

8.

9.

10.

11.

12.

Posture

Ears Level: Yes ☐ No ☐

Shoulders Level: Yes ☐ No ☐

Pelvis Level: Yes ☐ No ☐

Lean forward

Why are you here?:

If that were to improve how would your life be different?:

What do we need to know from you?:

Physical Stressors:

Chemical Stressors:



Posture / Xray



2.

3.

4.

5.

6.

Lean 1 R shoulder



Posture / Xray Wave

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Blockages

Pause
R

Passion

Centre

stiff

Power

Examination:

Base gateway

Heal to toe: Less than 6 steps ☐ More than 6 steps ☒

Foundation

Forward Bend Test: Equal ☒ R Higher ☐ L Higher ☐

Pelvis Height: Equal ☒ R Higher ☐ L Higher ☐

Power

Lumbar Curve: Balanced ☒ More ☐ Less ☐

Lat Bending: Equal ☐ R More ☐ L More ☒

Centre

Thoracic Curve: Balanced ☒ More ☐ Less ☐

Chest Breath: Normal ☒ Decreased ☐

Passion

Hump at Cervical/Thoracic Junction: Yes ☐ No ☐

Neck Lat Bending: Equal ☒ R More ☐ L More ☐

Pause

Forward Position of head: Yes ☒ No ☐

Neck Rotation: Equal ☒ R More ☐ L More ☐

Access Points



light