positions on ladder rungs, and working outside of your base of support.



## Shoulder & Shoulder Blade (Scapula)

### Secondary Assessments



Raise both hands up in front, reaching up overhead and as far back as you can.

If you are unable to reach as far up / back as the other arm (asymmetry), or unable to reach as far as you previously could, or notice a sense of tightness and resistance in the shoulder, consider the recommended activity.



### Recommended Activities



Standing in a doorway or the corner of a room, in a doorway or against an upright post. Place your arms on the wall, and try to get your elbows and forearms to make contact with the wall / door frame.

With one foot in front, lean forward onto your front leg, while keeping your head and chest up, looking straight ahead.

Do not arch your back, and try to move your chest and hips at the same time / rate.



Squeeze your shoulder blades together, in a backward and slightly downward motion, trying to move your shoulders back behind the line of your chest.

If you are unable to engage your shoulder blade muscles, and have difficulty pinching your shoulder blades without hitching your shoulders up to your ears, consider the recommended activity.



Stand facing a wall, or sturdy bench / table. Place your hands on the wall / surface just below shoulder height, and shoulder-width apart.

As you bend your elbows, squeeze your shoulder blades together to pull your chest closer to the wall. As you push out, reach and move your chest as far back as you can.

*Do not perform these activities if you have a pre-existing injury, experience pain or feel uncomfortable. Seek advice from your health professional.*

## Mid Back (Thoracic Spine)

### Secondary Assessments



Sit on a chair, place your arms crossed on your chest, and then twist your shoulders and trunk left, then right.

If you are unable to turn as far one way (asymmetry), or as far as you previously could, or notice a sense of resistance, consider the recommended activity.



### Recommended Activities



Sit on a chair, side-on. Reach to grab hold of the backrest of the chair with both arms. Using your arms, push and pull to twist your body around as far as you can, keeping your back and trunk relaxed.

Turn to sit side-on the other side of the chair, and repeat to twist yourself around the other direction.



Sit on a chair, place your hands behind your neck. Lift your elbows up to the ceiling, leaning back and looking up.

If you are unable to lean back as far, or notice resistance, consider the recommended activity.



Sit with your knees bent and feet flat, hands behind your head / neck, elbows tucked in. Gently lean back onto a foam roller (across your back, so that it supports your upper body weight).



Push through your feet to lift your hips off the floor, and gently roll yourself up and down over the foam roller.

*Do not perform these activities if you have a pre-existing injury, experience pain or feel uncomfortable. Seek advice from your health professional.*

## Low Back (Lumbar Spine)

### Secondary Assessments



In standing or sitting, tilt your pelvis (waist) forwards and stick your bottom out. Then tip your pelvis backwards, tucking your tailbone under your body.

If you are unable to smoothly move between these positions without your upper body moving back and forth, or notice a sense of resistance, consider the recommended activity.

### Recommended Activities



Place your hands on the back of your hips, and gently push your hips forward, keeping your lower back relaxed.



Lay on your stomach, press up through your hands to prop onto your forearms, keeping your lower back relaxed and your hips on the floor.



Standing up straight, slowly run your hands down the front of your legs towards the ground. You can also perform this standing with your heels up against a wall.

If you are unable to reach down as far, or notice a sense of resistance, consider the recommended activity



Sit on a chair, bench or table, ideally with your feet hanging off the ground. Let your arms rest behind your back, and slouch through your back / trunk, so that you're trying to place your head into your lap.



Gently straighten your leg out, so that your knee is as straight as possible, and, pull your foot and toes back towards your head.

*Do not perform these activities if you have a pre-existing injury, experience pain or feel uncomfortable. Seek advice from your health professional.*

## Hips & Knees

### Secondary Assessments



Standing on 1 leg, holding onto something for balance support as needed. Bend your knee, take hold of the front of your ankle and pull the leg back behind you.

If you are unable to move your knee back being the line of your hips and shoulders, unable to bend back as far on one side (asymmetry), or notice a sense of resistance, consider the recommended activity.



### Recommended Activities



Kneel on 1 leg on the ground (towel or pillow as needed), with the other leg bent up in front (a half-kneel position).

Lean forward until a stretch is felt in the hip of the knee-down side. Keep your hips under your shoulders. Squeeze the glute muscles (buttock) on the side stretching (knee on the ground) to feel a more concentrated stretch at the front of the hip.



Standing on 1 leg, holding onto something for balance support as needed. Bend your knee, take hold of the front of your ankle and pull the heel up towards your buttock as far as you can.

If you are unable to bend your knee back as far on one side (asymmetry), or notice a sense of resistance, consider the recommended activity.



Place a rolled-up towel behind the back of your knee.

Take hold of the front of your ankle and pull back to bend the knee over the towel roll.

*Do not perform these activities if you have a pre-existing injury, experience pain or feel uncomfortable. Seek advice from your health professional.*

## Ankles & Feet

### Secondary Assessments



Stand facing a wall. Keeping your heel flat on the ground, bend your knee in to touch the wall. Slide your foot back and repeat as far as you can.

If you are unable to bend as far as the other leg (asymmetry) or as far as you could, or sense resistance, consider the recommended activity.



### Recommended Activities



Place your foot up on a step or chair in a lunge position, lean forward and press down through the top of your knee, creating some pressure through the ankle as you lean your body weight over your foot.



Stand facing a wall, with your toes up on the wall (bent back), keeping the ball of your foot and heel flat on the ground. Bend, your knee in to touch the wall.

If you are unable to bend as far as the other leg (asymmetry) or as far as you could, or sense resistance, consider the recommended activity.



On hands and knees, with toes planted on the ground (bent back).

Gradually lean back to bend your knees and sit back onto your heels, with your toes still planed on the ground.

*Do not perform these activities if you have a pre-existing injury, experience pain or feel uncomfortable. Seek advice from your health professional.*