STOTT PILATES^{*} page 21.1

Postural Analysis Checklist

CHECKLIST

PLUMB LINE			PLUMB LINE					
Are there parts of the		forward or behind the plum ers, pelvis, knees	b line?	ead, tl	horax and	pelvic aligned in relation to each	other	?
SIDE VIEW check both sides			FRONT VIEW*			BACK VIEW		
ankle joints			feet			feet		
neutral	R	L	neutral	R	L	neutral	R	L
plantar flexed	R	L	inverted/supinated	R	L	inverted/supinated	R	L
dorsiflexed	R	L	everted/pronated	R	L	everted/pronated	R	L
knees			knees			femurs		
neutral	R	L	neutral			neutral	R	L
hyperextended	R	L	knock-kneed genu val	lgum		medial rotation	R	L
flexed				bow-legged genu varum			R	L
hip joints			pelvis			pelvis		
neutral	R	L	level			level		
flexed	R	L	elevated	R	L	elevated	R	L
extended	R	L	rotated clockwise			rotated clockwise		
pelvis			rotated counter-clockwise			rotated counter-clockwise		
neutral	R	L	rib cage			scapulae		
anterior pelvic tilt	R	L	neutral			neutral	R	L
posterior pelvic tilt	R	L	elevated	R	L	protracted	R	L
posterior pervie tilt	11	_	shifted	R	L	retracted	R	L
lumbar spine			rotated clockwise	11	L	elevated	R	L
neutral			rotated counter-clockwise			depressed	R	L
flat decreased convex curve anteriorly			rotated counter-clockwise					
excessive extension increased convex curve anteriorly			shoulders			upwardly rotated	R	L
			level			downwardly rotated	R	L
lower thoracic spine			elevated	R	L	☐ winging ☐	R	L
☐ neutral			depressed	R	L	anteriorly tipped	R	L
I flat decreased convex			·			humeri		
excessive flexion increased convex curve posteriorly			head			neutral	R	L
upper thoracic spine			rotated clockwise			medially rotated	R	L
neutral			rotated counter-clockwise					
flat decreased convex curve posteriorly			☐ neutral			sequencing through the spine		
excessive flexion <i>incre</i>			L tilted	R	L	watch from the side:		
Excessive flexion mere	asca c	onvex curve posteriorly	shifted	R	L	are there flat areas?	Υ	Ν
cervical spine						where?		
neutral						watch and nalnato from the	o hack	,.
flat decreased convex curve anteriorly						watch and palpate from the back: are there any		
excessive extension increased convex curve anteriorly							V/	N.I.
head						imbalances? where?		
neutral								
forward								
retracted			* Confirm from back if ned	-occan	,			
			COMMUNITION DACK IT HE	rcssal)	<i>(</i> ·			

STOTT PILATES page 21.2

Bony Landmark Quick Reference

SIDE VIEW check both sides





• examine the angle of the ankle joint created by the front of the shin and the lateral border of the foot

knees





palpate greater trochanter and lateral malleolus and relate to plumb line

hip joints





palpate ASIS and PSIS to find the midpoint of the iliac crest

palpate greater trochanter and compare

pelvis





palpate ASIS and PSIS and compare to horizontal plane

lumbar spine



palpate L1 to L5 to get an idea of the curvature

lower thoracic spine





palpate T6 to T12 to get an idea of the curvature

upper thoracic spine





palpate T1 to T6 to get an idea of the curvature

cervical spine





▶ palpate C1 to C7 to get an idea of the curvature



• examine the ear (auditory meatus) and acromion process and relate to plumb line

= Look



= Palpate bony landmarks

FRONT VIEW confirm from back if necessary

feet



• distinguish where the weight is distributed on the foot

knees



examine alignment of femur and tibia with feet together





palpate each ASIS and compare to horizontal and sagittal plane

palpate top of iliac crests with hands parallel to floor and compare to horizontal plane

rib cage





palpate ASIS and ribcage and compare

▶ look at sternum to check for rotation

shoulders





palpate along the clavicle to the acromion process and compare



• examine alignment of cranium on cervical spine

BACK VIEW

feet





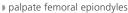
distinguish where the weight is distributed on the foot

examine common calcaneal tendons

femurs







pelvis





palpate each PSIS and compare to horizontal and sagittal plane

palpate top of iliac crests with hands parallel to floor compare to horizontal plane

scapulae





palpate inferior angle, superior angle, medial border of each scapula

compare distance to spinous process

humeri





palpate the olecranon process

sequencing through the spine





palpate either side of spine and feel for any irregular curvature, rotation or imbalances