Posture Assessment (PA) Practical Example 1	am Student name:/50
Student has 7 minutes to complete this exam	
grade/5 & comment if issue	
<u>0 1 2 3 3.5 4 5</u>	
unacceptable poor developing acceptable good excellent	
Intro statement, procedure & consent	
□ Does NOT use the word 'posture'	
Inspection	
□ Start with full body observation (/5)	
□ Organized progression of observation in 4 views	
• Anterior View (/5)	
Foot angle, arches, malleoli, fibular heads, Q-angle, knees, patellae, pubic bone, ASIS, iliac crest, palms of hands, carrying angle, waist angles, ribs, clavicles, shoulders, trapezius neck line, nose, jaw, head.	
• Right lateral view (/5)	
Foot, ankle, knees, pelvic angle, chest, abdo- men, chest, and back, shoulders, spine, ear lobe/tragus/exter- nal auditory meatus	
• Left lateral view (/5)	
Foot, ankle, knees, pelvic angle, chest, abdo- men, chest, and back, shoulders, spine, ear lobe/tragus/exter- nal auditory meatus	
• Posterior view (/5)	
Heels, achilles tendon angle, popliteal fossa, psis, arms, waist angles, ribs, spine, scapula, shoulders, head	
Palpation	/5
□ Permission to palpate & bilateral comparison (/5)	
Overall	/15
$\begin{tabular}{ll} \square Provides comprehensive summary (HIPMNRS) & ($___$) \\ \hline \end{tabular}$	_/5)
□ Indicates seated/workstation/sleep position if needed (_/5)
□ Effective, confident, professional demeanor Lack of prompting & good time management (_/5)
	matress too firm
	matress too soft &
	'spine in line, feeling fine'
MUSCLE MANUAL Text reference: Evidence Informed Muscle Manual	Proctor:
TOTAL TOTOLOGICO. ETIMONOO INTOTINOO MUUDOLE MUUTUUI	Date: