



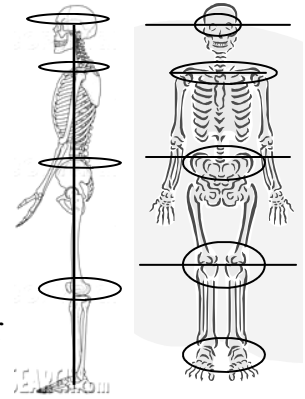
Back To Life Chiropractic

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POSTURE TEST - VISUAL

Posture: Posture simply refers to the alignment of your body. If you had perfect posture the forces of gravity would be distributed equally throughout your body and there wouldn't be too much stress on any one joint, ligament or muscle.

Stand with your feet shoulder width apart, toes pointing straight to the front. Your knees should be aligned with your ankles, keep a slight bend in the knee and avoid "locking" them. Your hips should be in line with your knees and your pelvis should be in a neutral position. If you were to imagine that your pelvis was a bowl of water, neutral would be the place where the water wasn't spilling out to the back or to the front. Keep your abdominal muscles tight and draw your shoulders back so that they are also in line with your hips. Your ears should be over your shoulders and chin parallel to the floor.



Visually check (✓) if your posture is like the Posture Charts:

Side Posture: Head _____ Shoulders _____ Pelvic _____ Knees _____ Ankle _____

Front Posture: Eyes _____ Shoulders _____ Pelvic _____ Knees _____ Feet _____

If you need help seek the help of someone who evaluates posture or make an appointment at our office to be evaluated.

If you checked all the regions above score yourself a 3. If you left one to two regions unchecked score is a 2. If you unchecked more than 2 regions give yourself a 1.

> 2 Regions Unchecked

1to2 Regions Unchecked

All Regions Checked

1 SICKNESS · CRISIS	2 AVERAGE	3. PREVENTION · WELLNESS
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RE-EVALUATE

30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR __ YEAR

DATE _____ NAME _____

VISUAL TEST	SCORE	
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