



## POSTURAL ASSESSMENT TEACHING THE EYE TO SEE

In this exercise, you will pair with a partner and you will observe his/her body standing in anatomical neutral. This is simply noting and writing down, not correcting or judging.

START AT THE BACK AND WORK YOUR EYES UP		
<i>Body Part</i>	<i>Observe</i>	<i>What you see</i>
Feet	Aligned forward?	
	Turned out? Turned in?	
	Both the same?	
	Flat feet? High arches?	
Achilles	Align or veer to one side?	
Knees (Back of)	Soft / hard flexed / Extended / hyper-extended	
Arms	Hang evenly? How? Palms facing? Elbow angle?	
Hips	Palms on sacrum, fingers down, thumbs straight across the sacrum. Equal?	
Shoulders	Level? One higher?	
Head	Centered? Tilted? Turned?	



NOW MOVE TO THE SIDE (this is all about alignment)		
Ear – Shoulder	Earhole lined over shoulder? Head forward/back? Shoulders forward/back?	
Shoulder-Hip	Shoulder lined up over hip?	
Back	Khyphotic? Chest caved in?	
Hip – knee	Lined up? Tilt of pelvis?	
Knee – ankle	Lined up? Hyperextended? Locked ?	
Ear-ankle	Lined up? If not, where?	



Lastly, the front		
Feet	Different from back view? How?	
Kneecaps	Point forward? Go to midline or to outside?	
Hips	Any rotation?	
Arms	One more anterior? Where are hands?	
Shoulders	Same or different from back view?	
Head?	What do you notice here?	



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