

POSTURE SCORE SHEET	Name: _____			SCORING DATES			
	GOOD - 10	FAIR - 5	POOR - 0				
<b>HEAD</b> LEFT    RIGHT	 HEAD TILTED STRAIGHT UP LINE PASSES THROUGH CENTER	 HEAD TILTED SLIGHTLY TO ONE SIDE	 HEAD TILTED TO ONE SIDE LINE PASSES THROUGH EAR				
<b>SHOULDERS</b> LEFT    RIGHT	 SHOULDERS LEVEL	 ONE SHOULDER SLIGHTLY HIGHER	 ONE SHOULDER MARKEDLY HIGHER				
<b>SPINE</b> LEFT    RIGHT	 SPINE STRAIGHT	 SPINE SLIGHTLY CURVED	 SPINE MARKEDLY CURVED				
<b>HIPS</b> LEFT    RIGHT	 HIPS LEVEL	 ONE HIP SLIGHTLY HIGHER	 ONE HIP MARKEDLY HIGHER				
<b>ANKLES</b>	 FEET POINTED STRAIGHT AHEAD	 FEET POINTED OUT	 FEET POINTED OUT MARKEDLY				
<b>NECK</b>	 NECK STRAIGHT HEAD IN BALANCE	 NECK SLIGHTLY FORWARD	 NECK MARKEDLY FORWARD				
<b>UPPER BACK</b>	 UPPER BACK NORMALLY ROUNDED	 UPPER BACK SLIGHTLY ROUNDED	 UPPER BACK MARKEDLY ROUNDED				
<b>TRUNK</b>	 TRUNK LEVEL	 TRUNK INCLINED TO REAR	 TRUNK INCLINED TO REAR MARKEDLY				
<b>ABDOMEN</b>	 ABDOMEN FLAT	 ABDOMEN PROTRUDING	 ABDOMEN PROTRUDING MARKEDLY				
<b>LOWER BACK</b>	 LOWER BACK NORMALLY HOLLOW	 LOWER BACK SLIGHTLY HOLLOW	 LOWER BACK MARKEDLY HOLLOW				
			<b>TOTAL SCORES</b>				