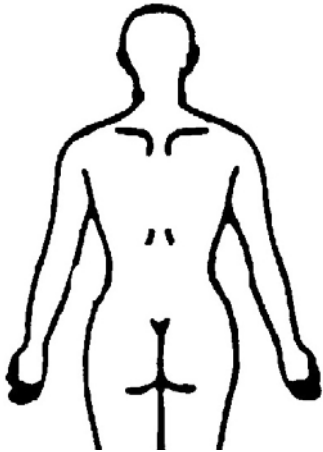


# Thornlie Huntingdale Chiropractic Family Posture Check Sheet

Name \_\_\_\_\_



Shoulders uneven? Y/N

Neck tilting? Y/N

Head tilting? Y/N

Shoulder blades uneven? Y/N

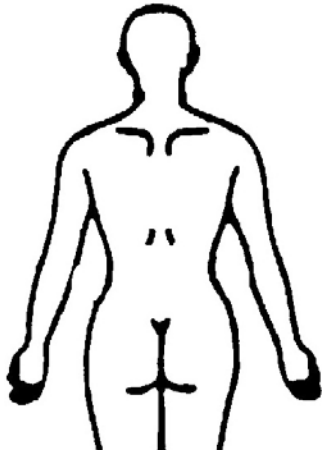
Hips uneven? Y/N

Shoes wear unevenly? Y/N

Rib humping when bent? Y/N

Score \_\_\_\_\_

Name \_\_\_\_\_



Shoulders uneven? Y/N

Neck tilting? Y/N

Head tilting? Y/N

Shoulder blades uneven? Y/N

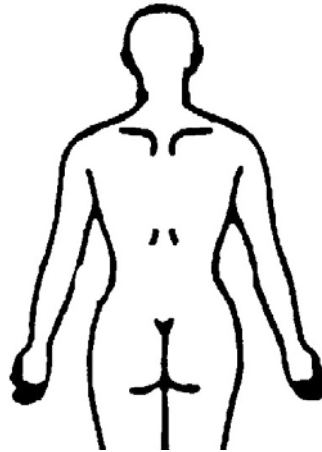
Hips uneven? Y/N

Shoes wear unevenly? Y/N

Rib humping when bent? Y/N

Score \_\_\_\_\_

Name \_\_\_\_\_



Shoulders uneven? Y/N

Neck tilting? Y/N

Head tilting? Y/N

Shoulder blades uneven? Y/N

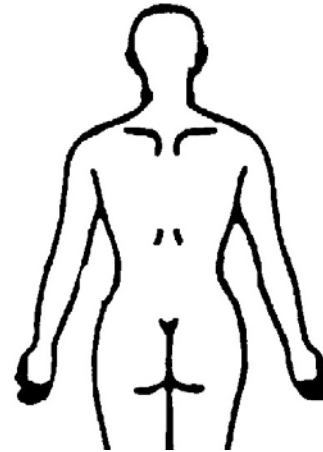
Hips uneven? Y/N

Shoes wear unevenly? Y/N

Rib humping when bent? Y/N

Score \_\_\_\_\_

Name \_\_\_\_\_



Shoulders uneven? Y/N

Neck tilting? Y/N

Head tilting? Y/N

Shoulder blades uneven? Y/N

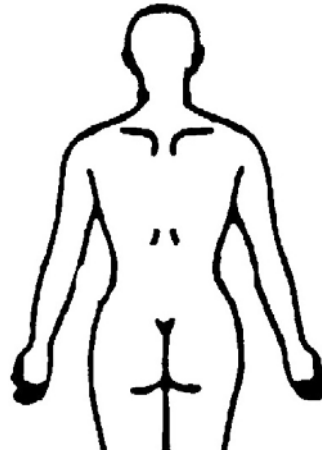
Hips uneven? Y/N

Shoes wear unevenly? Y/N

Rib humping when bent? Y/N

Score \_\_\_\_\_

Name \_\_\_\_\_



Shoulders uneven? Y/N

Neck tilting? Y/N

Head tilting? Y/N

Shoulder blades uneven? Y/N

Hips uneven? Y/N

Shoes wear unevenly? Y/N

Rib humping when bent? Y/N

Score \_\_\_\_\_

## WHAT TO DO:

Have each family member stand with their shirt off and view them from behind. Check each of the first five findings on the posture list. Then have them lean forward, and let the arms and head hang loosely. Do the ribs bulge up on one side more than the other? If so mark yes on the form. Lastly, check to soles of each persons shoes. Uneven wear on the soles of the shoes may mean postural and spinal problems higher up.

If you answer yes more than three times, then a more thorough examination is recommended.

Bring this form to Thornlie Huntingdale Chiropractic to arrange your complimentary spinal assessment. Phone 9452 3432, or visit [www.thornliechiropractic.com](http://www.thornliechiropractic.com)