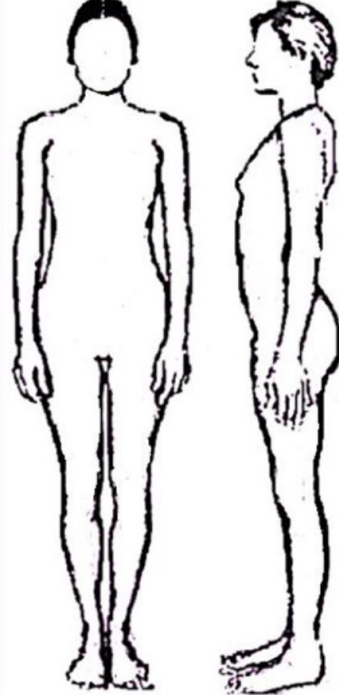


Client Friendly Alignment Checklist

Front Facing View
Feet <ul style="list-style-type: none"> • Feet aligned directly under the hip bones (R1, L1) • Long bones of the feet aligned point forward (R1, L1) Ankles <ul style="list-style-type: none"> • Inner ankle bone higher than outer (R1, L1) Knees <ul style="list-style-type: none"> • Patella bones point directly forward (R1, L1) <ul style="list-style-type: none"> ○ Check rear facing view if not clear. Hips <ul style="list-style-type: none"> • Top of hip bones level (1) • Front point of hip bones even (no rotation) (1) Ribs <ul style="list-style-type: none"> • Breast bone vertical and perpendicular to ground (1) <ul style="list-style-type: none"> ○ (No rotation, shifts or tilts in ribs) Collar Bones <ul style="list-style-type: none"> • Both collar bones are level/parallel to ground (R1, L1) Hands <ul style="list-style-type: none"> • Both thumbs face forward (R1, L1) • Middle fingers touch middle of the outer thigh (R1, L1) Head <ul style="list-style-type: none"> • Eyes level (1)

Notes


Total Possible 18

Side Facing View (Choose Dominant Side)

Feet <ul style="list-style-type: none"> • Weight mostly in heels. Able to easily lift toes. (1) Knees <ul style="list-style-type: none"> • Stacked over the ankles (Not forward or behind the line) (1) Hips <ul style="list-style-type: none"> • Hip joint stacked over ankles (1) • Tailbone angles away from body 30-40 degrees (1) Shoulders <ul style="list-style-type: none"> • Shoulder joint stacked over ankles (1) Head <ul style="list-style-type: none"> • Ear opening over ankle (1) • Base of skull level with eyes (1)

Notes

Total Possible 7

Full Body Total Possible 25

Full Body Score

Assessment Tips

Before you draw a conclusion on your alignment try to completely relax your body and sink into your most typical posture. Imagine yourself doing a typical standing activity at home, at work or in the community. Try closing your eyes while you image the activity. Don't "try" to achieve perfect posture for this assessment.

Be on the Lookout for These Common Body Misalignments

- Feet wider than hip bones
- Feet turned out; one or both
- Knees turned in
- R hip forward rotation
- Tucked tailbone
- Clavicles in V shape
- Internal rotation of one or both shoulders
- Forward head
- Head tilted back

Alignment Goals

- Your posture/body alignment does not have to be perfect at all time.
- You should be as comfortable in perfect alignment as you are in any other posture.
- Apply standing posture alignment to sitting postures.
- Start movements from best alignment.

Why is good alignment important?

- Poor alignment places increased strain on joints and other body systems.
- Fascia will thicken to support use of out of alignment joints.
- Muscles will adapt to poor alignment.