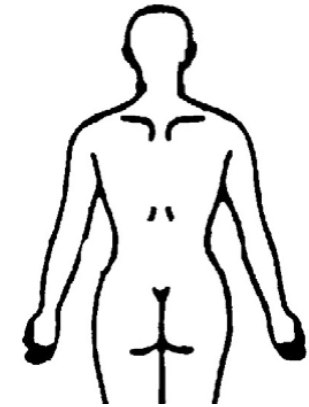
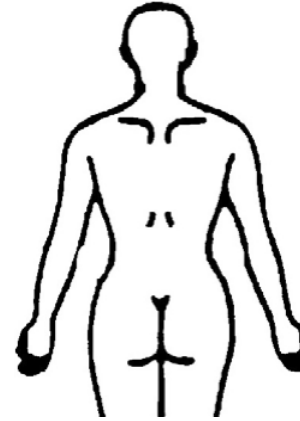
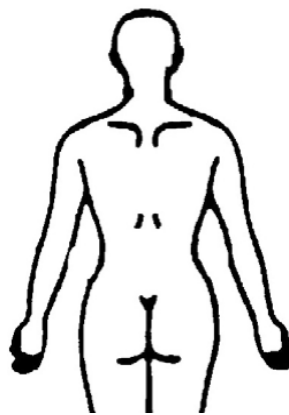
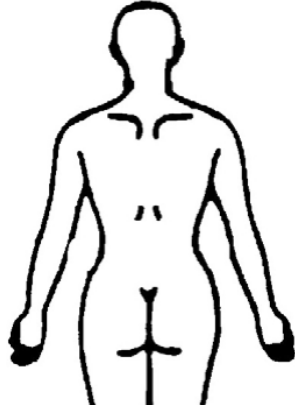
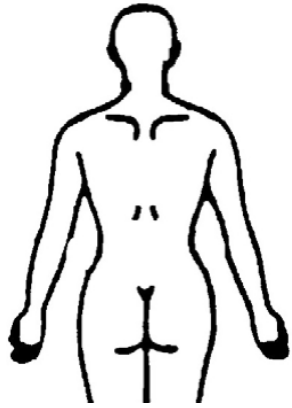


Family Posture Check Sheet



Name _____	Name _____	Name _____	Name _____	Name _____
Shoulders uneven? Y/N	Shoulders uneven? Y/N	Shoulders uneven? Y/N	Shoulders uneven? Y/N	Shoulders uneven? Y/N
Neck tilting? Y/N	Neck tilting? Y/N	Neck tilting? Y/N	Neck tilting? Y/N	Neck tilting? Y/N
Head tilting? Y/N	Head tilting? Y/N	Head tilting? Y/N	Head tilting? Y/N	Head tilting? Y/N
Shoulder blades uneven? Y/N	Shoulder blades uneven? Y/N	Shoulder blades uneven? Y/N	Shoulder blades uneven? Y/N	Shoulder blades uneven? Y/N
Hips uneven? Y/N	Hips uneven? Y/N	Hips uneven? Y/N	Hips uneven? Y/N	Hips uneven? Y/N
Shoes wear unevenly? Y/N	Shoes wear unevenly? Y/N	Shoes wear unevenly? Y/N	Shoes wear unevenly? Y/N	Shoes wear unevenly? Y/N
Rib humping when bent? Y/N	Rib humping when bent? Y/N	Rib humping when bent? Y/N	Rib humping when bent? Y/N	Rib humping when bent? Y/N
Score_____	Score_____	Score_____	Score_____	Score_____

WHAT TO DO:

Have each family member stand with their shirt off and view them from behind. Check each of the first five findings on the posture list. Then have them lean forward, and let the arms and head hang loosely. Do the ribs bulge up on one side more than the other? If so mark yes on the form? Lastly, check the soles of each person's shoes. Uneven wear on the soles of the shoes may mean postural and spinal problems higher up. If you answer yes to any, then a more thorough examination is recommended.