

Postural Analysis Form

iUSP166 – Programming a Pilates teaching session

Client name:	
Teacher name:	
Date:	

	Side view	Front view	Back view
Head	<input type="checkbox"/> Neutral	<input type="checkbox"/> Straight	<input type="checkbox"/> Straight
	<input type="checkbox"/> Forward	<input type="checkbox"/> Tilted R L	<input type="checkbox"/> Tilted R L
	<input type="checkbox"/> Back	<input type="checkbox"/> Rotated R L	<input type="checkbox"/> Rotated R L
Cervical spine	<input type="checkbox"/> Normal extension		<input type="checkbox"/> Straight
	<input type="checkbox"/> Increased extension		<input type="checkbox"/> Lateral rotation R L
	<input type="checkbox"/> Flat		<input type="checkbox"/> Flat
Shoulders		<input type="checkbox"/> Normal extension	<input type="checkbox"/> Level R L
		<input type="checkbox"/> Increased extension	<input type="checkbox"/> Elevated R L
		<input type="checkbox"/> Flat	<input type="checkbox"/> Depressed R L
Scapulae			<input type="checkbox"/> Normal
			<input type="checkbox"/> Protracted
			<input type="checkbox"/> Retracted
			<input type="checkbox"/> Elevated
			<input type="checkbox"/> Other
Thoracic spine	<input type="checkbox"/> Normal flexion		<input type="checkbox"/> Lumbar/thoracic spine
	<input type="checkbox"/> Increased flexion (kyphosis)		<input type="checkbox"/> Straight
	<input type="checkbox"/> Flat		<input type="checkbox"/> Convex toward right
			<input type="checkbox"/> Convex toward left
Lumbar spine	<input type="checkbox"/> Normal extension		<input type="checkbox"/> Lumbar/thoracic spine
	<input type="checkbox"/> Excessive extension (lordosis)		<input type="checkbox"/> Straight
	<input type="checkbox"/> Flat		<input type="checkbox"/> Convex toward right

			<input type="checkbox"/> Convex toward left
Ribcage		<input type="checkbox"/> Normal	
		<input type="checkbox"/> Rotated R L	
Pelvis	<input type="checkbox"/> Neutral pelvis ASIS & PSIS level ASIS & symphysis pubis in same plane Normally lumbar spine will have normal extension	<input type="checkbox"/> Level hips	<input type="checkbox"/> Level PSIS
	<input type="checkbox"/> Anterior pelvic tilt ASIS lower than PSIS ASIS forward of symphysis pubis in same plane Normally lumbar spine will have increased extension (lordosis posture)	<input type="checkbox"/> R higher	<input type="checkbox"/> Lateral tilt
	<input type="checkbox"/> Posterior pelvic tilt ASIS higher than PSIS ASIS behind symphysis pubis Normally lumbar spine will have decreased extension (flat back posture)	<input type="checkbox"/> L higher	<input type="checkbox"/> R higher
		<input type="checkbox"/> Rotated clockwise	<input type="checkbox"/> L higher
		<input type="checkbox"/> Rotated anticlockwise	
Hip joints	<input type="checkbox"/> Neutral		<input type="checkbox"/> Normal
			<input type="checkbox"/> Adducted R L
	<input type="checkbox"/> Flexed		<input type="checkbox"/> Abducted
			<input type="checkbox"/> Medially rotated R L
	<input type="checkbox"/> Extended		<input type="checkbox"/> Laterally rotated R L
Femur		<input type="checkbox"/> Straight	
		<input type="checkbox"/> Lateral rotation R L	
		<input type="checkbox"/> Medial rotation R L	
Knees	<input type="checkbox"/> Neutral	<input type="checkbox"/> Normal	<input type="checkbox"/> Normal
	<input type="checkbox"/> Hyper-extended	<input type="checkbox"/> Knock knees	<input type="checkbox"/> Knock knees
	<input type="checkbox"/> Flexed	<input type="checkbox"/> Bow legged	<input type="checkbox"/> Bow legged

Ankle joints	<input type="checkbox"/> Neutral		
	<input type="checkbox"/> Plantar flexed		
	<input type="checkbox"/> Dorsiflexed		
Feet		<input type="checkbox"/> Normal	<input type="checkbox"/> Parallel
		<input type="checkbox"/> Inversion	<input type="checkbox"/> Inversion R L
		<input type="checkbox"/> Eversion	<input type="checkbox"/> Eversion R L

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator