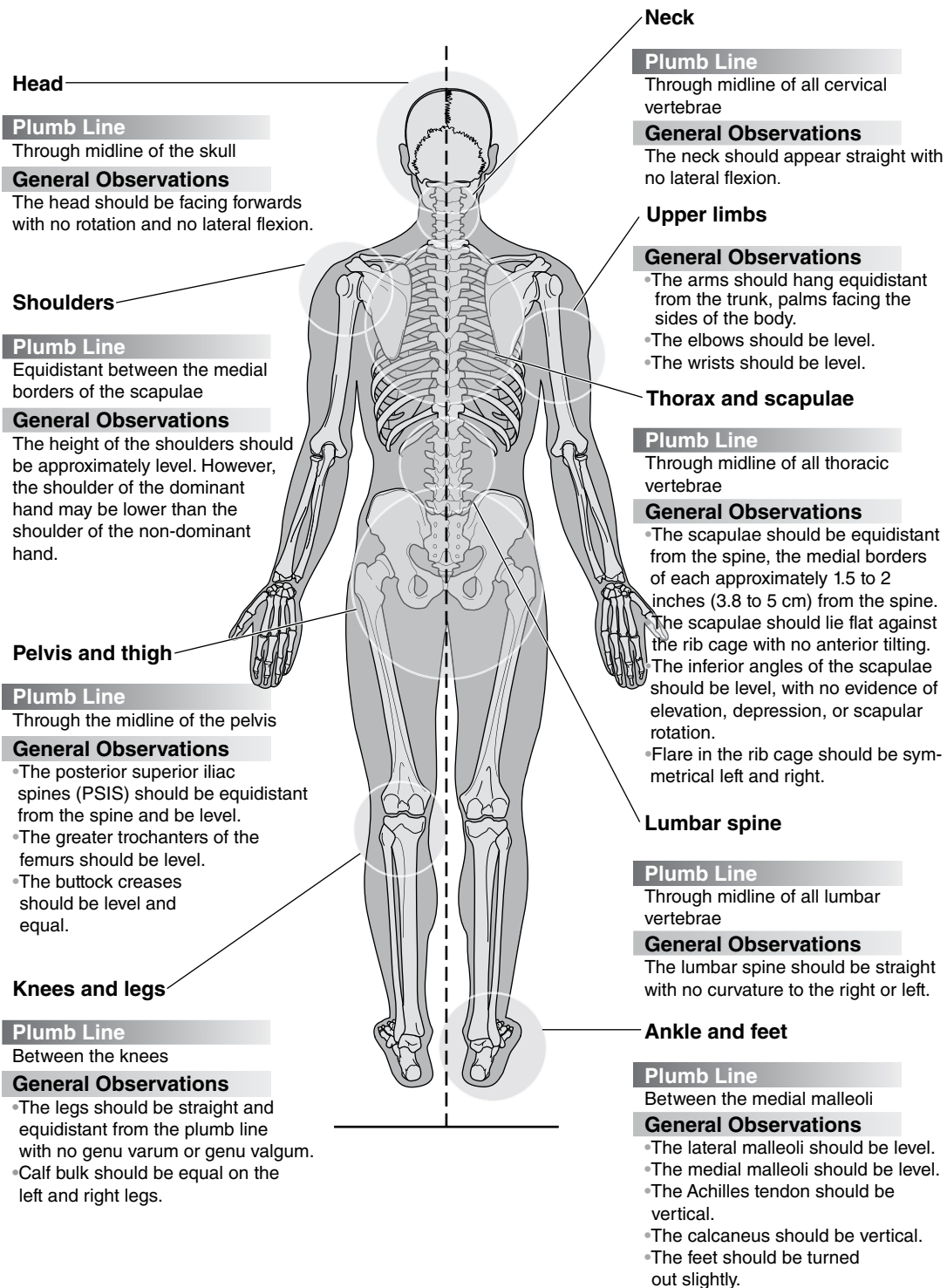


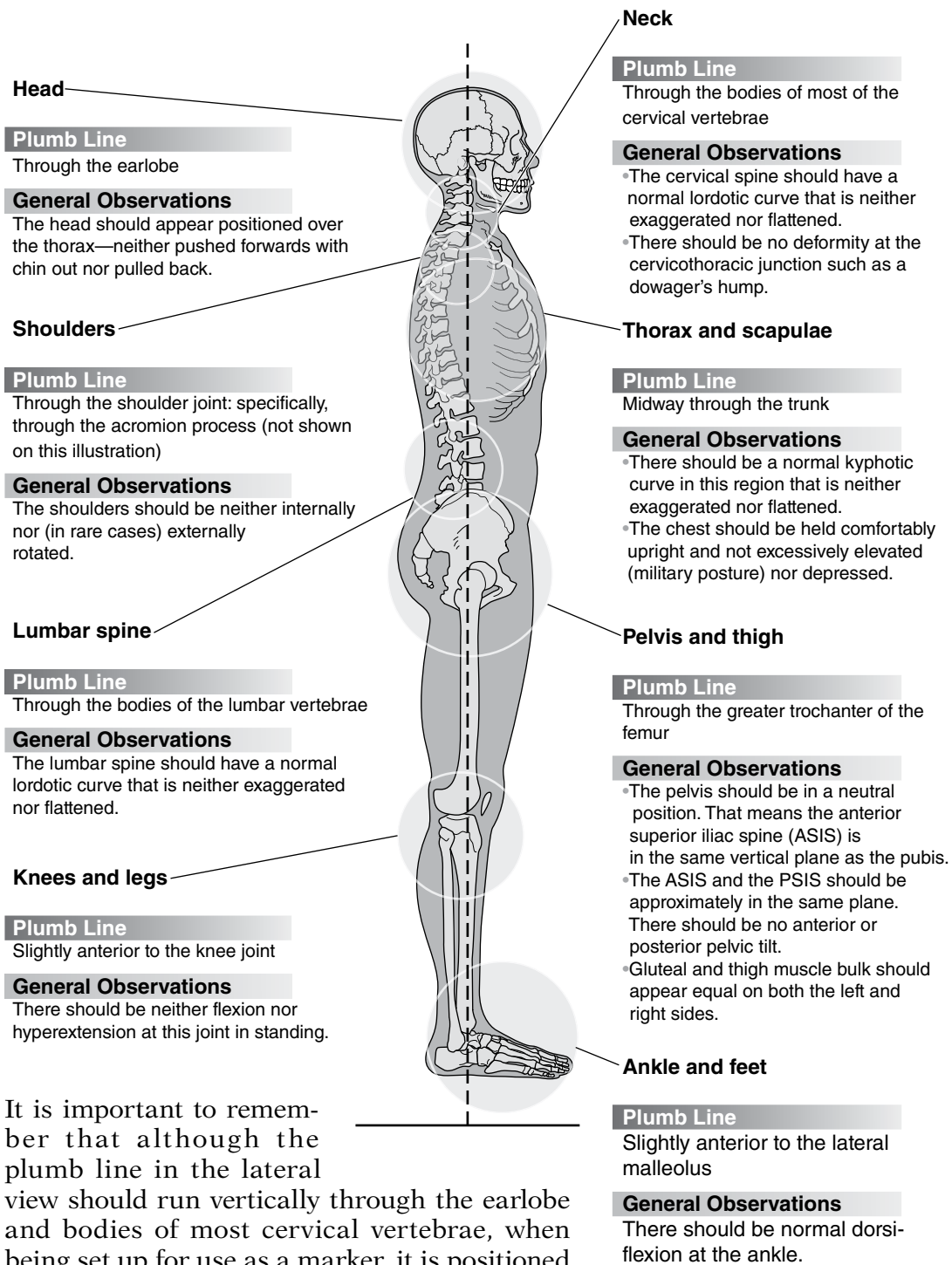
## Standard Posterior Alignment



**Figure 8.1** Standard posterior, lateral, and anterior alignments outline where a plumb line (shown as the vertical black line in the illustrations) should fall with respect to various parts of the body and provide general observations for when postures are said to be good, or ideal.

