

### Family Posture Checklist

Give your family a head start on good posture with our Family Posture Checklist. It's a quick and easy evaluation!

#### Get started:

- Have a family member or friend examine you from your backside
- Stand straight, arms to side
- Position feet at shoulder width apart
- Look straight ahead

#### Head

Is the head even?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Does the head tilt to the right or left?

#### Shoulders

Are shoulders even?

Is one shoulder higher or lower than the other?

#### Hips

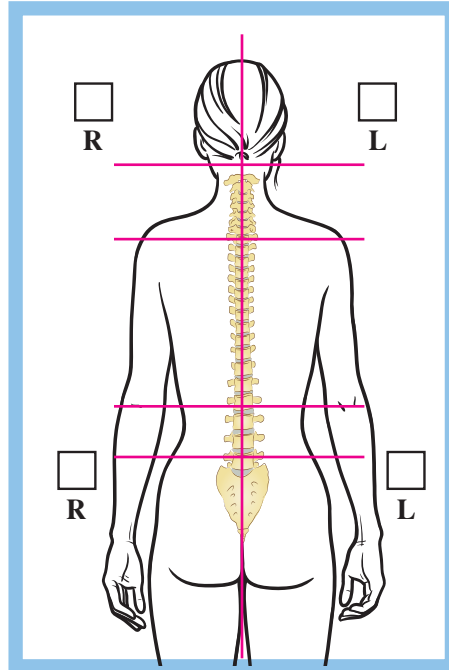
Are hips even?

Is one hip higher or lower than the other?

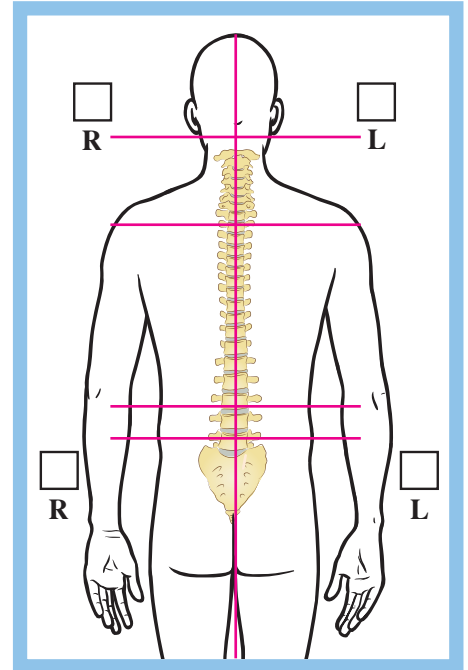
Bring your postural evaluation to your next visit and allow our doctors to correlate your test with a postural evaluation.

For new patients – call us today and we will be happy to assist you in scheduling a consultation to discuss your family's postural health.

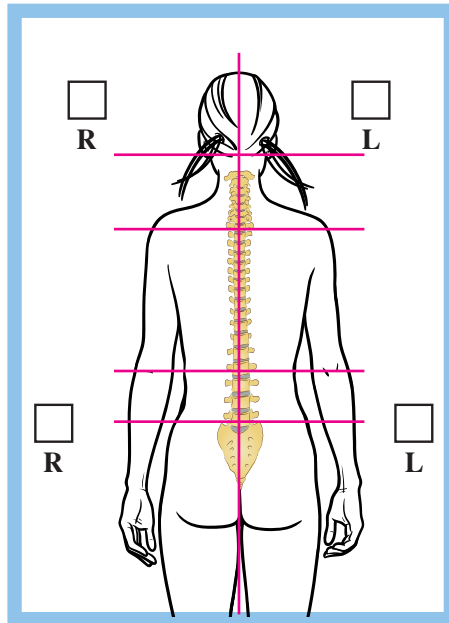
Name \_\_\_\_\_



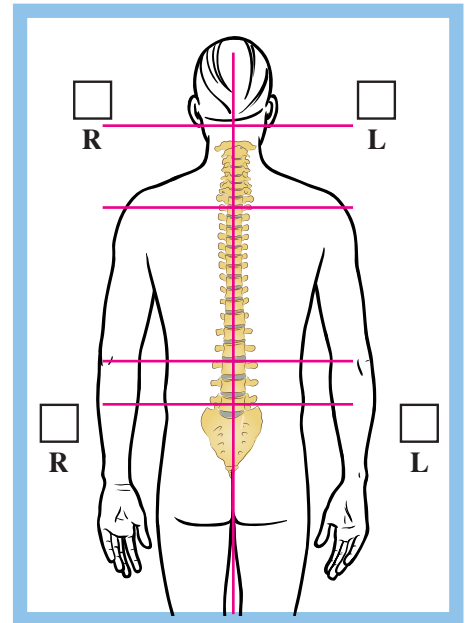
Name \_\_\_\_\_



Name \_\_\_\_\_



Name \_\_\_\_\_



### For Doctor Use Only:

**FINDINGS:** \_\_\_\_\_

**CONCLUSION:** \_\_\_\_\_