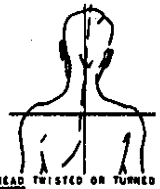
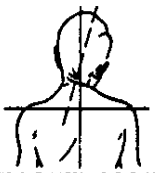
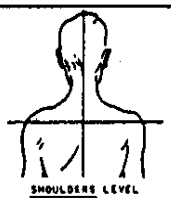
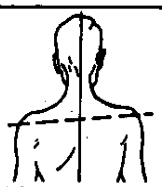
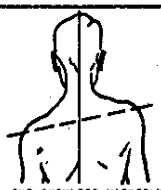
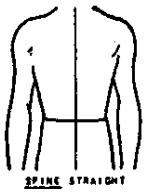
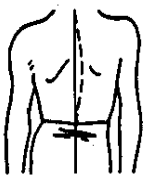
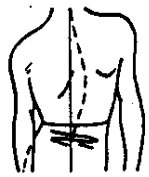
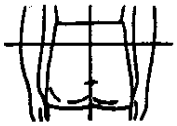
POSTURE SCORE SHEET

Name _____

	GOOD - 10	FAIR - 5	POOR - 0	SCORING DATES			
HEAD LEFT RIGHT	 HEAD ERECT GRAVITY LINE PASSES DIRECTLY THROUGH CENTER	 HEAD TWISTED OR TURNED TO ONE SIDE SLIGHTLY	 HEAD TWISTED OR TURNED TO ONE SIDE MARKEDLY				
SHOULDERS LEFT RIGHT	 SHOULDERS LEVEL (HORIZONTALLY)	 ONE SHOULDER SLIGHTLY HIGHER THAN OTHER	 ONE SHOULDER MARKEDLY HIGHER THAN OTHER				
SPINE LEFT RIGHT	 SPINE STRAIGHT	 SPINE SLIGHTLY CURVED LATERALLY	 SPINE MARKEDLY CURVED LATERALLY				
HIPS LEFT RIGHT	 HIPS LEVEL (HORIZONTALLY)	 ONE HIP SLIGHTLY HIGHER	 ONE HIP MARKEDLY HIGHER				
ANKLES	 FEET POINTED STRAIGHT AHEAD	 FEET POINTED OUT	 FEET POINTED OUT MARKEDLY ANKLES SAG IN (PRONATION)				
NECK	 NECK ERECT, CHIN IN, HEAD IN BALANCE DIRECTLY ABOVE SHOULDERS	 NECK SLIGHTLY FORWARD, CHIN SLIGHTLY OUT	 NECK MARKEDLY FORWARD, CHIN MARKEDLY OUT				
UPPER BACK	 UPPER BACK NORMALLY ROUNDED	 UPPER BACK SLIGHTLY MORE ROUNDED	 UPPER BACK MARKEDLY ROUNDED				
TRUNK	 TRUNK ERECT	 TRUNK INCLINED TO REAR SLIGHTLY	 TRUNK INCLINED TO REAR MARKEDLY				
ABDOMEN	 ABDOMEN FLAT	 ABDOMEN PROTRUDING	 ABDOMEN PROTRUDING AND SAGGING				
LOWER BACK	 LOWER BACK NORMALLY CURVED	 LOWER BACK SLIGHTLY HOLLOW	 LOWER BACK MARKEDLY HOLLOW				