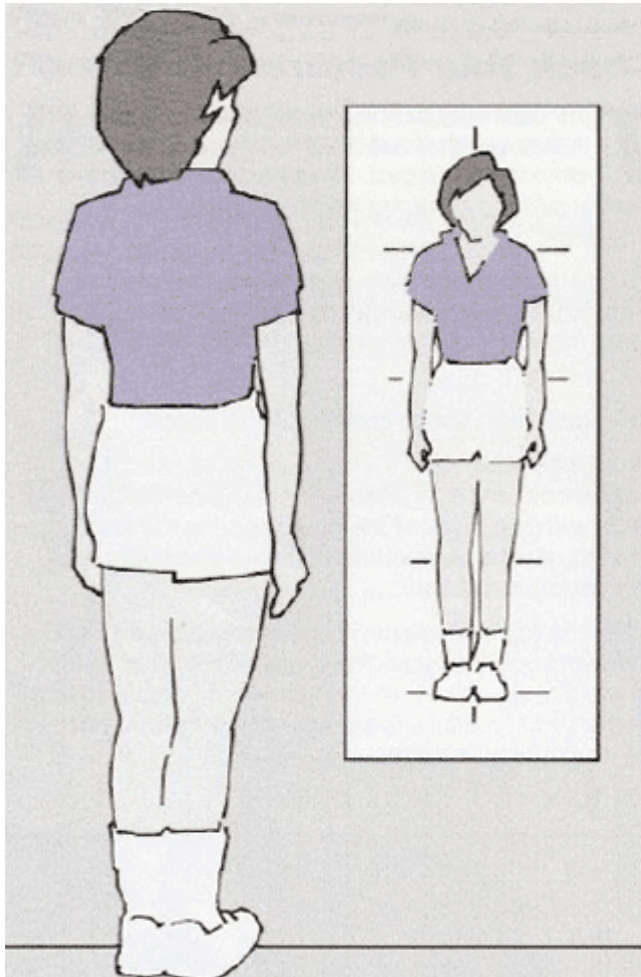


Posture



To check your posture from a side view:

The best way to check your posture from a side view is to have a friend photograph you in this position and to evaluate the photograph by answering the following questions:

Good Posture

1. Is your head held erect?
2. Is your chin parallel to the floor?
3. Are your shoulders in line with your ears?
4. Is your chest held moderately elevated and the upper back erect?
5. Is your abdominal wall (tummy) flat?
6. Does your lower back appear to have a slight forward curve?
7. Are your knees straight?

Poor Posture

- Does your head slump forward?
- Does your chin tilt up?
- Are your shoulders dropped forward or pulled back?
- Is your chest sunken-in and your upper back rounded?
- Does your abdomen sag?
- Is your lower back too flat or does it curve forward into a hollow back?
- Do your knees bend forward or are they thrown backward into a locked position?

To check your posture from a front view:

Stand directly in front of a full-length mirror and answer the following questions:

Good Posture

1. Is your head held straight?
2. Are your shoulders level?
3. Are the spaces between your arms and sides equal?
4. Are your hips level?
5. Do your kneecaps face straight ahead?
6. Are your ankles straight?

Poor Posture

- Is your head tilted to one side or the other?
- Is one shoulder lower than the other?
- Are the spaces unequal?
- Is one hip higher than the other?
- Do either of your knees turn in or out?
- Do your ankles roll in so that your weight is on the inside of your feet?

