Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Standing Alignment Lab

# A. Standing Alignment Demonstration

*Use surface landmarks and a plumb line to demonstrate ideal standing postural alignment and common deviations.*

1. Plumb-line definition:  
     
     
   Surface landmarks for classic postural alignment from a side view:

* Earlobe
* Middle of tip of shoulder
* Middle of thorax
* Greater trochanter of femur
* Just in front of middle of knee
* Just in front of ankle (lateral malleolus)

Surface landmarks for pelvic alignment from a side view:

* ASIS (anterior superior iliac spine)
* Pubic symphysis

# B. Standing Alignment Observation

*Identify your partner’s alignment from various views.*

1. Lateral view  
   Cervical lordosis \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Forward head \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Kyphosis \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Lumbar lordosis \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Flat back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Fatigue posture \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Deviations of surface landmarks:  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Pelvic tilt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Posterior view—symmetry and scoliosis  
   Alignment of head over sacrum \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Trunk lean \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Shoulder height \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Distance of arms from body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Shoulder and trunk rotation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Height of top of pelvis (iliac crests) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Pelvic rotation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Weight on feet or legs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



Standing alignment using a plumb line with markers

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Adams forward bend test  
Rib hump \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Lumbar \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# C. Exercises for Common Spinal Alignment Deviations

*Working in groups of five, each person teaches the others exercises for one of the following alignment deviations, using the figures for reference.*

1. Lumbar lordosis (figure 3.25, page 79)
2. Definition:
3. Correction
4. Strengthen:
5. Stretch:
6. Cue:
7. Kyphosis (figure 3.26, page 81)
8. Definition:
9. Correction
10. Strengthen:
11. Stretch:
12. Cue:
13. Fatigue posture (figure 3.28, page 82)
14. Definition:
15. Correction
16. Strengthen:
17. Stretch:
18. Cue:
19. Cervical lordosis (figure 3.29, page 84)
20. Definition:
21. Correction
22. Strengthen:
23. Stretch:
24. Cue:
25. Flat back (figure 3.30, page 85)
26. Definition:
27. Correction
28. Strengthen:
29. Cue: