

POSTURE

CHECKLIST



You can use the following Posture Checklist to do a posture check on yourself in front of a mirror or to assess the posture of friends and family members. If you are doing this assessment with another person, I encourage you to take pictures of each other and then take the time to analyze your posture from the photo.

Step 1: Capture your Posture (Front View and Side View)

Start by standing in front of a mirror or camera. Close your eyes, march in a spot, and then tilt your head side to side and shake out your shoulders and hands. Keeping your eyes closed, come to a standing position where you feel that you are looking straight ahead. Open your eyes and take a look at your posture or have your partner take a picture of you from the front and from the side.

Step 2: Analyze your Posture

Whether standing in front of the mirror or looking at a photo, use the following checklist to assess your posture. When it comes to the side view, this will be much easier to do from a photo! If what you observe at each level matches up to the statement below, give yourself a checkmark.

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FRONT VIEW:

- Eyes:** your left and right eye are symmetrical; it does not appear that one is higher than the other
- Cheeks:** the distance between your nose and the margin of your left cheek and your nose and the margin of your right cheek are equal
- Shoulders:** your shoulder heights are even; if you were to draw a line from your left shoulder to your right shoulder, it would be parallel to the ground
- Hips:** your hip levels are even; if you were to draw a line from your left hip to your right hip, it would be parallel to the ground
- Feet:** the position of your feet are symmetrical side-to-side
- Alignment:** your "front view" alignment is straight and symmetrical; if you were to place a dot at the mid-point between your eyes, in the middle of your chin, at your belly button, and at the mid-point between your ankles, and then connect the dots, they would create a straight line

SIDE VIEW:

- Ears:** Should line up directly above your shoulder
- Shoulders:** Should be stacked directly on top of your hip
- Hips:** Should stack directly on top of your knee
- Knees:** Should be directly above your ankle

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Your score:

/ 10

Step 3: How Does Your Posture Stack Up

Add up your checkmarks and give yourself a score out of 10.

10/10- Perfect score!

8-9/10- Mild postural shifts

6-7/10- Moderate postural shifts

<5/10- Severe postural shifts

Step 4: What Now?

Dependent on your postural analysis and overall score, you may be happy with your postural assessment or there may be indications that your posture needs some work.

Regardless of if you have mild postural shifts or more severe postural shifts, it is important to pay attention to your posture. Posture is the window to your health. Your spine's main responsibility is to protect the most important organ in your body - your nervous system. Your nervous system controls every single function in your entire body. Postural issues can lead to spinal stress which have a direct impact on the way your nervous system functions, and as a result your overall health.

How is your health being impacted by your posture?