

Baseline® posture grid

The hanging posture grid is simple and easy to use. It is designed to generate gross objective posture measurements. The large clear plastic posture grid shows body alignment at a glance. The vertical grid measurements are in increments of 2 inches and the horizontal grid measurements are in increments of 5 inches

The posture grip may be permanently suspended from the ceiling or can be suspended from the movable wall bracket. When used with the moveable wall bracket, the posture grid can be stored against the wall when not in use. Before each session, use the attached plum bob to confirm that the posture grid is properly hung (vertical center line lines-up with plumb-bob).

Have the patient stand-up straight (erect) approximately one (1) foot behind the posture grid. The patient should be positioned with hands at sides and feet spread apart. The patient should be barefooted.

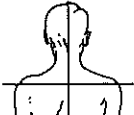
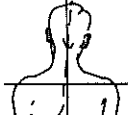
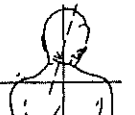
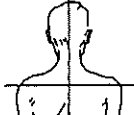
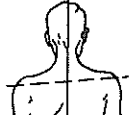
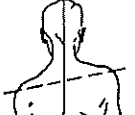
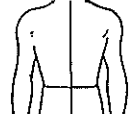
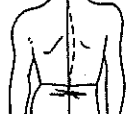
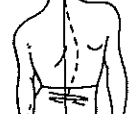
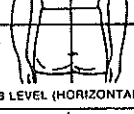


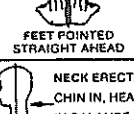
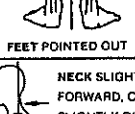
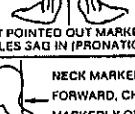
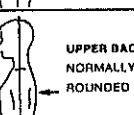
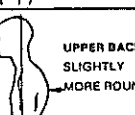
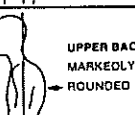
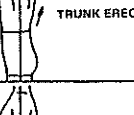
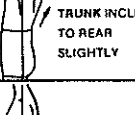

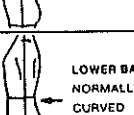
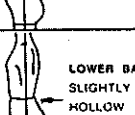
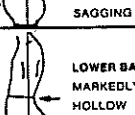






The examiner should stand in front of the posture grid (on the side opposite from the patient) at a distance that allows the examiner to view the subject through the posture evaluator grid.

View the appropriate posture line of interest through the posture grid . Read the approximate number of grid line deviations from vertical or horizontal directly from the posture grid face. Mark the number of vertical deviations (left vs. right) or horizontal deviations (posterior vs. anterior) on the score sheet.

In addition, you can subjectively mark the visual score per the ten (10) good/fair/poor examples on the score sheet:.

1. Head
2. Shoulders
3. Spine
4. Hips
5. Ankles
6. Neck
7. Upper back
8. Trunk
9. Abdomen
10. Lower back

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POSTURE SCORE SHEET	Name _____			SCORING DATES			
	GOOD - 10	FAIR - 5	POOR - 0				
HEAD LEFT RIGHT	 HEAD ERECT GRAVITY LINE PASSES DIRECTLY THROUGH CENTER	 HEAD TWISTED OR TURNED TO ONE SIDE SLIGHTLY	 HEAD TWISTED OR TURNED TO ONE SIDE MARKEDLY				
SHOULDERS LEFT RIGHT	 SHOULDERS LEVEL (HORIZONTALLY)	 ONE SHOULDER SLIGHTLY HIGHER THAN OTHER	 ONE SHOULDER MARKEDLY HIGHER THAN OTHER				
SPINE LEFT RIGHT	 SPINE STRAIGHT	 SPINE SLIGHTLY CURVED Laterally	 SPINE MARKEDLY CURVED Laterally				
HIPS LEFT RIGHT	 HIPS LEVEL (HORIZONTALLY)	 ONE HIP SLIGHTLY HIGHER	 ONE HIP MARKEDLY HIGHER				
ANKLES	 FEET POINTED STRAIGHT AHEAD	 FEET POINTED OUT	 FEET POINTED OUT MARKEDLY ANKLES SAG IN (PRONATION)				
NECK	 NECK ERECT, CHIN IN, HEAD IN BALANCE DIRECTLY ABOVE SHOULDERS	 NECK SLIGHTLY FORWARD, CHIN SLIGHTLY OUT	 NECK MARKEDLY FORWARD, CHIN MARKEDLY OUT				
UPPER BACK	 UPPER BACK NORMALLY ROUNDED	 UPPER BACK SLIGHTLY MORE ROUNDED	 UPPER BACK MARKEDLY ROUNDED				
TRUNK	 TRUNK ERECT	 TRUNK INCLINED TO REAR SLIGHTLY	 TRUNK INCLINED TO REAR MARKEDLY				
ABDOMEN	 ABDOMEN FLAT	 ABDOMEN PROTRUDING	 ABDOMEN PROTRUDING AND SAGGING				
LOWER BACK	 LOWER BACK NORMALLY CURVED	 LOWER BACK SLIGHTLY HOLLOW	 LOWER BACK MARKEDLY HOLLOW				
TOTAL SCORES							