

APPENDIX F

SUBJECT # _____

Postural Assessment

For each possible deviation listed below, please check or "X" the appropriate box: Y(yes), N (no), or UA (unable to assess). In addition, if you check Y(yes), also check MIN (minimal), MOD (moderate), or SEV (severe). Space is provided below for comments. Please complete four checklists for each subject: lateral, anterior, and posterior views, and frontal plane. (Note: **frontal plane** deviations may be noted in the anterior and/or posterior views)

LATERAL VIEW	Y	N	UA	NUN	MOD	SEV
1) Forward head?						
2 Head alined in neutral on neck?						
If Y, skip #3-4						
3 Head tilted posteriorl on neck?						
9 Excessive thoracic k .hosis?						
10) Flattened thotacic spine?						
11) Protruding abdomen?						
12 Lumbar lordosis WNL?						
If Y, ski. # 13-14		—				
16 Anterior .elvic tilt?						
17 Posterior .elvic tilt?						
18 Knee flexed?						
19 Knee h .erextended?						
20 Ankle dorsiflexed?		~				
21 Ankle .antarfiexed?						

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FRONTAL PLANE (ANT/POST)	Y	N	UA	MIN	MOD	SEV
1) Head in neutral alignment on neck? If Y, skip #2-5						
2) Head rotated to R?						
3) Head rotated to L?						
4) Head sidebent to R?						
5) Head sidebent to L?						
6) Level of shoulders equal? If Y, skip #7-8						
7) R.shoulder higher?						
8) L shoulder higher?						
9) Internal shoulder rotation?						
10) External shoulder rotation?						
11) Level of iliac crest equal? If Y, skip #12-13						
12) R iliac crest higher?						
13) L iliac crest higher?						
14) genuvarum?						
15) genuvalgum?						

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POSTERIOR VIEW	Y	N	UA	MIN	MOD	SEV
1) Trapezius muscle bulk equal bilaterally? If Y, skip #2-3						
2) R trapezius greater bulk?						
3) L trapezius greater bulk?						
4) Gastroc muscle bulk equal bilaterally? If Y, skip #5-6						
5) R gastroc greater bulk?						
6) L gastroc greater bulk?						
7) Bilateral Achilles tendons vertically aligned? If Y, skip # 8-11						
8) R foot varus?						
9) R foot valgus?						
10) L foot varus?						
11) L foot valgus?						

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ANTERIOR VIEW	Y	N	UA	MIN	MOD	SEV
1) Level of clavicles equal? If Y, skip #2-3						
2) R clavicle higher?						
3) L clavicle higher?						
4) Out toeing WNL? (8-10 each foot) If Y, skip #5-6						
5) Excessive out toeing?			—			
6) In toeing?						-
7) Feet in neutral alignment? If Y, skip #8-11						
8) R foot supinated?						
9) R foot pronated?						
10) L foot supinated?						
11) L foot pronated?						
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COMMENTS

