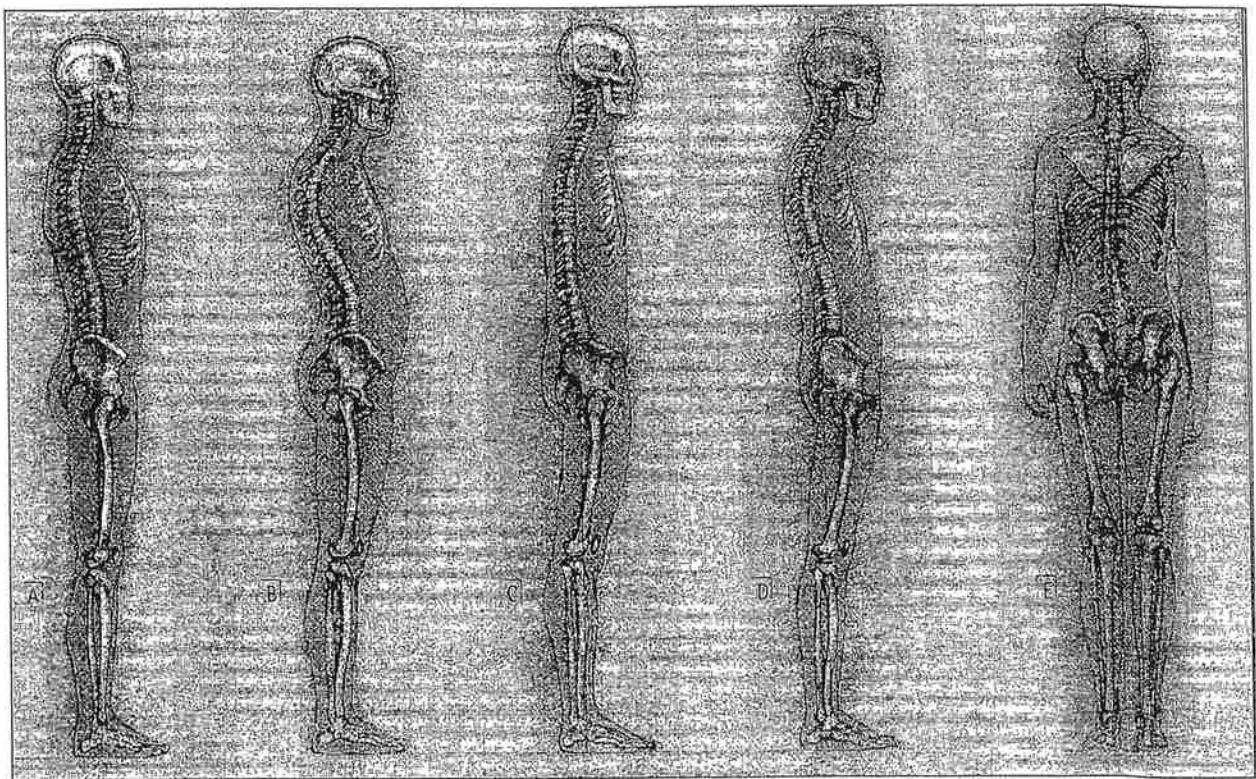


Postural Assessment

Directions: Stand in front of a full length mirror to do your postural assessment on the following two pages. Wear form-fitting clothing. You will need to look at your side view as well as straight on. It may be helpful to have a friend assist you with this. You can refer to the detailed alignment photo below to help make your determinations. **Remember** that no one will have the ideal posture. There are many reasons why we deviate from the ideal: bone structure, results from an injury, or muscular imbalance from bad habits (like always carrying your bookbag on one side). The point of this assignment is not to be critical of yourself, but to recognize your imbalances so you can learn how to strengthen the weaker muscles and stretch the tighter ones. Ultimately, we strive to come closer to the ideal posture so we can move as efficiently as possible and avoid injury.



