

PHYSIOKINETIX POSTURE EVALUATION FORM



Name:	Age:	Sex:	Height:	Weight:	Date:
Body Type: Ectomorph / Mesomorph / Endomorph / Slight Build / Medium Build / Heavy Build					
Uncorrected standing A		Corrected (Talus in neutral) standing B		Postural Deformity Corrected C	
ANTERIOR VIEW			Comments:		
Hand (aligned, forward, flexed, extended)					
Mandible(resting position, retracted)					
Shoulders (level, uneven)					
Rib cage (symmetric asymmetric)					
Scoliosis (left, right lumbar thoracic, cervical)					
Pelvis (level, anterior posterior tilt)					
Hips (coxa vara, coxa valga, anteversion retroversion)					
Femurs (alignment torsion)					
Knees (level, genu varum, genu valgum)					
Patellar position					
Tibias (alignment, torsions)					
Ankles (inversion, eversion)					
Rearfoot/forefoot alignment					
Feet (pes cavus. pes planus, supination/pronation)					
Toes (alignment, deformities)					
Leg length					

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LATERAL VIEW	Comments:	
Head (forward, flexed extended)		
Mandible (resting protracted/retracted)		
Scapular (winging, elevation/depression)		
Thoracic kyphosis (increased/decreased)		
Pelvis anterior/posterior tilt)		
Knees (hyperextension/flexion)		
Lumbar lordosis (increased decreased)		
Feet (longitudinal arch)		
POSTERIOR VIEW	Comments:	
Head (alignment, tilt)		
Shoulders (level)		
Scapulae (bilateral symmetry)		
Spine C-1 to sacrum (rotations, deviations)		
Pelvis (level, tilt)		
Sacrum (level at base and inferior lateral angles)		
Hips (level, uneven)		
Knees (creases level/uneven)		
Leg (rearfoot alignment)		
Ankles (inversion eversion)		
Calcaneal position (inverted/everted)		
<u>Pertinent Medical History:</u>		
 <u>Pertinent Radiographic Findings / Other Tests:</u>		

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