

POSTURE ASSESMENT



SCORE:	1	2	3	4	5
Lumbar Spine/Core strength	Excellent lumbar/ core strength	Slight Curve of lumbar spine	Some curve of lumbar spine	Obvious curve of lumbar spine	Pronounced curve of Lumbar spine
Pelvic Rotation	45 degrees forward	22.5 degrees forward	Vertical 90 degrees	22.5 degrees back	45 degrees back
Comment	Excellent: good length and strong Position with little risk of long term injury	OK	Danger of lumbar intervetebral disc injury	VERY DANGEROUS: Likely to have lower back injury. Not a strong position	EXTREMELY DANGEROUS: Very Likely to have lower back injury. Very Weak position

Illustrations of upper back are generalizations after a given hip posture and are not meant to capture all body posions and angles that may exist.
THE TAKE-AWAY is the **bolded hip angle** relitive to the spine position.