



















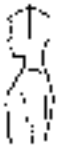



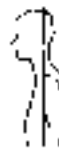
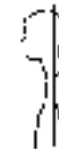

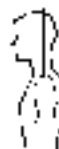
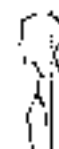
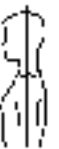
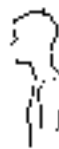
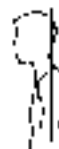

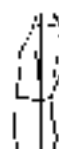






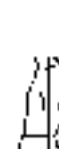


## LAB 5.4 Posture Evaluation



For each row, have a partner record the point total that corresponds to the illustration that most closely matches your posture.

5 points	3 points	1 point	Your Score
 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 level (horizontally)	 One shoulder slightly higher than other	 One shoulder markedly higher than other	_____
 Spine straight	 Spine slightly curved laterally	 Spine markedly curved laterally	_____
 Hips level (horizontally)	 One hip slightly higher	 One hip markedly higher	_____
 Feet pointed straight ahead	 Feet pointed out	 Feet pointed out markedly; ankles sag in (pronation)	_____
 Arches high	 Arches lower, feet slightly flat	 Arches low; feet markedly flat	_____

5 points	3 points	1 point	Your Score
 <p>Neck erect, chin in, head in balance directly above shoulders</p>	 <p>Neck slightly forward, chin slightly out</p>	 <p>Neck markedly forward, chin markedly out</p>	_____
 <p>Chest elevated (breastbone farthest forward part of body)</p>	 <p>Chest slightly depressed</p>	 <p>Chest markedly depressed (flat)</p>	_____
 <p>Shoulders centered</p>	 <p>Shoulders slightly forward</p>	 <p>Shoulders markedly forward (shoulder blades protruding in rear)</p>	_____
 <p>Upper back normally rounded</p>	 <p>Upper back slightly more rounded</p>	 <p>Upper back markedly rounded</p>	_____
 <p>Trunk erect</p>	 <p>Trunk inclined to rear slightly</p>	 <p>Trunk inclined to rear markedly</p>	_____
 <p>Abdomen flat</p>	 <p>Abdomen protruding</p>	 <p>Abdomen protruding and sagging</p>	_____
 <p>Lower back normally curved</p>	 <p>Lower back slightly hollow</p>	 <p>Lower back markedly hollow</p>	_____

**TOTAL SCORE** (from both pages) (Scores should be between 13 and 65.) \_\_\_\_\_

If your posture needs improvement, review the information in the box on good posture and low-back health on p. 147. If you scored “1 point” for any item in the evaluation, you may want to consider seeing a physician; professional advice, physical therapy, orthotic devices, or other therapies may help you improve your posture.

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