



For each postural analysis scenario set up or print a grid like this one. The parts of the body on the x axis and the question on the y axis. For each area of the body complete the empty box to form a detailed stated focus. Name muscles, exercises, anticipate pads and props and take into consideration your goals for this client balanced with the clients goals for themselves.

	WHAT DO YOU WANT TO DO?	HOW ARE YOU GOING TO DO IT?	EXERCISES?	PROPS, ADDITIONAL INFO
PELVIS				
HIPS				
SCAPULA				
KNEES				
FEMUR				
ANY AREAS OF CONCERN				