

# Postural Analysis Guide

## 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 pelvis aligned in relation to each other?

### SIDE VIEW about both sides

#### ankle joints

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> neutral        | R | L |
| <input type="checkbox"/> plantar flexed | R | L |
| <input type="checkbox"/> dorsiflexed    | R | L |

#### knees

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> neutral       | R | L |
| <input type="checkbox"/> hyperextended | R | L |
| <input type="checkbox"/> flexed        | R | L |

#### hip joints

- |                                   |   |   |
|-----------------------------------|---|---|
| <input type="checkbox"/> neutral  | R | L |
| <input type="checkbox"/> flexed   | R | L |
| <input type="checkbox"/> extended | R | L |

#### pelvis

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> neutral               | R | L |
| <input type="checkbox"/> anterior pelvic tilt  | R | L |
| <input type="checkbox"/> posterior pelvic tilt | R | L |

#### lumbar spine

- |   |
|---|
| <input type="checkbox"/> neutral  |
| <input type="checkbox"/> flat, decreased lumbar curve anteriorly                |
| <input type="checkbox"/> excessive extension, increased lumbar curve anteriorly |

#### lower thoracic spine

- |  |
|--|
| <input type="checkbox"/> neutral   |
| <input type="checkbox"/> flat, decreased lumbar curve posteriorly              |
| <input type="checkbox"/> excessive flexion, increased lumbar curve posteriorly |

#### upper thoracic spine

- |  |
|--|
| <input type="checkbox"/> neutral   |
| <input type="checkbox"/> flat, decreased lumbar curve posteriorly              |
| <input type="checkbox"/> excessive flexion, increased lumbar curve posteriorly |

#### cervical spine

- |   |
|---|
| <input type="checkbox"/> neutral  |
| <input type="checkbox"/> flat, decreased lumbar curve anteriorly                |
| <input type="checkbox"/> excessive extension, increased lumbar curve anteriorly |

#### head

- |                                    |
|------------------------------------|
| <input type="checkbox"/> neutral   |
| <input type="checkbox"/> forward   |
| <input type="checkbox"/> retracted |

### FRONT VIEW\*

#### feet

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> neutral              | R | L |
| <input type="checkbox"/> inverted/pronated    | R | L |
| <input type="checkbox"/> overflanged/pronated | R | L |

#### knees

- |  |
|--|
| <input type="checkbox"/> neutral                 |
| <input type="checkbox"/> knock-kneed genu valgum |
| <input type="checkbox"/> bow-legged genu varum   |

#### pelvis

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> level                     |   |   |
| <input type="checkbox"/> elevated                  | R | L |
| <input type="checkbox"/> rotated clockwise         |   |   |
| <input type="checkbox"/> rotated counter-clockwise |   |   |

#### rib cage

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> neutral                   |   |   |
| <input type="checkbox"/> elevated                  | R | L |
| <input type="checkbox"/> shifted                   | R | L |
| <input type="checkbox"/> rotated clockwise         |   |   |
| <input type="checkbox"/> rotated counter-clockwise |   |   |

#### shoulders

- |                                    |   |   |
|------------------------------------|---|---|
| <input type="checkbox"/> level     |   |   |
| <input type="checkbox"/> elevated  | R | L |
| <input type="checkbox"/> depressed | R | L |

#### head

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> rotated clockwise         |   |   |
| <input type="checkbox"/> rotated counter-clockwise |   |   |
| <input type="checkbox"/> neutral                   |   |   |
| <input type="checkbox"/> tilted                    | R | L |
| <input type="checkbox"/> shifted                   | R | L |

\* Confirm from back if necessary

### BACK VIEW

#### feet

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> neutral              | R | L |
| <input type="checkbox"/> inverted/pronated    | R | L |
| <input type="checkbox"/> overflanged/pronated | R | L |

#### knees

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> neutral          | R | L |
| <input type="checkbox"/> medial rotation  | R | L |
| <input type="checkbox"/> lateral rotation | R | L |

