

Gateway Assessments:

Pause - Neck Rotate	<u>Equal</u> - L more - R more and	%
Passion - Neck Lat Bend	<u>Equal</u> - L more - R more and	%
Centre - Breath	<u>Normal/Decreased</u>	cm
Power - Lat Bend	Balanced - <u>L more</u> - R more	%
Foundation Forward Bend	Equal - L higher - <u>R higher</u>	
Base - Heel / Toe Step	Number: <u>6</u>	

Blockages

Spinal Palpation Notes:

25-7-24
Katie Mambarek

Notes:

Why are you here?

Anything else I need to know?



Pause - Forward Head

Yes No

Passion - Ears level

Yes - L higher - R higher

Passion - Hump C7/T1

Yes No

Centre - Shoulders level

Yes - L higher - R higher

Centre - Thoracic Curve

Balanced - More - Less

Power - Lumbar Curve

Balanced - More - Less

Foundation - Pelvis Height

Equal L higher R higher

Base - Pelvis Tucked

Yes No

Leg Length and Tension

Short leg?

Yes - L R No

Head turn equal?

Yes (Pause Block) No

Leg bend does it equal?

Yes (Foundation Block) No

Feet Stick Together?

Yes (Base Block) No

Legs Stay Apart?

Yes (Passion Block) No

Share

Edit

Lens

