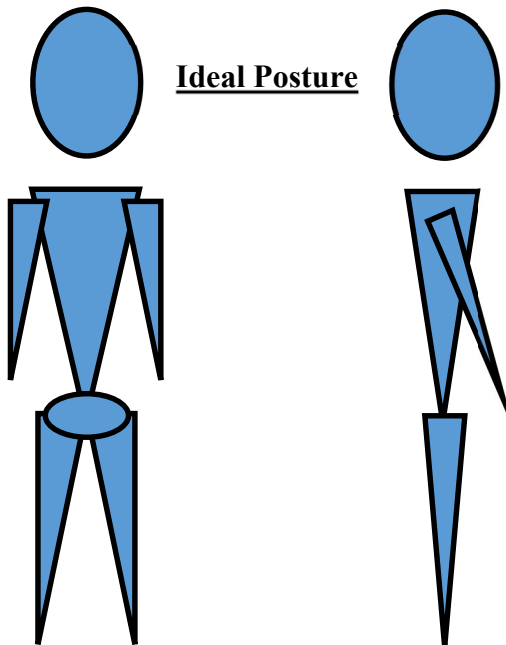


FAMILY POSTURE EVALUATION

How to Check Your Posture

1. Partner – Up (Or use Mirror ☺)
2. Close your eyes
3. Shake yourself loose and march in place (3 seconds)
4. Come to where you feel natural & plant your feet
5. Look up and down, then eyes back to level
6. Open your eyes.
7. Have partner check off any posture problem they see below.
8. Switch, repeat until each person is complete.
9. Use the “POSTURE SELF Check” Video Technique too!



Ideal Posture

Name

Common Posture Problems

Front View

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Head Tilt (R or L) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Shoulders Unlevel |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Belly Button Not Centered |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Hips Unlevel (R or L) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Hip Shift (R or L) |

Side View

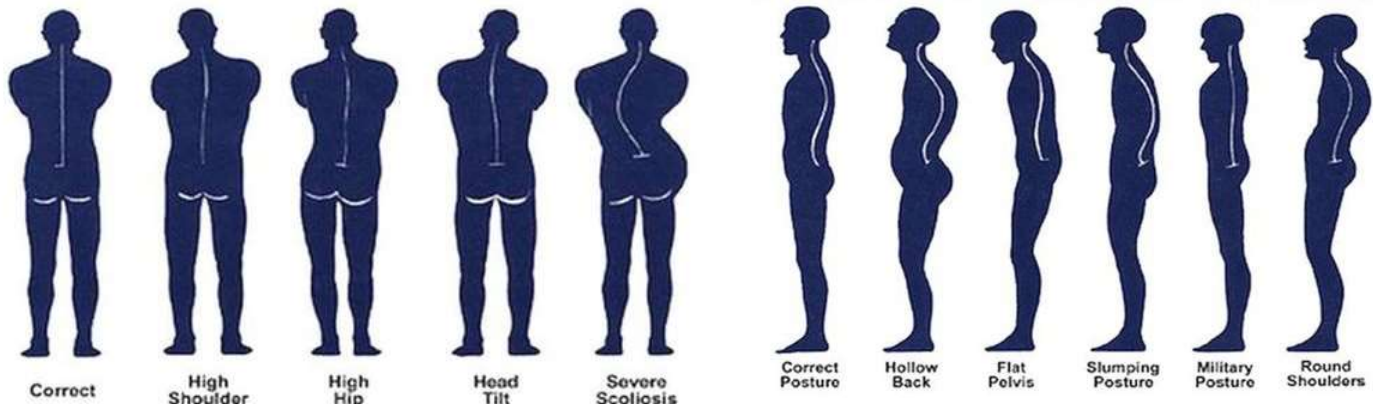
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Head Forward |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Shoulders Rounded |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Hunch Back |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Sway/Hollow Back |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Knees Locked |

Front View

- Head Level
- Head Centered over shoulders
- Shoulders Level
- Belly Button Center
- Hips Level

Side View

- Ear Over Shoulder
- Shoulders Relaxed Down and Back
- No Hunch or Slump
- No Sway/Hollow Back
- Relaxed Knees over ankles.



Correct

High Shoulder

High Hip

Head Tilt

Severe Scoliosis

Correct Posture

Hollow Back

Flat Pelvis

Slumping Posture

Military Posture

Round Shoulders