#### pelvis

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> level                     |   |   |
| <input type="checkbox"/> elevated                  | R | L |
| <input type="checkbox"/> rotated clockwise         |   |   |
| <input type="checkbox"/> rotated counter-clockwise |   |   |

#### scapulae

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> neutral                | R | L |
| <input type="checkbox"/> protracted             | R | L |
| <input type="checkbox"/> retracted              | R | L |
| <input type="checkbox"/> elevated               | R | L |
| <input type="checkbox"/> depressed              | R | L |
| <input type="checkbox"/> asymmetrically rotated | R | L |
| <input type="checkbox"/> abnormally rotated     | R | L |
| <input type="checkbox"/> winging                | R | L |
| <input type="checkbox"/> anteriorly tipped      | R | L |

#### shoulders

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> neutral          | R | L |
| <input type="checkbox"/> 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? \_\_\_\_\_

# Merrithew Postural Analysis Guide

**Alex Eatly**



## **Merrithew Postural Analysis Guide:**

**The Complete Guide to Postural Training** Kesh Patel, 2014-08-24 Poor posture results in pain and ill health for a considerable part of the population. Only recently have people and personal trainers realised that improved posture can lead to enormous health and well-being benefits. Not to mention physical benefits, the average person can add half an inch to their height, 1 inch to their shoulder width and reduce their waistline by two thirds of an inch purely by improving posture. The Complete Guide to Postural Training is the first book to take a systematic approach to improving posture from initial postural assessment to a programme of corrective exercise. It is ideal for anyone who wishes to improve their posture, particularly those who wish to see health and fitness benefits or improved sporting performance. It will also prove invaluable to gym instructors and personal trainers who are dealing with increasing numbers of clients looking to improve posture and at present have no source of reference to work from.

**Pilates Assessment** Digital World, 2025-04-04 Pilates assessment is a fundamental process to ensure the safety and effectiveness of the practice. It involves a complete analysis of the student considering their goals, health history, posture and physical capacity. Assessment steps: Anamnesis: A detailed interview to collect information about the student's health history, complaints, goals and lifestyle. Postural assessment: An analysis of the student's posture in different planes: frontal, sagittal and transverse to identify deviations and imbalances. Functional assessment: An analysis of the student's ability to perform basic and specific Pilates movements, observing their strength, flexibility, coordination and motor control. Importance of assessment: Personalization of practice. Assessment allows the instructor to customize Pilates exercises according to the needs and goals of each student. Injury prevention: Assessment helps to identify possible risk factors for injuries and to adapt the exercises to ensure the student's safety. Monitoring progress: Assessment allows monitoring of the student's progress over time and adjusting the practice as necessary. Benefits of the assessment: Improved posture: The assessment helps identify and correct postural deviations, promoting a more aligned and balanced posture. Increased strength and flexibility: The assessment allows areas of weakness and stiffness to be identified, directing exercises to strengthen and stretch muscles appropriately. Pain relief: The assessment helps identify the causes of pain and discomfort, allowing the instructor to adapt exercises to relieve pain and improve function.

**Postural Assessment** Jane Johnson, 2011-12-08 Though postural assessment is a skill required by most therapists and useful for many health and fitness professionals, few resources offer a complete discussion of the topic to support practitioners in the task. Written for students and practitioners of massage therapy, physical therapy, osteopathy, chiropractic, sports medicine, athletic training and fitness instruction, Postural Assessment is a guide to determining muscular or fascial imbalance and whether that imbalance contributes to a patient's or client's pain or dysfunction. Jane Johnson, a practicing physiotherapist and sport massage therapist and instructor, breaks down the complex and holistic process of assessing posture into easy-to-assimilate sections. Johnson begins with a discussion of ideal posture and the factors affecting posture, as well as how to provide the

