

Static Postural Assessment



Name _____

Date _____

Anterior View

Kinetic Chain Checkpoint	Observations
Foot / Ankle	
Knee	
LPHC	
Shoulder	
Head / Neck	

Posterior View

Kinetic Chain Checkpoint	Observations
Foot / Ankle	
Knee	
LPHC	
Shoulder	
Head / Neck	

Lateral View

Kinetic Chain Checkpoint	Observations
Foot / Ankle	
Knee	
LPHC	
Shoulder	
Head and Neck	

Evidence of Postural Distortion Syndrome?

Lower Crossed _____ Upper Crossed _____ Pronation Distortion _____

Shortened Muscles _____

Lengthened Muscles _____