Baseline® posture evaluator

The desktop posture evaluator is simple and easy to use. It is designed to generate objective posture measurements.

Have the patient stand-up straight (erect) approximately six (6) feet in front of the posture evaluator. The patient should be positioned with hands at sides and feet spread apart. The patient should be barefooted.

The examiner should sit behind the posture evaluator (on the side opposite from the patient) at a distance that allows the examiner to view the complete subject through the posture evaluator grid.

Use the movable angle sight pointer to view the appropriate posture line of interest. Read the angular deviation from vertical or horizontal directly from the grid face.

The seven (7) major posture lines can be observed, plotted and recorded on the posture evaluation forms:

1. Horizontal occipital lateral tipping
   a. alignment: ear lobes (R/L)
   b. score: good 0-6 degrees; fair 3-6 degrees; poor 6 degrees or more
2. Horizontal shoulder level
   a. alignment shoulders (at superior lateral edge) (R/L)
   b. score: good 0-2 degrees; fair 2-4 degrees; poor 4 degrees or more
3. Horizontal hip level
   a. alignment: belt line (above iliac crest) (R/L)
   b. score: good 0-1 degrees; fair 1-2 degrees; poor 2 degrees or more
4. Vertical balance line
   a. alignment: mid neck to mid-public (R/L)
   b. score: good 0-1 degrees; fair 1-2 degrees; poor 2 degrees or more
5. Vertical cervical spine
   a. alignment: ear antrum to shoulder acromion (A/P)
   b. score: good 0-7 degrees; fair 7-12 degrees; poor 12 degrees or more
6. Vertical body trunk
   a. alignment: shoulder acromion to greater trochantor of the hip (A/P)
   b. score: good 0-3 degrees; fair 3-7 degrees; poor 7 degrees or more
7. Horizontal pelvis
   a. alignment: belt line (above iliac crest) (A/P)
   b. score: good 0-3 degrees; fair 3-6 degrees; poor 6 degrees or more

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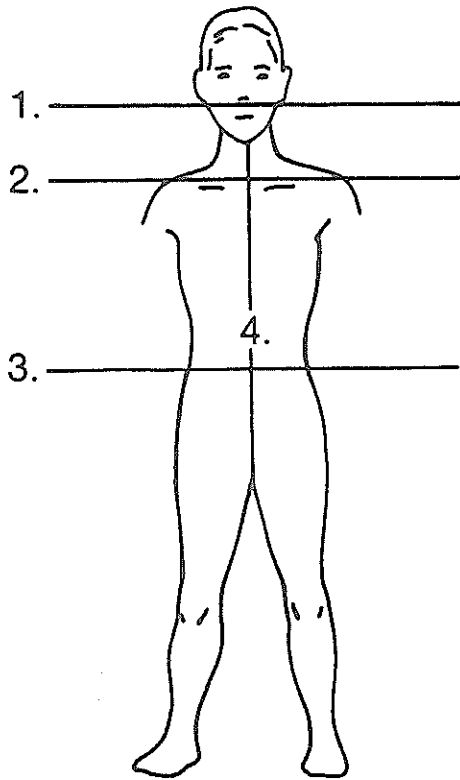
	TEST	RETEST	RIGHT	LEFT
1				
2				
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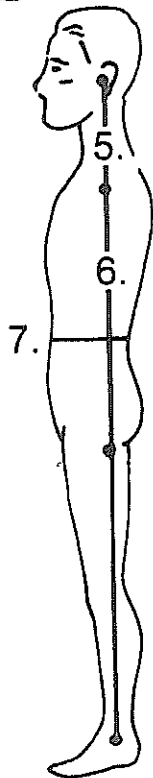
			A	P
5				
6				
7				

USE REVERSE SIDE
FOR COMMENTS

NAME

DATES

EXAMINER