

# POSTURAL ANALYSIS GUIDE – Visual Aid

## POSTURAL TYPES

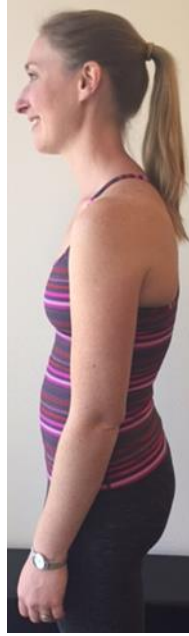
NEUTRAL



FLAT BACK



KYPHOSIS-LORDOSIS



SWAY BACK



**SIDE VIEW** *check both sides*

### Ankle Joints

NEUTRAL



PLANTAR FLEXED



DORSI FLEXED

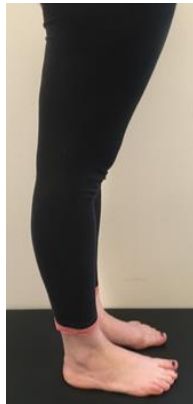


### Knees

NEUTRAL



HYPEREXTENDED



FLEXED



***(SIDE VIEW CONTINUED)***

**Hip Joints**

*NEUTRAL*



*FLEXED*



*EXTENDED*

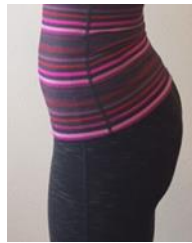


**Pelvis**

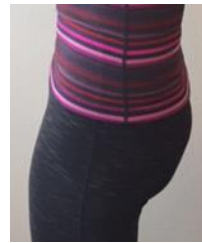
*NEUTRAL*



*ANTERIOR TILT*



*POSTERIOR TILT*



**Lumbar Spine**

*NEUTRAL*



*EXTENSION (increased curve)*



**Lower Thoracic Spine**

*NEUTRAL*



*FLEXION (increased curve)*



*FLAT (decreased curve)*



## Upper Thoracic Spine

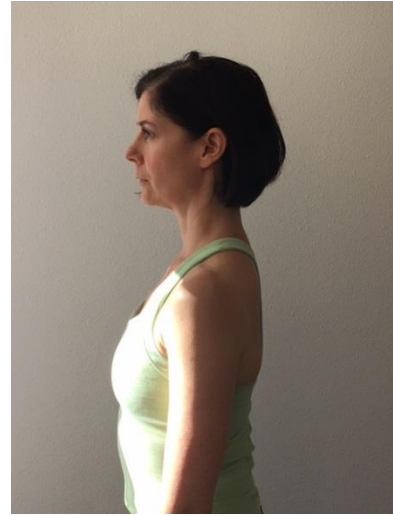
*NEUTRAL*



*FLEXION (increased curve)*



*FLAT (decreased curve)*



## Cervical Spine

*NEUTRAL*



*EXTENSION (increased curve)*



*FLAT (decreased curve)*



## Head

*NEUTRAL*



*FORWARD*



*RETRACTED*



## FRONT VIEW

### Feet

*NEUTRAL*



*INVERTED/SUPINATED*



*EVERTED/PRONATED*



### Knees

*NEUTRAL*



*KNOCK-KNEED*



*BOW-LEGGED*



### Pelvis

*LEVEL*



*ELEVATED*



*ROTATED CLOCKWISE*



*ROTATED COUNTER CLOCKWISE*



**(FRONT VIEW CONTINUED)**

**Rib Cage**

*NEUTRAL*



*ELEVATED*



*SHIFTED*



*ROTATED CLOCKWISE*



*ROTATED COUNTER CLOCKWISE*



**Shoulders**

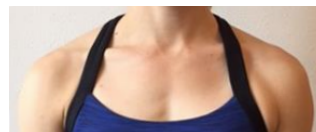
*NEUTRAL*



*ELEVATED*



*DEPRESSED*



**Head**

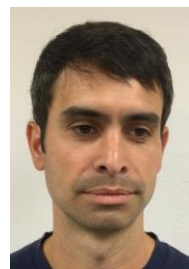
*NEUTRAL*



*ROTATED CLOCKWISE*



*ROTATED COUNTER CLOCKWISE*



*TILTED*



*SHIFTED*



## BACK VIEW

### Feet

*NEUTRAL*



*INVERTED/SUPINATED*



*EVERTED/PRONATED*



### Knees

*NEUTRAL*



*MEDIALY ROTATED*



*LATERALLY ROTATED*



### Pelvis

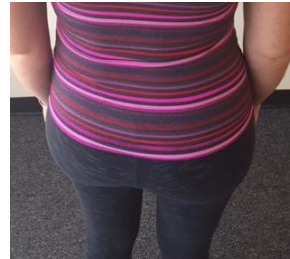
*LEVEL*



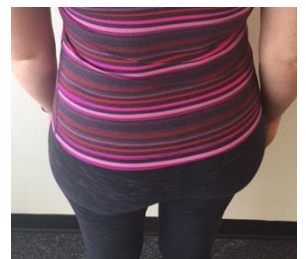
*ELEVATED*



*ROTATED CLOCKWISE*



*ROTATED COUNTER  
CLOCKWISE*



## Scapulae

*NEUTRAL*



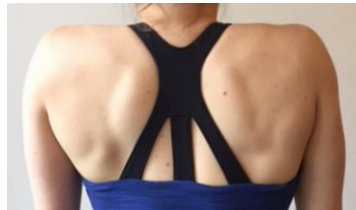
*PROTRACTED*



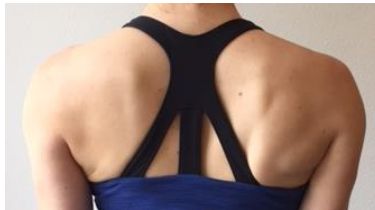
*RETRACTED*



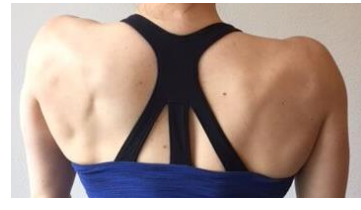
*ELEVATED*



*DEPRESSED*



*UPWARDLY ROTATED*



*ANTERIOR TIPPING*



*WINGING*



*DOWNWARDLY ROTATED*

