

Postural Analysis Checklist

PLUMB LINE

Are there parts of the body forward or behind the plumb line? (*head, upper body, shoulders, pelvis, knees*)

Are the head, thorax and pelvic aligned in relation to each other?

SIDE VIEW *check both sides*

ankle joints

neutral R L
 plantar flexed R L
 dorsiflexed R L

knees

neutral R L
 hyperextended R L
 flexed R L

hip joints

neutral R L
 flexed R L
 extended R L

pelvis

neutral R L
 anterior pelvic tilt R L
 posterior pelvic tilt R L

lumbar spine

neutral
 flat *decreased convex curve anteriorly*
 excessive extension *increased convex curve anteriorly*

lower thoracic spine

neutral
 flat *decreased convex curve posteriorly*
 excessive flexion *increased convex curve posteriorly*

upper thoracic spine

neutral
 flat *decreased convex curve posteriorly*
 excessive flexion *increased convex curve posteriorly*

cervical spine

neutral
 flat *decreased convex curve anteriorly*
 excessive extension *increased convex curve anteriorly*

head

neutral
 forward
 retracted

FRONT VIEW*

feet

neutral R L
 inverted/supinated R L
 everted/pronated R L

knees

neutral
 knock-kneed *genu valgum*
 bow-legged *genu varum*

pelvis

level
 elevated R L
 rotated clockwise
 rotated counter-clockwise

rib cage

neutral
 elevated R L
 shifted R L
 rotated clockwise
 rotated counter-clockwise

shoulders

level
 elevated R L
 depressed R L

head

rotated clockwise
 rotated counter-clockwise
 neutral
 tilted R L
 shifted R L

BACK VIEW

feet

neutral R L
 inverted/supinated R L
 everted/pronated R L

femurs

neutral R L
 medial rotation R L
 lateral rotation R L

pelvis

level
 elevated R L
 rotated clockwise
 rotated counter-clockwise

scapulae

neutral R L
 protracted R L
 retracted R L
 elevated R L
 depressed R L
 upwardly rotated R L
 downwardly rotated R L
 winging R L
 anteriorly tipped R L

humeri

neutral R L
 medially rotated R L

sequencing through the spine

watch from the side:

are there flat areas? Y N
 where? _____

watch and palpate from the back:

are there any imbalances? Y N
 where? _____

* Confirm from back if necessary.

Bony Landmark Quick Reference

SIDE VIEW *check both sides*

ankle joints

- ▶ examine the angle of the ankle joint created by the front of the shin and of the foot

knees

- ▶ use greater trochanter and anterior to lateral malleolus and relate to plumb line

hip joints

- ▶ palpate ASIS and PSIS to find the midpoint of the iliac crest
- ▶ palpate greater trochanter and compare

pelvis

- ▶ palpate ASIS and PSIS and compare to horizontal plane

lumbar spine

- ▶ feel L1 to L5 to get an idea of the curvature

lower thoracic spine

- ▶ feel T6 to T12 to get an idea of the curvature

upper thoracic spine

- ▶ feel T1 to T6 to get an idea of the curvature

cervical spine

- ▶ feel C1 to C7 to get an idea of the curvature

head

- ▶ use the ear (auditory meatus) and acromion process and relate to plumb line

FRONT VIEW *confirm from back if necessary*

feet

- ▶ distinguish where the weight is distributed on the foot

knees

- ▶ examine alignment of femurs and tibias with feet together

pelvis

- ▶ palpate each ASIS and compare
- ▶ palpate top of iliac crests with hands parallel to floor

rib cage

- ▶ palpate ASIS and ribcage and compare
- ▶ look at sternum to check for rotation

shoulders

- ▶ palpate along the clavicle to the acromion process and compare

head

- ▶ examine alignment of cranium on cervical spine

BACK VIEW

feet

- ▶ distinguish where the weight is distributed on the foot
- ▶ examine common calcaneal tendons

femurs

- ▶ palpate femoral condyles

pelvis

- ▶ palpate each PSIS and compare
- ▶ palpate top of iliac crests with hands parallel to floor

scapulae

- ▶ palpate inferior angle, superior angle, medial border of each scapula
- ▶ compare distance to spinous process

humeri

- ▶ palpate the olecranon process

sequencing through the spine

- ▶ palpate either side of spine and feel for any irregular curvature, rotation or imbalances

legend:

 = Look

 = Palpate Bony Landmarks