

# POSTURAL ASSESSMENT CHECKLIST FORM

Date: \_\_\_\_\_

## ANTERIOR VIEW

- Overall body symmetry: symmetrical alignment of the left and right hemispheres
- Ankle position: observe for pronation and supination
- Foot position: observe for inversion and eversion
- Knees: rotation and height discrepancies
- Hip adduction and shifting: observe for shifting to a side as witnessed by the position of the pubis in relation to the line of gravity
- Alignment of the iliac crests
- Alignment of the torso: position of the umbilicus and sternum in relation to the line of gravity
- Alignment of the shoulders
- Arm spacing: observe the space to the sides of the torso
- Hand position: observe the position relative to the torso
- Head position: alignment of the ears, nose, eyes, and chin

## POSTERIOR VIEW

- Overall body symmetry: symmetrical alignment of the left and right hemispheres
- Alignment of the spine: vertical alignment of the spinous processes (may require forward bending)
- Alignment of the scapulae: inferior angle of scapulae and presence of winged scapulae
- Alignment of the shoulders
- Head: alignment of the ears

## SIDE VIEW

- Overall body symmetry: symmetrical alignment of load-bearing joint landmarks with the line of gravity
- Knees: flexion or extension
- Pelvic alignment for tilting: relationship of ASIS to PSIS
- Spinal curves: observe for thoracic kyphosis, lumbar lordosis, or flat-back position
- Shoulder position: forward rounding (protraction) of the scapulae
- 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