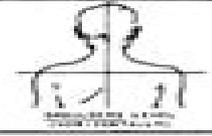
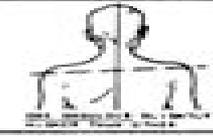
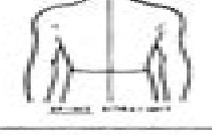
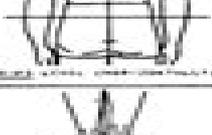
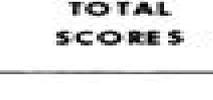


POSTURE SCORE SHEET	Name _____			SCORING DATES			
	GOOD - 10	FAIR - 5	POOR - 0				
<b>HEAD</b> LEFT    RIGHT	 <small>HEAD, SHOULDERS, HIPS AND ANKLES ARE VERTICALLY ALIGNED</small>	 <small>HEAD IS SLIGHTLY TILTED FORWARD</small>	 <small>HEAD IS SIGNIFICANTLY TILTED FORWARD</small>				
<b>SHOULDERS</b> LEFT    RIGHT	 <small>SHOULDERS ARE LEVEL AND DIRECTLY UNDER NECK</small>	 <small>SHOULDERS ARE SLIGHTLY ROUNDED</small>	 <small>SHOULDERS ARE SIGNIFICANTLY ROUNDED</small>				
<b>SPINE</b> LEFT    RIGHT	 <small>SPINE IS STRAIGHT</small>	 <small>SPINE IS SLIGHTLY CURVED</small>	 <small>SPINE IS SIGNIFICANTLY CURVED</small>				
<b>HIPS</b> LEFT    RIGHT	 <small>HIPS ARE LEVEL</small>	 <small>HIPS ARE SLIGHTLY UNEVEN</small>	 <small>HIPS ARE SIGNIFICANTLY UNEVEN</small>				
<b>ANKLES</b>	 <small>FEET ARE FLAT</small>	 <small>FEET ARE SLIGHTLY FLAT</small>	 <small>FEET ARE SIGNIFICANTLY FLAT</small>				
<b>NECK</b>	 <small>NECK IS STRAIGHT</small>	 <small>NECK IS SLIGHTLY CURVED</small>	 <small>NECK IS SIGNIFICANTLY CURVED</small>				
<b>UPPER BACK</b>	 <small>UPPER BACK IS STRAIGHT</small>	 <small>UPPER BACK IS SLIGHTLY CURVED</small>	 <small>UPPER BACK IS SIGNIFICANTLY CURVED</small>				
<b>TRUNK</b>	 <small>TRUNK IS STRAIGHT</small>	 <small>TRUNK IS SLIGHTLY CURVED</small>	 <small>TRUNK IS SIGNIFICANTLY CURVED</small>				
<b>ABDOMEN</b>	 <small>ABDOMEN IS FLAT</small>	 <small>ABDOMEN IS SLIGHTLY PROTRUDING</small>	 <small>ABDOMEN IS SIGNIFICANTLY PROTRUDING</small>				
<b>LOWER BACK</b>	 <small>LOWER BACK IS STRAIGHT</small>	 <small>LOWER BACK IS SLIGHTLY CURVED</small>	 <small>LOWER BACK IS SIGNIFICANTLY CURVED</small>				
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# Reedco Posture Score Sheet

**J Ma**



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