

POSTURAL ASSESSMENT CHECKLIST



FRONTAL VIEW	
<input type="checkbox"/>	Overall body symmetry: symmetrical alignment of the left and right hemispheres
<input type="checkbox"/>	Ankle position: observe for pronation and supination
<input type="checkbox"/>	Foot position: observe for inversion and eversion
<input type="checkbox"/>	Knees: rotation and height discrepancies
<input type="checkbox"/>	Hip adduction and shifting: observe for shifting to a side as witnessed by the position of the pubis in relation to the plumb line
<input type="checkbox"/>	Alignment of the iliac crests
<input type="checkbox"/>	Alignment of the torso: position of the umbilicus and sternum in relation to the plumb line
<input type="checkbox"/>	Alignment of the shoulders
<input type="checkbox"/>	Arm spacing: observe the space to the sides of the torso
<input type="checkbox"/>	Hand position: observe the position relative to the torso
<input type="checkbox"/>	Head position: alignment of the ears, nose, eyes, and chin
POSTERIOR VIEW	
<input type="checkbox"/>	Overall body symmetry: symmetrical alignment of the left and right hemispheres
<input type="checkbox"/>	Alignment of the spine: vertical alignment of the spinous processes (may require forward bending)
<input type="checkbox"/>	Alignment of the scapulae: inferior angle of scapulae and presence of winged scapulae
<input type="checkbox"/>	Alignment of the shoulders
<input type="checkbox"/>	Head: alignment of the ears
SAGITTAL VIEW	
<input type="checkbox"/>	Overall body symmetry: symmetrical alignment of load-bearing joint landmarks with the plumb line
<input type="checkbox"/>	Knees: flexion or extension
<input type="checkbox"/>	Pelvic alignment for tilting: relationship of ASIS to PSIS
<input type="checkbox"/>	Spinal curves: observe for thoracic kyphosis, lumbar lordosis, or flat-back position
<input type="checkbox"/>	Shoulder position: forward rounding (protraction) of the scapulae
<input type="checkbox"/>	Head position: neutral cervical curvature (versus forward position) and level (position above the clavicle)

Note: ASIS = Anterior superior iliac spine; PSIS = Posterior superior iliac spine

