



Postural Screening For Jane Doe

Keep your body aligned and posture on track with a well-made maintenance plan.

Date: June 01, 2030

Static Posture



Front



Side



Back



Quadruped Thoracic Rotation for Spine ...



Quadruped
Thoracic





Goals

- ☐ What do we want to achieve in this meeting?
- ☐ List them here.
- ☐ Tick them off once they're done.

Area	Findings	Possible overactive muscles	Possible underactive muscles
Centre of Gravity			
Head and neck	Forward head position lateral flexed position Rotated position	SCM, Sub-occipitals	Deep neck flexors
Upper back	hyperKyphosis		
Shoulders	Protraction:	pectoralis minor, coracobrachialis and latissimus dorsi muscles	Rhomboids, Mid and lower trapezius muscles
Lower back	Lordosis	Lordosis	
Hips	Anterior pelvic tilt		

	Posterior pelvic tilt		
Knees			
Ankles and Feet	Pronation		

Neutral, Weight should be evenly distributed between feet, heels and toes.

Neutral, less than 20mm forward. More than this causes the head to weigh twice as much.

Normal anterior pelvic tilt:

- men 0-5deg,
- women 7-10deg

Underactive muscles Muscles


Lengthened muscles allow the joints to bend towards its opposing muscle. This is usually caused by weakness. Strengthening these muscles can help them stabilise the associated joint.

Overactive Muscles


Shortened muscles are contracted AKA tight and force the joints to bend towards them. This can be a result of muscle tightness or overactivity. Stretching or releasing these muscles can decrease the force put on the joint.

Improving Your Posture


Address any imbalances in your findings above. *Hint: start with the areas listed in your goals.*



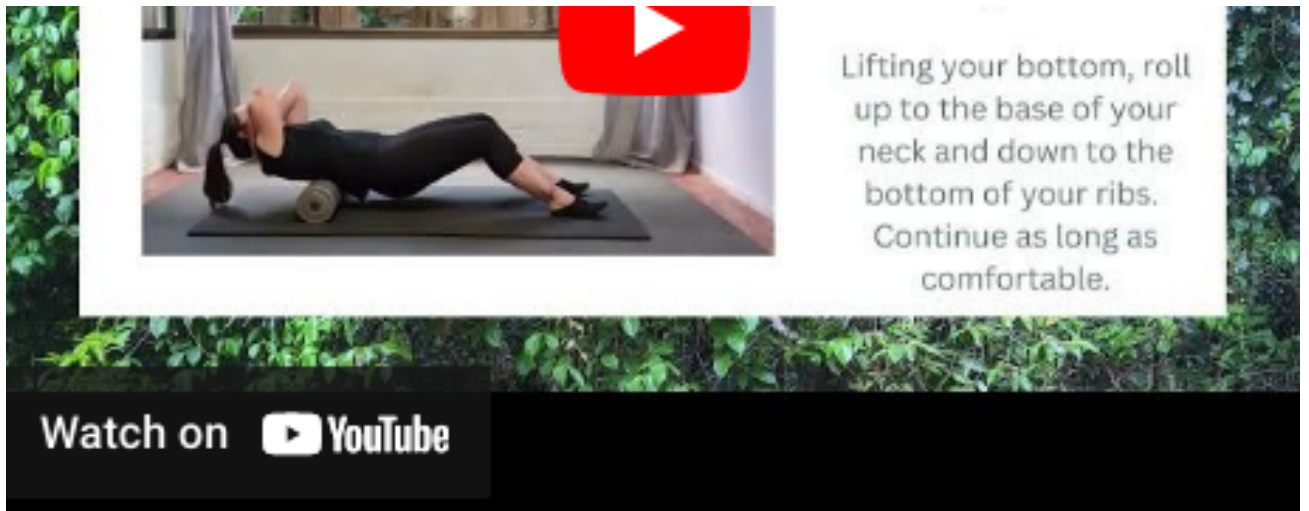
Thoracic rolling



Thoracic rolling



Place the roller along the line of your ribs. Hands behind your neck for support.



[Thoracic rolling](#)

Please note: This is report is a postural screening only and does not take into consideration your health history, past injuries or joint related disorders.