- A. Ideal Posture
- B. Kyphosis-Lordosis
- C. Flat-back
- D. Sway-back
- E. Scoliosis

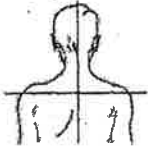
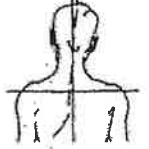
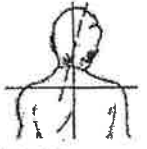
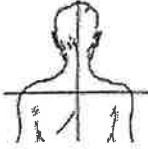
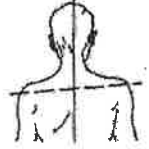
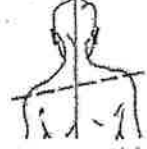

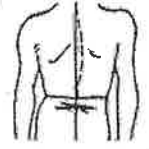
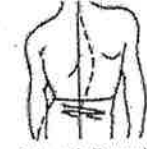
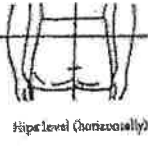
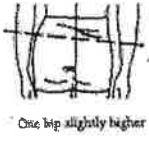


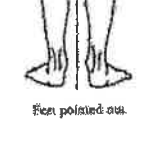




Assignment: Once you have completed the following worksheet, submit a detailed one-paragraph summary of your findings. What are your major alignment concerns? Please use terminology discussed in our Anatomy Lecture. Do you know how you could start to correct for these? Which muscles may be weak due to this imbalance? It may also be as simple as becoming aware of bad habits that you need to break.














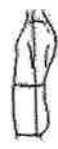
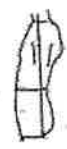
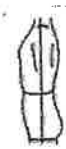
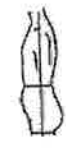
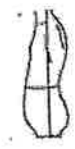





LAB 5.4 Posture Evaluation



For each row, have a partner record the point total that corresponds to the illustration that most closely matches your posture.

5 points	3 points	1 point	Your Score
 <p>Head erect (gravity line passes directly through center)</p>	 <p>Head twisted or turned to one side slightly</p>	 <p>Head twisted or turned to one side markedly</p>	_____
 <p>Shoulders level (horizontally)</p>	 <p>One shoulder slightly higher than other</p>	 <p>One shoulder markedly higher than other</p>	_____
 <p>Spine straight</p>	 <p>Spine slightly curved laterally</p>	 <p>Spine markedly curved laterally</p>	_____
 <p>Hips level (horizontally)</p>	 <p>One hip slightly higher</p>	 <p>One hip markedly higher</p>	_____
 <p>Feet pointed straight ahead</p>	 <p>Feet pointed out</p>	 <p>Feet pointed out markedly; arches sag in (pronation)</p>	_____
 <p>Arches high</p>	 <p>Arches lower, feet slightly flat</p>	 <p>Arches low, feet markedly flat</p>	_____

5 points	3 points	1 point	Your Score
 <p>Neck erect, chin in, head in balance directly above shoulders</p>	 <p>Neck slightly forward, chin slightly out</p>	 <p>Neck markedly forward, chin markedly out</p>	_____
 <p>Chest elevated (breastbone farthest forward part of body)</p>	 <p>Chest slightly depressed</p>	 <p>Chest markedly depressed (flat)</p>	_____
 <p>Shoulders centered</p>	 <p>Shoulders slightly forward</p>	 <p>Shoulders markedly forward (shoulder blades protruding in rear)</p>	_____
 <p>Upper back normally rounded</p>	 <p>Upper back slightly more rounded</p>	 <p>Upper back markedly rounded</p>	_____
 <p>Trunk erect</p>	 <p>Trunk inclined to rear slightly</p>	 <p>Trunk inclined to rear markedly</p>	_____
 <p>Abdomen flat</p>	 <p>Abdomen protruding</p>	 <p>Abdomen protruding and sagging</p>	_____
 <p>Lower back normally curved</p>	 <p>Lower back slightly hollow</p>	 <p>Lower back markedly hollow</p>	_____

TOTAL SCORE (from both pages) (Scores should be between 13 and 65.) _____

If your posture needs improvement, review the information in the box on good posture and low-back health on p. 147. If you scored "1 point" for any item in the evaluation, you may want to consider seeing a physician; professional advice, physical therapy, orthotic devices, or other therapies may help you improve your posture.

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