

## ADVANCED TARGETED MUSCLE TESTING ABNORMAL YOGA POSTURE CHART

\*QSF stands for Quick Self Fixes

	POSTURE	DYSFUNCTION	MUSCLE TEST	QSF
1	Any Standing Posture	Foot Pain	N/A	Dr. Clay's Foot Stretching Techniques "Happy Feet"
2	Camel	Neck pain	Pectoralis Major	Clavicle Fix Liver Fix
3	Camel	One knee is much higher than the other knee	Glute Medius	Foot Fix Illiotalband Fix CT Strap Procedure A CT Strap Procedure D
4	Chair	Hip sags on side of weakness	Quadratus Lumborum	Illiotalband Fix Side Stretch Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D
5	Chair	Restricted breathing/ hollow left lower quadrant of abdomen on side of weakness	Transverse lower abs	Transverse Abdominal Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D
6	Chair	Cannot squat in to full posture due to knee pain	Popliteus	Knee Fix Meniscus Fix
7	Chair	Arms are forward and will not go perpendicular to floor	Pectoralis Major, Superior Division  Pectoralis Minor, Belly	Clavicle Fix Liver Fix Connective Tissue Strap Procedure B  Clavicle Fix

	POSTURE	DYSFUNCTION	MUSCLE TEST	QSF
9	Child's Pose	Knee pain while transitioning into pose	Popliteus	Knee Fix Meniscus Fix
10	Cobra	One shoulder higher on side of weakness	Infraspinatus, Supraspinatus	Shoulder Fix
11	Cobra	Low Back Pain	Quadratus Lumborum & Multifidus	Illiotalband Band Fix Side Stretch Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D
12	Cow Face (Seated)	Shoulder Pain	Supraspinatus	Shoulder Fix
13	Downward facing Dog	Elbow Unstable	Finger Extensors Supinator	Elbow Punch Fix Elbow Torque Fix
14	Downward facing Dog	Neck Pain at C1/ Occiput	Upper Trapezius	Cranial Fix Guided Neck Stretch Fix Occiput Glide Fix CT Strap Procedure C
15	Downward facing Dog	Pelvis rolls to side of weakness	Transverse Abdominus	Transverse ab fix CT Strap Procedure A CT Strap Procedure D
16	Downward Facing Dog	Shoulder Hurts	Supraspinatus and Infraspinatus  Biceps Bracchi	Shoulder Fix  Biceps Tendon Fix
17	Downward facing Dog	Ischial Tuberosity is inferior on side of weakness	Quadratus Lumborum	Side Stretch Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D

	<b>POSTURE</b>	<b>DYSFUNCTION</b>	<b>MUSCLE TEST</b>	<b>QSF</b>
<b>18</b>	Downward facing Dog	Low back is concave on side of weakness	Quadratus Lumborum & Multifidus	Illiotalband Fix Side Stretch Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D
<b>19</b>	Downward facing Dog	Shoulder caves in on side of weakness	Latissimus Dorsi	Latissimus Dorsi Fix CT Strap Procedure A CT Strap Procedure B CT Strap Procedure D
<b>20</b>	Downward facing Dog	Flat hand like a pancake on pinky side	Opponens	Wrist Fix Occiput Glide Fix
<b>21</b>	Downward facing Dog	Hollow upper trap on side of weakness	Upper Trapezius	Cranial Fix Guided Neck Stretch Fix Occiput Glide Fix CT Strap Procedure C
<b>22</b>	Downward facing Dog	Upper back concave on side of weakness	Latissimus Dorsi	Latissimus Dorsi Fix Side Stretch Fix CT Strap Procedure A CT Strap Procedure B CT Strap Procedure D
<b>23</b>	Downward facing Dog	Shoulder hurts, upper back concave on side of weakness	Middle Trapezius, Pectoralis major	Clavicle Fix Liver Fix CT Strap Procedure B
<b>24</b>	Easy Pose	Buttocks and IT Band Pain	Glute Medius	Foot Fix Illiotalband Fix CT Strap Procedure A CT Strap Procedure D

	<b>POSTURE</b>	<b>DYSFUNCTION</b>	<b>MUSCLE TEST</b>	<b>QSF</b>
<b>25</b>	Forward Fold	Concave just below rib cage on side of weakness	Diaphragm	See video at QuickSelfFixes.com - "How to Heal a Hiatal Hernia"
<b>26</b>	High Lunge	Right hip pain with right leg bent and weakness getting out of posture on side of weakness	Psoas  Rectus Femoris  Tensor Fascia Latae	Hip Fix Ankle Fix CT Strap Procedure A CT Strap Procedure D  Hip Fix Ankle Fix  Hip Fix Ankle Fix Illiotalband Fix
<b>27</b>	Handstand	Unstable elbow	Supinator	Elbow Punch Fix Elbow Torque Fix
<b>28</b>	Lotus	Hip Pain on side of weakness	Psoas  Rectus Femoris  Tensor Fascia Latae	Hip Fix Ankle Fix CT Strap Procedure A CT Strap Procedure D  Hip Fix Ankle Fix  Hip Fix Ankle Fix Illiotalband Fix
<b>29</b>	Mountain	Shoulder Rolls Forward  Chin is Forward	Bellies of Middle, Superior and Inferior Divisions of Middle Trapezius	Clavicle Fix Liver Fix Connective Tissue Strap Procedure B
<b>30</b>	Pigeon	Front Ankle collapses on side of weakness	Peroneus Tertius or Popliteus	Knee Fix Meniscus Fix

