



# POSTURE

FEET	<i>POSTURE</i>	x / ✓
	Lower arched on left	
	Lower arched on right	
	Turned out more on right	
	Turned out more on left	

PELVIS	<i>POSTURE</i>	x / ✓
	Anterior Tilt (forwards)	
	Posterior Tilt (backwards)	
	Hike on left	
	Hike on Right	
	Shifted to Left	
	Shifted to Right	
	Rotation to Left	
	Rotation to Right	

RIBCAGE	<i>POSTURE</i>	x / ✓
	Anterior Tilt (forwards)	
	Posterior Tilt (backwards)	
	Sideband Left	
	Sideband Right	
	Rotated to Left	
Rotated to Right		

SKULL	<i>POSTURE</i>	x / ✓
	Anterior Tilt (forwards)	
	Posterior Tilt (backwards)	
	Sideband Left	
	Sideband Right	
	Rotated to Left	
	Rotated to Right	

SHOULDER	<i>POSTURE</i>	x / ✓
	High on Left	
	High on Right	

