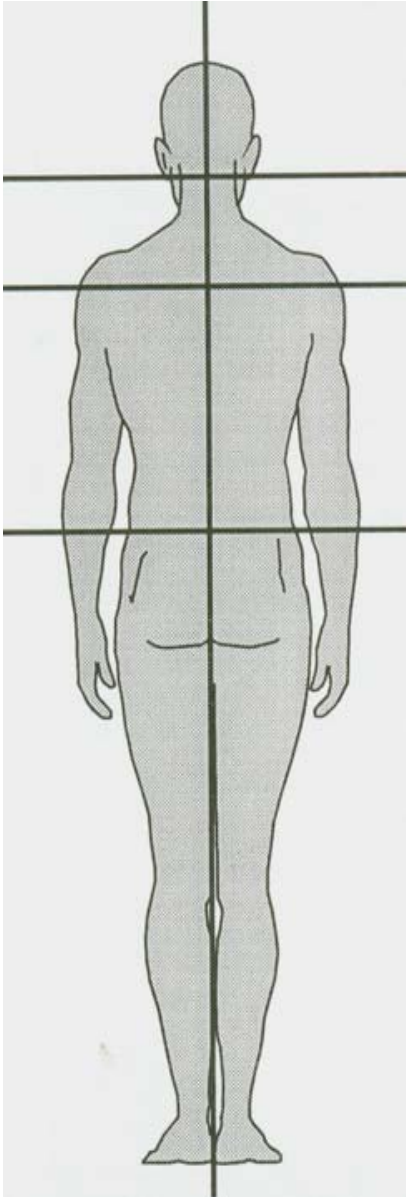


My Posture Assessment

Please mark one selection per question.



Head Position

- Left Middle
 Right

How much?

- None A little
 Some A lot

Shoulder Position

- Even
 Left High
 Right High

How much?

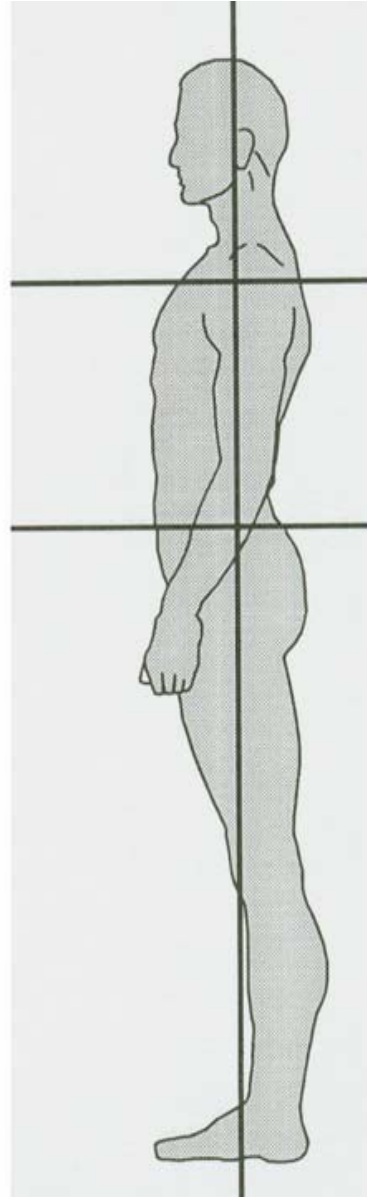
- None A little
 Some A lot

Lumbar Lordosis

- Hyper Lordosis
 Normal Lordosis
 Hypo Lordosis

How much?

- None A little
 Some A lot



Ears/Shoulders

Ears are _____ the shoulders.

- In front of
 Aligned with
 Behind

How much?

- None A little
 Some A lot

Hips/Shoulders

Shoulders are _____ the hips.

- In front of
 Aligned with
 Behind

How much?

- None A little
 Some A lot