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INITIAL AND REASSESSMENT FORM

Name:

Annie

Date:

21.8.2.24

Gateway Assessments

Pause - Neck Rotate Equal L more R more and %

Passion - Neck Lat Bend Equal L more R more and %

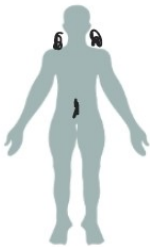
Centre - Breath Normal/Decreased %

Power - Lat Bend - Balanced L Higher R Higher

Foundation forward bend = L higher R higher

Base - Heal to toe steps? Number: 6

Spinal Palpation



Postural Assessments

Pause - Forward Position of Head Yes No

Passion Ears level? Yes L higher R higher

Passion Shoulders level? Yes L higher R higher

Passion - Hump Cerv/thor Yes No

Centre - Thoracic Curve Balanced More. Less

Power - Lumbar Curve - Balanced More. Less

Foundation - Pelvis Height Balanced More. Less

Base - Tailbone tucked under Yes No

Leg Length and Tension

Short leg? Yes No L R

Head turn does it equal? Yes (Pause STOP)
No - Next

Bend knees - leg length equal? Yes - blockage foundation

Notes

Bb drops

Pause

Access Points

