

## POSTURE ASSESSMENT

### Instructions:

If you are able to print off your photos, it may make it easier to see the imbalances. You can use a piece of paper or ruler to draw lines on your photo.

**Front View:** First you will assess your photo facing the camera. Look at your shoulder levels. Is one shoulder higher than the other? Circle the appropriate arrow. Repeat this process for your hip level. Finally, look at your feet. Is one or both of your feet turning outward? Circle the appropriate arrow(s).

**Side View:** Place an X on your ankle bone. Line your ruler in the vertical position from the X on the ankle bone. Now, look to see where your knee, hip, shoulder, and ear line up in relationship to your ankle. Is it in front of your ankle, behind your ankle or in line with your ankle. Circle the appropriate arrow for each region.

