

STATIC POSTURAL ASSESSMENT

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| 1. major joint regions of the body; feet, knees, LPHC, shoulders, and head/neck | A. pronation distortion syndrome |
| 2. for optimal posture, these will be straight and parallel, not flattened or externally rotated | B. Feet |
| 3. for optimal posture these will be in line with toes, not adducted and internally rotated | C. knees |
| 4. this system is level | D. the feet |
| 5. for optimal posture these are level, not elevated or rounded | E. lower crossed syndrome |
| 6. for optimal posture this is neutral, not tilted or rotated | F. head/neck |
| 7. for optimal posture, lateral view, these are in a neutral position, leg vertical at right angle to sole of foot | G. head/neck |
| 8. for optimal posture, lateral view, these are in a neutral position, not flexed or hyperextended | H. shoulders |
| 9. for optimal posture, lateral view, these are in a neutral position, not anteriorly or posteriorly rotated | I. feet |
| 10. for optimal posture, lateral view, these will have normal kyphotic curve, not excessively rounded | J. lower crossed syndrom |
| 11. for optimal posture, lateral view, this will be in a neutral position, not migrating forward | K. knees |
| 12. for optimal posture, posterior view, the heels are straight and parallel, not pronated on these | L. shoulders |
| 13. for optimal posture, posterior view, these are in a neutral position, not adducted or internally rotated | M. lower crossed syndrome |
| 14. for optimal posture, posterior view, this system is level | N. LPHC |
| 15. for optimal posture, posterior view, these are level, not elevated or rounded | O. LPHC |
| 16. for optimal posture, posterior view, this is neutral, not tilted or rotated | P. pronation distortion syndrome |
| 17. shortened gastrocnemius and lengthened anterior tibialis | Q. pronation distortion syndrome |

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| 18. shortened soleus and lengthened posterior tibialis | R. upper crossed syndrome |
| 19. shortened peroneals and lengthened gluteus maximus | S. LPHC |
| 20. shortened adductors, IT band, Hip flexor complex, bf short head and lengthened gluteus medius | T. kinetic chain checkpoints |
| 21. shortened gastro and lengthened ant. tibialis | U. lower crossed syndrome |
| 22. shortened soleus, lengthened posterior tibialis | V. head/neck |
| 23. shortened adductors and lengthened gluteus maximus | W. lower crossed syndrome |
| 24. shortened laticus doris, lengthened transverse abdominis | X. knees |
| 25. shortened erector spinae and lengthened internal obliques | Y. pronation distortion syndrome |
| 26. short upper trap, length deep cervical flexors | Z. shoulders |