

POSTURAL ANALYSIS FORM

Client Name: _____
 Teacher Name: _____
 Date: _____

	SIDE VIEW	FRONT VIEW	BACK VIEW
Head	<input type="checkbox"/> Neutral <input type="checkbox"/> Forward <input type="checkbox"/> Back	<input type="checkbox"/> Straight <input type="checkbox"/> Tilted R L <input type="checkbox"/> Rotated R L	<input type="checkbox"/> Straight <input type="checkbox"/> Tilted R L <input type="checkbox"/> Rotation R L
Cervical spine	<input type="checkbox"/> Normal extension <input type="checkbox"/> Increased extension <input type="checkbox"/> Flat		<input type="checkbox"/> Straight <input type="checkbox"/> Lateral rotation R L <input type="checkbox"/> Flat
Shoulders		<input type="checkbox"/> Level <input type="checkbox"/> R higher <input type="checkbox"/> L higher	<input type="checkbox"/> Level R L <input type="checkbox"/> Elevated R L <input type="checkbox"/> Depressed R L
Scapulae			<input type="checkbox"/> Normal <input type="checkbox"/> Protracted <input type="checkbox"/> Retracted <input type="checkbox"/> Elevated <input type="checkbox"/> Other
Thoracic spine	<input type="checkbox"/> Normal flexion <input type="checkbox"/> Increased flexion (kyphosis) <input type="checkbox"/> Flat		Lumbar/Thoracic spine <input type="checkbox"/> Straight <input type="checkbox"/> Convex toward right <input type="checkbox"/> Convex toward left
Lumbar spine	<input type="checkbox"/> Normal extension <input type="checkbox"/> Excessive extension (lordosis) <input type="checkbox"/> Flat		Lumbar spine <input type="checkbox"/> Straight <input type="checkbox"/> Convex toward right <input type="checkbox"/> Convex toward left
Ribcage		<input type="checkbox"/> Normal <input type="checkbox"/> Rotated R L	
Pelvis	<input type="checkbox"/> Neutral pelvis ASIS & PSIS level ASIS & symphysis pubis in same plane Normally lumbar spine will have normal extension <input type="checkbox"/> Anterior pelvic tilt ASIS lower than PSIS ASIS forward of symphysis pubis Normally lumbar spine will have increased extension (lordosis posture) <input type="checkbox"/> Posterior pelvic tilt ASIS higher than PSIS ASIS behind symphysis pubis Normally lumbar spine will have decreased extension (flat back posture)	<input type="checkbox"/> Level hips <input type="checkbox"/> R higher <input type="checkbox"/> L higher <input type="checkbox"/> Rotated clockwise <input type="checkbox"/> Rotated anticlockwise	<input type="checkbox"/> Level PSIS <input type="checkbox"/> Lateral tilt <input type="checkbox"/> Higher L <input type="checkbox"/> Higher R

Hip joints	<input type="checkbox"/> Neutral <input type="checkbox"/> Flexed <input type="checkbox"/> Extended		<input type="checkbox"/> Normal <input type="checkbox"/> Adducted R L <input type="checkbox"/> Abducted <input type="checkbox"/> Medially rotated R L <input type="checkbox"/> Laterally rotated R L
Femur		<input type="checkbox"/> Straight <input type="checkbox"/> Lateral rotation R L <input type="checkbox"/> Medial rotation R L	
Knees	<input type="checkbox"/> Neutral <input type="checkbox"/> Hyperextended <input type="checkbox"/> Flexed	<input type="checkbox"/> Normal <input type="checkbox"/> Knock knees <input type="checkbox"/> Bow legged	<input type="checkbox"/> Normal <input type="checkbox"/> Knock knees <input type="checkbox"/> Bow legged
Ankle joint	<input type="checkbox"/> Neutral <input type="checkbox"/> Plantar flexed <input type="checkbox"/> Dorsiflexed		
Feet		<input type="checkbox"/> Normal <input type="checkbox"/> Inversion <input type="checkbox"/> Eversion	<input type="checkbox"/> Parallel <input type="checkbox"/> Inversion R L <input type="checkbox"/> Eversion R L