

INITIAL AND REASSESSMENT FORM

Name: Habee Sawadika 8-1-24

Gateway Assessments

Pause - Neck Rotate much tight
Equal L more R more and % 60%

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

Centre - Breath
Normal/Decreased %

Power - Lat Bend -
Balanced L Higher R Higher

Foundation - pelvis height = L higher R higher no =

Foundation forward bend = L higher R higher

Base - Heal to toe steps? Number: 6 - wobbled ok?

Spinal Palpation



Notes <> shoulders - spine leans to the R. & there is 1 hollow 2 bulge (spine)

Neck R side + heavy
Felt wobble in lower abdomen when 3 placed fingers on tailbone
L, pause is better to b R to b
R pausing further
Foundation - level Base - (step)
Breath ok.

Postural Assessments

Passion Ears level? Yes L higher. R higher

Passion Shoulders level? Yes L higher R higher tight

Pause - Forward Position of Head Yes No

Passion - Hump Cerv/thor Yes No

Centre - Thoracic Curve Balanced More. Less more muscle

Power - Lumbar Curve - Balanced More. Less

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

Access Points

