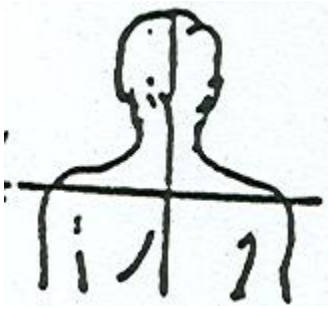
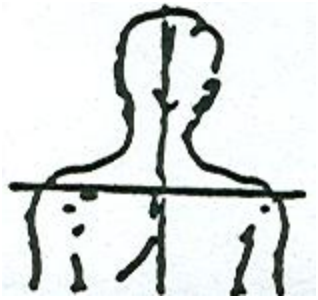
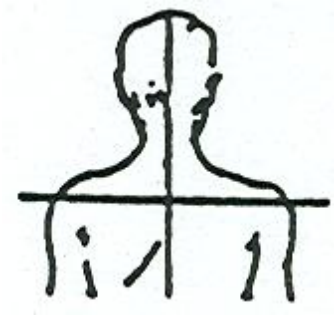
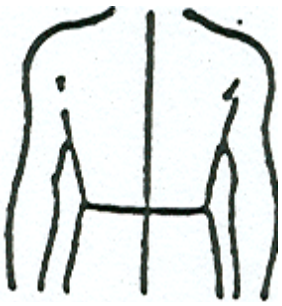
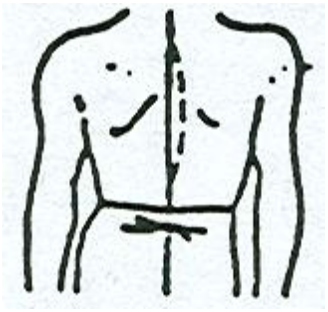
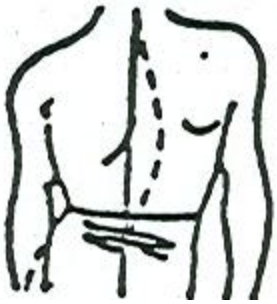
REEDCO Posture Assessment

Client Name: _____ Sex: _____ Age: _____

Center: _____ Date: _____ Physiotherapist:_____

Posture Score Sheet	Good - 10	Fair - 5	Poor - 0
Head Left / Right	☐ Head erect gravity line passes directly through center 	☐ Head twisted or turned to one side slightly 	☐ Head twisted or turned to one side markedly
Shoulders Left / Right	☐ Shoulders level horizontally 	☐ One shoulder slightly higher than other 	☐ One shoulder marked higher than other
Spine Left / Right	☐ Spine straight 	☐ Slightly curved laterally 	☐ Marked curved laterally 
Hips Left / Right	☐ Hips level horizontally 	☐ One hip slightly higher 	☐ One hip marked higher

Ankles	☐ Ankles feet pointed straight ahead	☐ Feet pointed out	☐ Feet pointed our markedly, ankles sag in (pronation)
Neck	☐ Neck erect. Chin in. Head in balance directly above shoulders	☐ Neck slightly forward. Chin slightly out	☐ Neck marked forward. Chin marked out
Upper back	☐ Upper back normally rounded	☐ Upper back slightly more rounded / flattened	☐ Upper back marked rounded
Trunk	☐ Trunk erect	☐ Trunk inclined to rear slightly	☐ Trunk inclined to rear markedly
Abdomen	☐ Abdomen flat	☐ Abdomen protruding	☐ Abdomen protruding and sagging
Lower back	☐ Lower back normally curved	☐ Lower back slightly rolled /flattened	☐ Lower back marked rolled
			Total scores: _____ / 100