correct environment for postural assessment necessary equipment and the importance of documenting assessment findings Then she details procedures for executing postural assessments from standing posterior lateral and anterior views as well as with the patient or client in a seated position The text features tips for improving assessment technique and What Your Findings Mean sections provide readers students in particular with guidance for systematic analysis Each chapter ends with five Quick Questions with answers to assist in gauging understanding of the topics covered Information in the text is enhanced with detailed illustrations that offer visual cues to learning postural assessment and identifying anatomical relationships Line drawings illustrate bony landmarks used in the assessments and numerous photos show both obvious and subtle postural variations Reproducible illustrated postural assessment charts in the appendix provide space for recording observations during each step of the assessment Postural Assessment can assist practitioners in learning what posture reveals about the relationships among various body parts and in determining whether such relationships cause or contribute to pain or discomfort As a resource for novices Postural Assessment offers guidance in observing and identifying common postural forms and interpreting those observations Postural Assessment is part of the Hands On Guides for Therapists series which features specific tools for assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers such as osteopaths and fitness instructors The guides include full color instructional photographs Tips sections that aid in adjusting massage techniques Client Talk boxes that present ideas for creatively applying techniques for various types of clients and questions for testing knowledge and skill

**Postural Analysis Manual**  
Peggy Weiss Harris, Texas College of Osteopathic Medicine. Institute for Human Fitness, 1982

*Postural Correction* Jane Johnson, 2015-11-03 Postural Correction presents 30 of the most commonly occurring postural conditions in a comprehensive format providing hands on therapists and body workers the knowledge and resources to help clients address their malalignments Focusing on treatment rather than assessment it takes a direct approach and applies specific techniques to improve posture from an anatomical rather than aesthetic perspective Primarily concerned with the lengthening of shortened tissues to help realign body parts Postural Correction offers a collective approach to remedying malalignment Techniques vary for each posture correction including deep tissue massage simple passive stretches soft tissue release common trigger points and gentle limb traction Because weak or poorly functioning muscles may contribute to postural problems the text notes what muscles need to be strengthened and includes recommendations on techniques Suggestions also are made for those postures that are difficult to correct with hands on techniques such as scoliosis genu valgum knock knees and genu varum bow legs Recognizing that the work clients can carry out independently is a crucial component of long term postural correction this guide includes information on how clients can continue their therapy independently between or at the conclusion of their therapy sessions Therapists can take these techniques and recommendations to advise educate and guide clients in their efforts Much attention is paid to lifestyle activities and habitual use or resting of a body part that may have

led to the initial pain and malalignment Structured by anatomical regions of the body to make accessing information quick and easy Postural Correction tackles postural concerns commonly affecting the spine pelvis upper limbs including the shoulder and elbow and lower limbs including the hip knee ankle and foot Examples from various sports and demographics such as the elderly offer contextual and applied value Descriptions avoid biomechanical jargon and instead focus on simple clear explanations Information is also included for when hands on techniques are limited in correcting a particular posture Special features make this book unique and useful Full color anatomical illustrations and photographs present a clear visual of what will help bring about postural change Consistency with the other titles in the Hands On Guides for Therapists series ensures that the manual therapies throughout this book are easily accessible An overview of each malalignment includes the muscles that are shortened or lengthened notes about each posture a bulleted list of ideas grouped according to whether these are carried out by the therapist or the client and rationale for the suggested corrective techniques Concluding comments summarize the information for access at a glance Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

*Observation-based Posture Assessment* Brian D. Lowe, Patricia Weir, David Andrews, 2014 This report describes an observational approach for assessing postural stress of the trunk and upper limbs that is intended to improve risk analysis for prevention of musculoskeletal disorders The approach is supported by several recent research studies These studies have evaluated how much time it takes observers to classify specific trunk and upper limb postures how frequently observers are likely to make posture classification errors and the magnitude of these errors The frequency and magnitude of posture classification errors depend on how many categories levels are available from which to classify the specific posture Recent studies suggest that optimal posture analysis performance is obtained by partitioning trunk flexion range of motion into 4 categories of 30 increments trunk lateral bend into 3 categories of 15 increments shoulder flexion into 5 categories of 30 shoulder abduction into 5 categories of 30 and elbow flexion into 4 categories of 30 These categories are suggested because they optimize how rapidly and effectively analysts can visually judge posture This report also presents more general guidelines for the video recording of posture and for the posture analysis process Guidelines for video recording address such factors as camera position field of view lighting and duration of recording Guidelines for posture analysis address enhancements such as the benefits of digital video computer software training and use of visual reference and perspective cues Information in this report can assist health safety ergonomics and risk management loss control practitioners who conduct job worksite assessments of lifting pushing pulling carrying and or manual handling risk factors

