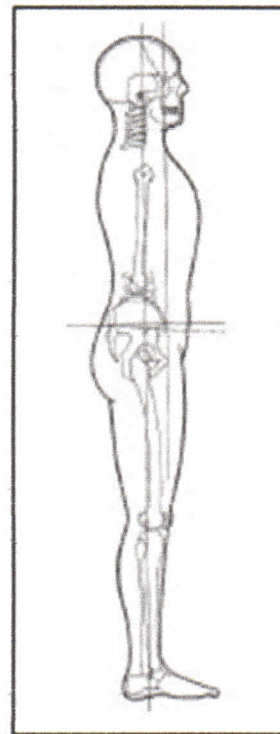
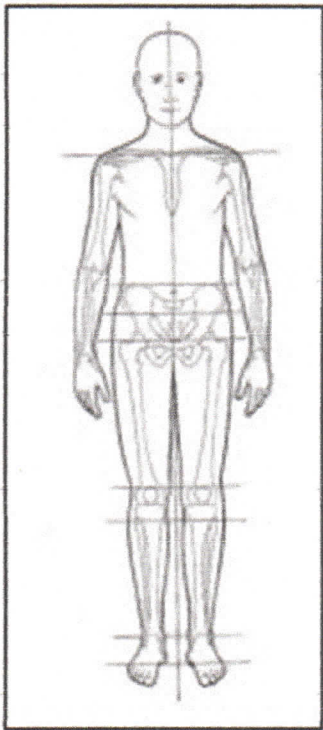


Posture Analysis



1. **Feet** – Are they turned in? Or turned out? Is the arch dropped?
 - a. Turned in R L
 - b. Turned Out R L
 - c. Arch Drop R L
2. **Legs** – Are the legs locked? Are the legs bowed or knees knocked?
 - a. Legs Locked R L
 - b. Knock Knees R L
 - c. Bow Legs R L
3. **Pelvis** – Is the pelvis level?
 - a. Low Hip R L
4. **Shoulders** – Are the shoulders level?
 - a. Low Side R L
5. **Head** – Is the head rotated or tilted?
 - a. Head Tilt R L
 - b. Head Turn R L

1. **Body** – Is the midline of the body forward or rear of the ankle?
 - a. Carriage F R
2. **Pelvis** – Is the front of the pelvis tilted either forward or backward?
 - a. Pelvis Tilt F R
3. **Lower Back** – Is the low back curved more than it should be?
 - a. Curvature Y N
4. **Upper Back** – Is the upper back curved more than it should be?
 - a. Curvature Y N
5. **Shoulders** – Are the shoulders rounded forward?
 - a. Shoulders rounded Y N
6. **Head** – Is the head carriage forward of the ankle line?
 - a. Carriage F R