



Measure and Analyze Posture

Bonner Physical Therapy

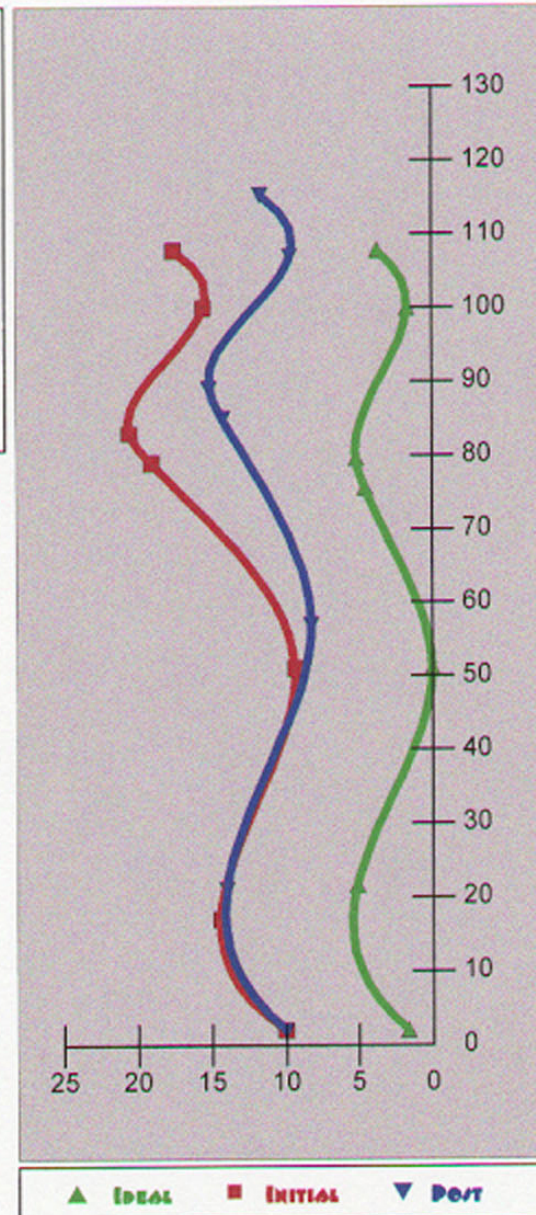
Patient: Patient, Mike

Initial Screening			Post Screening		
Date: 6/19/2000 11:55 AM			Date: 6/19/2000 12:02 PM		
Curvature	Points	Norm%	Curvature	Points	Norm%
Cervical	14.7	46.5%	Cervical	11.6	15.9%
Upper Thoracic	16.0	59.7%	Upper Thoracic	12.4	23.7%
Lower Thoracic	13.1	30.9%	Lower Thoracic	9.6	4.3%
Lumbar	17.6	76.0%	Lumbar	12.6	26.3%
Lean:	7.4		Lean:	1.3	

Note: 10 points is ideal curvature. Numbers under 10 points reflect minimal curvature. Numbers above 10 points reflect excessive curvature. Ideal lean is 0 degrees.

Exercise Protocols

- Lumbar:** Flatten seat angle
- Lower Thoracic:** Locate pin in fourth position
Stabilize at L1 and resistance at T7
Stabilize at T10 and resistance at T3
- Upper Thoracic:** Stabilize at T7 and resistance at T1
Stabilize at T4 and resistance at T1
- Cervical:** Maintain lumbar per stabilized lumbar exercise
Maintain lean per stabilized thoracic exercise
Stabilize at T4 resistance at cranial apex



Comments