



Anterior, Lateral, and Posterior Posture Examination Checklists

Anterior Posture Examination Checklist

- ☐ Plumb line bisects body in left and right halves
- ☐ Plumb line runs between the eyes and the center of the nose, mouth, chin, jugular notch, sternum, and navel; runs equidistant between the right and left foot
- ☐ Left and right halves of the body are mirror images of each other
- ☐ Arms rest at the sides of the body
- ☐ Hands are along the sides of the hips
- ☐ Patellae face anteriorly
- ☐ Knees straight and equidistant from the plumb line
- ☐ Toes pointed either forward or slightly laterally
- ☐ Ear lobes are level
- ☐ Acromion processes are even
- ☐ Axillary folds are even
- ☐ Lower rib margins are level
- ☐ Iliac crests are level
- ☐ Patellae are same height
- ☐ Tibial tuberosities are even
- ☐ Medial malleoli are level
- ☐ Muscle definition is symmetrical throughout

Lateral Posture Examination Checklist

- ☐ Plumb line runs through the middle of the ear's auditory meatus, the bodies of the cervical spine, the acromion process, the midthoracic area, and the greater trochanter
- ☐ Plumb line runs slightly posterior to the patella and anterior to the lateral malleolus

- ☐ Anterior superior iliac spine (ASIS) and posterior superior iliac spine (PSIS) are close to level with each other
- ☐ Leg is perpendicular to the foot
- ☐ Hands are slightly forward of the elbow and beside the thigh
- ☐ Chin is parallel to the floor

Posterior Posture Examination Checklist

- ☐ Plumb line bisects the head and all spinous processes from the cervical through the lumbar spine
- ☐ Left and right halves are mirror images of each other
- ☐ Ear lobes are level
- ☐ Shoulder heights are level (dominant may be slightly lower)
- ☐ Axillary folds are even
- ☐ Inferior angles of scapulae are level
- ☐ Vertebral scapular borders are equidistant and 5 cm (about 2 in.) from spine
- ☐ Scapulae rest on ribs between T2 and T7
- ☐ Iliac crests are level
- ☐ Popliteal fossa are same height
- ☐ Arms rest comfortably at sides with hands along sides of thighs
- ☐ Achilles tendons are perpendicular to floor
- ☐ Medial malleoli are level
- ☐ Two toes are visible laterally to each leg
- ☐ Muscle definition is symmetrical throughout