	<b>POSTURE</b>	<b>DYSFUNCTION</b>	<b>MUSCLE TEST</b>	<b>QSF</b>
<b>31</b>	Pigeon	Pain in butt on side of weakness	Glute Medius  Piriformis	Foot Fix Illiotalband Fix CT Strap Procedure A CT Strap Procedure D  Piriformis Fix Sacro-iliac Ligament Fix
<b>32</b>	Pigeon	Pelvis does not rest on or near floor and is very tight on bent leg side of weakness	Glute Medius  Piriformis	Foot Fix Illiotalband Fix CT Strap Procedure A CT Strap Procedure D  Piriformis Fix Sacro-iliac Ligament Fix
<b>33</b>	Plank transitioning into Up Dog	Fall during transition	Latissimus Dorsi  Infraspinatus Supraspinatus	Latissimus Dorsi Fix Side Stretch Fix CT Strap Procedure A CT Strap Procedure B CT Strap Procedure D  Shoulder Fix
<b>34</b>	Plank transitioning into Chataranga (low push-up position)	Shoulder blade rapidly moves to midline and transition feels unstable on side of weakness	Latissimus Dorsi	Latissimus Dorsi Fix Side Stretch Fix CT Strap Procedure A CT Strap Procedure B CT Strap Procedure D

	POSTURE	DYSFUNCTION	MUSCLE TEST	QSF
<b>35</b>	Plank	Bilateral low back pain	Psoas  Rectus Femoris  Tensor Fascia Latae	Hip Fix Ankle Fix CT Strap Procedure A CT Strap Procedure D  Hip Fix Ankle Fix  Hip Fix Ankle Fix Illiotalibial Band Fix
<b>36</b>	Runner's Lunge	Heel Pain	N/A	Soleus Massage Fix Soleus Stretch Fix
<b>37</b>	Seated Forward Fold	Low back pain	Transverse Abdominus	Transverse Abdominal Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D
<b>38</b>	Shoulder Stand (For safety reasons, do not evaluate this posture unless client is a yoga instructor)	Pain at C-7/T1	Upper trapezius	Cranial Fix Guided Neck Stretch Fix Occiput Glide Fix CT Strap Procedure C

	POSTURE	DYSFUNCTION	MUSCLE TEST	QSF
39	Squat Pose	Hip hurts and drops on side of weakness going down into Squat Pose	<p>Psoas</p> <p>Rectus Femoris</p> <p>Glute Medius</p>	<p>Hip Fix Ankle Fix CT Strap Procedure A CT Strap Procedure D</p> <p>Hip Fix Ankle Fix</p> <p>Foot Fix Illiotalband Fix CT Strap Procedure A CT Strap Procedure D</p>
40	Standing Back Bend	Sacral Pain	Quadratus Lumborum (right and/or left side)	Side Stretch Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D
41	Tree Pose	Wrist tremor with hands over head	<p>Psoas</p> <p>Rectus Femoris</p> <p>Tensor Fascia Latae (right and/or left side)</p>	<p>Hip Fix Ankle Fix CT Strap Procedure A CT Strap Procedure D</p> <p>Hip Fix Ankle Fix</p> <p>Hip Fix Ankle Fix Illiotalband Fix</p>
42	Tree Pose	Bent leg moves up and down and straight leg ankle wobbles	<p>Glute Medius (right and/or left side)</p> <p>Piriformis (on straight leg side)</p>	<p>Foot Fix Illiotalband Fix CT Strap Procedure A CT Strap Procedure D</p> <p>Piriformis Fix Sacro-iliac Ligament Fix</p>

43	Tree Pose	Breaking at apex of waist	Multifidus (right and/or left side)  Transverse Lower Abs (right and/or left side)	Iliotibial Band Fix Side Stretch Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D  Transverse Abdominal Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D
44	Triangle	Head moving/neck pain	Upper Trapezius (right and/or left side)	Cranial Fix Guided Neck Stretch Fix Occiput Glide Fix CT Strap Procedure C
45	Triangle	High shoulder near armpit in the area of the origin of the latissimus dorsi drops to the floor	Latissimus Dorsi: all three levels (same side of weakness)	Latissimus Dorsi Fix Side Stretch Fix CT Strap Procedure A CT Strap Procedure B CT Strap Procedure D
46	Up Dog	Wrist pain	Opponens	Wrist Fix
47	Warrior	Pelvis rolls to side of weakness	Transverse Abdominus	Transverse Abdominal Fix Pelvic Fix CT Strap Procedure A CT Strap Procedure D



48	Warrior II	Front thigh will not go down parallel to floor	<p>Psoas</p> <p>Rectus Femoris</p> <p>Tensor Fascia Latae</p>	<p>Hip Fix Ankle Fix CT Strap Procedure A CT Strap Procedure D</p> <p>Hip Fix Ankle Fix</p> <p>Hip Fix Ankle Fix Illiotalband Fix</p>
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Note: Greg Tinkle states that four yoga postures are all that we need to evaluate yoga posture dysfunctions. The four postures are Downward Facing Dog, Tree pose, Chair and Pigeon Prep. Dr. Clay has added Chaturanga to this list.