ASSESSING YOUR POSTURAL DEVIATIONS

Faulty alignment can result in constant stress and strain on bones, joints, ligaments, and muscles. There are several classifications of faulty posture and often more than one type of faulty posture can appear. Postural deviation can be both structural (the bony make-up you were born with), and learned (functional). Many times it can be a case of both. A postural deviation may begin as structural, then over time the musculature of the body adapts to the structural deviation and causes imbalances in your muscles. Since posture affects every action of your daily life, it is important to detect and address. Using the plumb line test, we will assess your posture to determine your individual goals towards ideal alignment.

Basic body structure is determined by the skeleton. Everyone’s individual body structure is different. The following visual reference guidelines will assist in determining one’s postural deviations based on the Plumb Line test.

- The lobe of the ear
- Middle of the shoulder girdle
- Center of the greater trochanter of femur (hip bone)
- Slightly anterior of the knee, back of the knee cap
- The anterior of the ankle bone

The Plumb Line

Notes:
THE SPINE:

The Spine consists of the 33 vertebra, classified into five groups: cervical spine, thoracic spine, lumbar spine, sacrum, and coccyx.

Cervical region consists of seven vertebrae (C1 through C7)

Thoracic region consists of twelve vertebrae (T1 through T12)

Lumbar region consists of five vertebrae (L1 through L5).

Sacral region consists of five vertebrae, all fused together to form one continuous bone mass known as the sacrum.

Coccygeal region consists of four vertebrae, all fused together to form the coccyx or tailbone.

TYPES OF FAULTY POSTURE:

Lordosis - an excessive curvature of the lower lumbar spine.

Kyphosis - an increase in the normal outward curvature of the thoracic vertebrae.

Scoliosis - a lateral curve of the spine. Unlike the other two, scoliosis cannot be seen from the profile. Pelvis and shoulders may appear uneven and there may be a shifting the ribcage to one side. This shifting can also cause one side of the pelvis to appear “hiked”

CORRECTING FAULTY POSTURE:

- Build a kinesthetic awareness of correct anatomical alignment
- Muscle reconditioning of the imbalanced muscles.
- Performance of daily tasks with correct form in mind upward.