NIOSH TIC 2 *Observation-based Posture Assessment* Brian D. Lowe, Patricia Weir, David Andrews, National Institute for Occupational Safety and Health, University of Waterloo. Centre of Research Expertise for the Prevention of Musculoskeletal Disorders, 2014 This report describes an observational approach for assessing postural stress of the trunk and upper limbs

that is intended to improve risk analysis for prevention of musculoskeletal disorders The approach is supported by several recent research studies These studies have evaluated how much time it takes observers to classify specific trunk and upper limb postures how frequently observers are likely to make posture classification errors and the magnitude of these errors The frequency and magnitude of posture classification errors depend on how many categories levels are available from which to classify the specific posture Recent studies suggest that optimal posture analysis performance is obtained by partitioning trunk flexion range of motion into 4 categories of 30 increments trunk lateral bend into 3 categories of 15 increments shoulder flexion into 5 categories of 30 shoulder abduction into 5 categories of 30 and elbow flexion into 4 categories of 30 These categories are suggested because they optimize how rapidly and effectively analysts can visually judge posture This report also presents more general guidelines for the video recording of posture and for the posture analysis process Guidelines for video recording address such factors as camera position field of view lighting and duration of recording Guidelines for posture analysis address enhancements such as the benefits of digital video computer software training and use of visual reference and perspective cues Information in this report can assist health safety ergonomics and risk management loss control practitioners who conduct job worksite assessments of lifting pushing pulling carrying and or manual handling risk factors NIOSHTIC 2      **Working Posture Assessment** Daniela Colombini, Enrico

Occhipinti, 2018-09-03 This book covers how to analyze awkward working postures particularly of the spine and lower limbs in specific groups exposed The methods covered suggests how to evaluate the postures correctly taking account of the duration and sequence of the tasks involved even in very complex scenarios where workers are involved with multiple tasks and work cycles varying from day to day Excel spreadsheets located on the authors website [www.epmresearch.org](http://www.epmresearch.org) have been developed to gather condense and automatically process the data The tools serve to implement the strategy for calculating risk associated with exposure to awkward postures i e the TACOS method Included are 5 case studies which include physiotherapists workers from construction archaeological digs vineyards and kindergarten teachers Features Provides a coherent definition of what the study of awkward postures is Clarifies and explains which parameters need to be detected and analyzed for the study of the working postures Defines the phases of a proper organizational study e g tasks postures duration and how often the postures will last in the working cycle Presents a new and original risk calculation model for awkward postures with particular attention to the study of the spine and the lower limbs Offers a free excel spreadsheet located on the authors website which implements the strategy for calculating risk associated with exposure to awkward postures      **Straighten Up** Alex Eatly, 2018-11-08 The Ultimate guide to optimising postural alignment restoring muscular balance and resolving pain This practical easy to understand comprehensive guide will help you develop positive postural habits to achieve a healthy pain free lifestyle It s going to give you actionable steps that you can start to use right away to improve your posture align your spine and pelvis rebalance your muscular system reduce pain and develop positive postural

patterns that will serve you rather than overload your body It s a roadmap with what you need to do to get from where you are to where you should be It will guide you with all the strategies and techniques you can implement immediately to start feeling better moving better and living better What You Learn How to instantly assess your own posture in order to target your weakest areas Quickly identify diagnose and fix inefficient postural patterns Specific Postural Re education strategies to restore function to your joints and tissues to create lasting changes A complete training system that requires no gym membership and little to no equipment that can be done anywhere in as little as 15 minutes a day How to master your postural habits in order to optimise your postural alignment and rebalance your muscular system Over 55 exercises with clear pictures anatomical diagrams and detailed instructions accompanied by instructional videos workouts in the Straighten Up App The 3 Key Principles to improve the quality of your life      **Progressive Postural Analysis** William M. Austin, Foot Levelers, 1997

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