

Name: Tennifer Gale

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Gateway Assessments

Pause - Neck Rotate    ± Equal L more R more and %

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

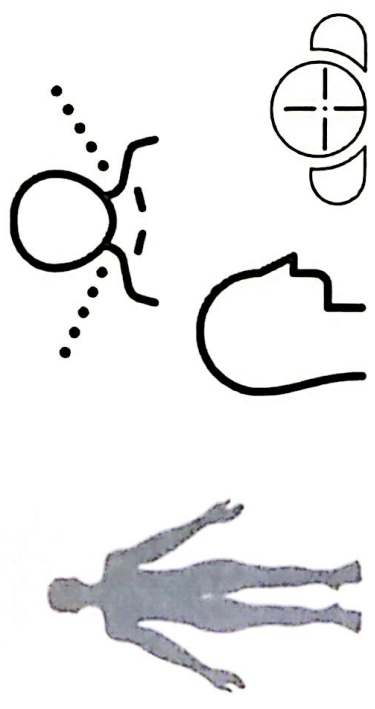
Centre - Breath    Normal/Decreased o K% <sup>higher</sup>

Power - Lat Bend -    Balanced L Higher R Higher

Foundation forward bend    =    L higher R higher

Base - Heal to toe steps?    Number: 4, not stable

Spinal Palpation



Notes Scoliosis shoulders uneven, R neck hurts to headaches

Elbow-tennis elbow, L knee hurts ↑

L. lower leg

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    little

Centre - Thoracic Curve    Balanced    More.    Less    a bit

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 D R

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

Bend knees - leg length equal?    Yes - blockage foundation yes

Access Points

