



Static Postural Assessment Check sheet

Side View L

Ankle Joint	Dorsi Flexion	Plantar Flexion	Neutral
Knee joint	Neutral	Flexed	Extended
Hip Joint	Neutral	Flexed	Hyperextended
Pelvis	Neutral	Ant. Tilt	Post. Tilt
L/Sp	Neutral	Flat	Lordotic
Lower T/Sp	Neutral	Flat	Kyphotic
Upper T/Sp	Neutral	Flat	Kyphotic
C/Sp	Neutral	Flat	Lordotic
Head	Neutral	Forward	Retracted

Side View R

Ankle Joint	Dorsi Flexion	Plantar Flexion	Neutral
Knee joint	Neutral	Flexed	Hyperextended
Hip Joint	Neutral	Flexed	Extended
Pelvis	Neutral	Ant. Tilt	Post. Tilt

Front View

L foot	Neutral	Supinated	Pronated
R foot	Neutral	Supinated	Pronated
Knees	Neutral	Bow legged	Knock kneed
Pelvis	Neutral	Tilted	Rotated (Clock-wise or counterclockwise)
Ribs	Neutral	Rotated	Shifted
L Shoulder	Neutral	Depressed	Elevated
R Shoulder	Neutral	Depressed	Elevated
Head	Neutral	Rotated	Tilted

Back View

L foot	Neutral	Pronated	Supinated
R foot	Neutral	Pronated	Supinated
L femur	Neutral	Med. Rot	Lat. Rotated
R femur	Neutral	Med. Rot	Lat. Rotated

Pelvis	Neutral	Tilted	Rotated (Clock-wise or counterclockwise)	
Scapula L	Neutral	Elev/Dep.	Upward/downward rot.	Protracted/Retracted
Scapula R	Neutral	Elev/Dep.	Upward/downward rot.	Protracted/Retracted
	Winging	Tipping		

Roll down Side view

Roll down Back view

Other Client details:

- Occupation.
- Date of Birth
- Sports and hobbies
- Average day
- Diet
- Hydration
- Pain and injuries
- Scars
- Children
- Past medical history and medications
- Pilates and exercise experience
- Goals from sessions, short, medium and long