(continued)

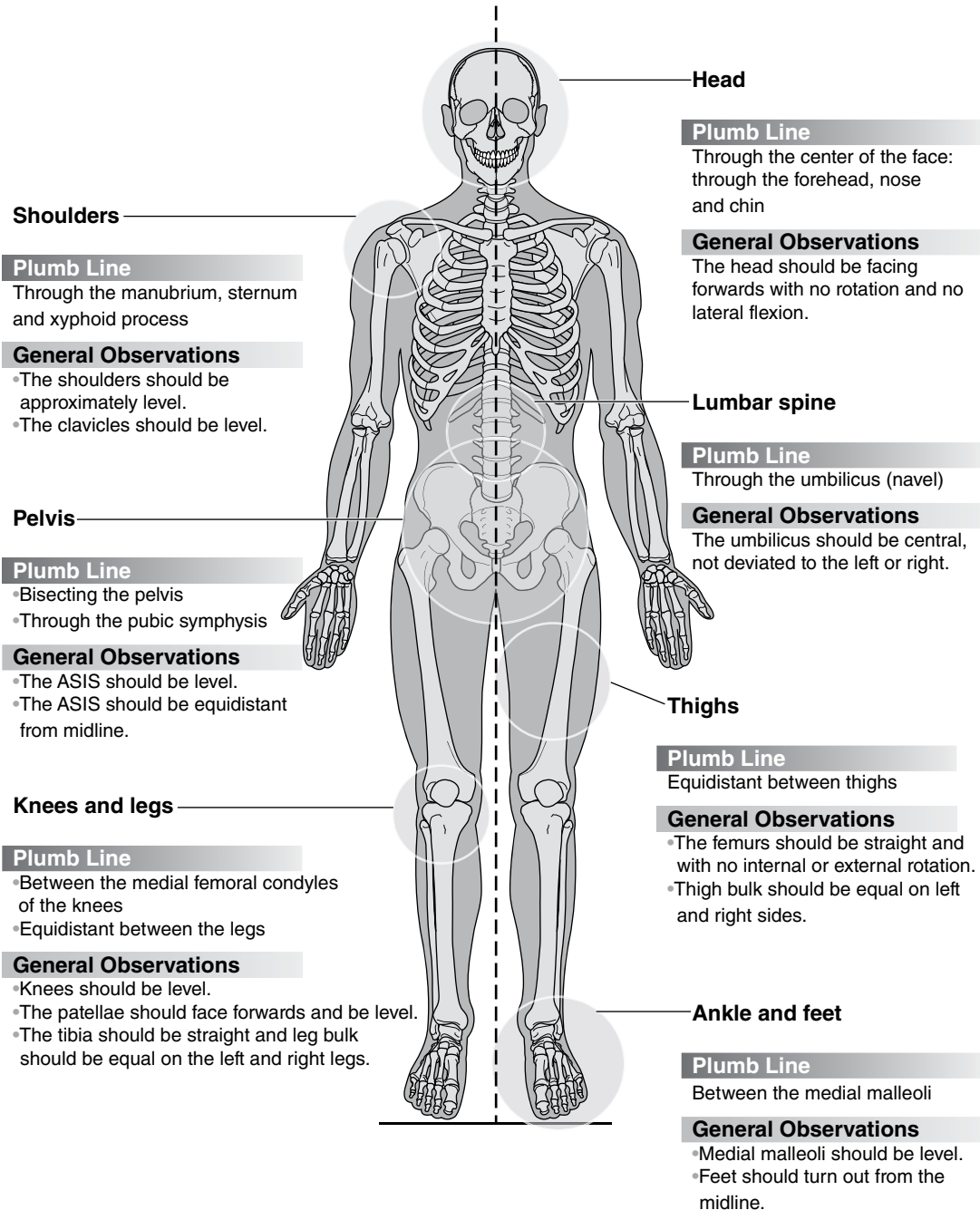
## Standard Lateral Posture



It is important to remember that although the plumb line in the lateral view should run vertically through the earlobe and bodies of most cervical vertebrae, when being set up for use as a marker, it is positioned slightly anterior to the lateral malleolus and not against the earlobe, cervical vertebrae, acromion or other structures listed here. Remember, this is an ideal posture, showing where, ideally, the plumb line ought to bisect the body in such a way that equal portions of the body appear anterior and posterior of the plumb line.

**Figure 8.1** (continued)

## Standard Anterior Alignment



**Figure 8.1** (continued)

From Horvat, M., Kelly, L.E., Block, M.E., and Croce, R., *Developmental and adapted physical activity assessment*, 2nd ed. (Champaign, IL: Human Kinetics, 2019).