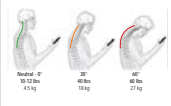




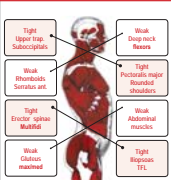
**Functional Myofascial Kinetic Chains**



**'Text Neck' or 'Computer Spine'**  
Erbine weight of head with neck flexion



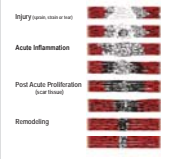
**Upper & Lower Cross Syndromes**  
Common with prolonged sitting



**Lumbar Disc Pressure with Lifting**  
Keep your nose below your feet prevent injury



**Soft Tissue Healing Stages**

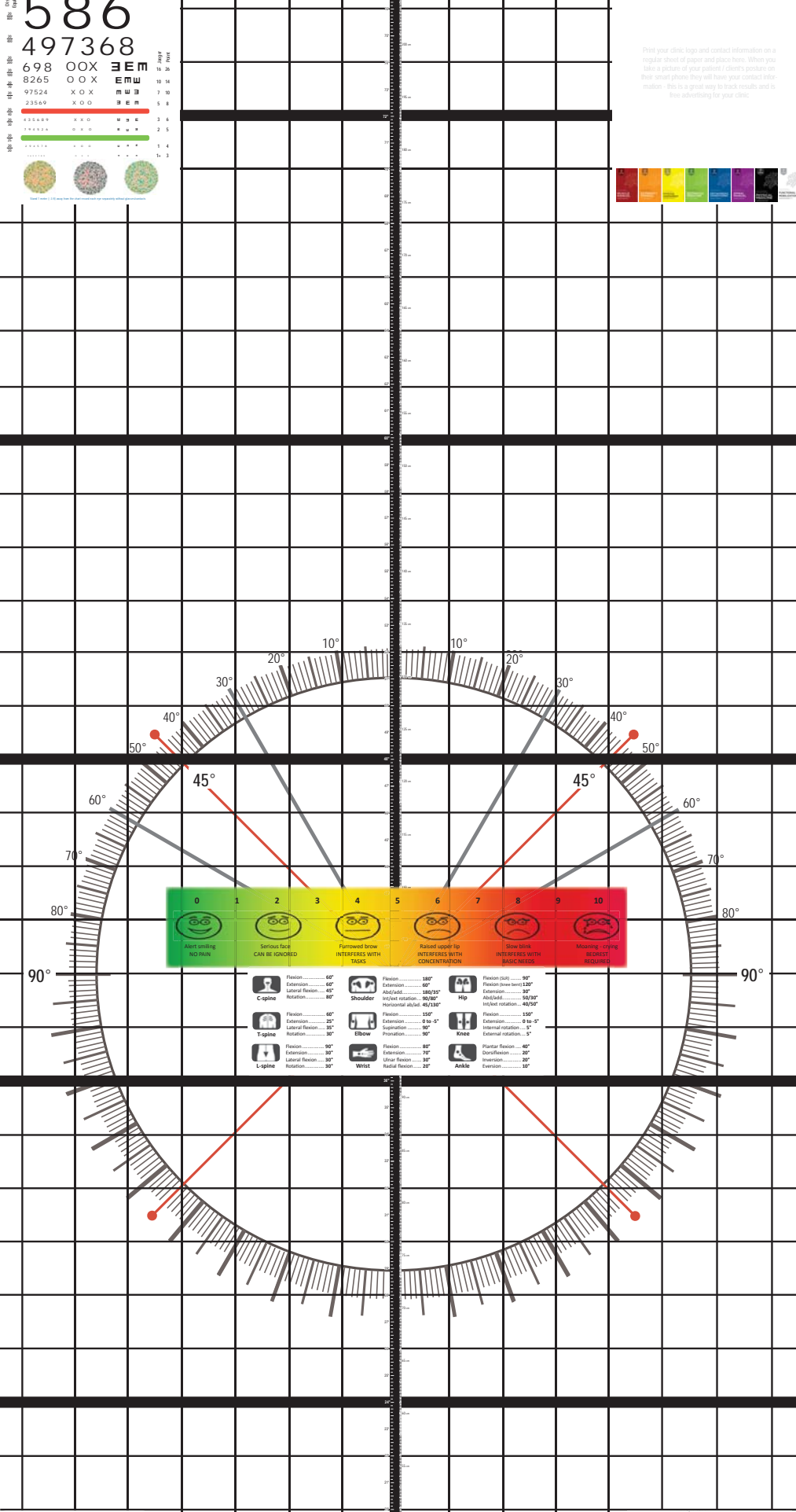


**Gait Cycle Statics Phase**  
Heel strike Mid stance Toe off



**Basic Assessment**  
Start at feet & work up toward face (proximal & distal)

Assessment Area	Assessment Method	Assessment Notes
Neck	Visual observation, Palpation, Range of motion	...
Shoulder	Visual observation, Palpation, Range of motion	...
Elbow	Visual observation, Palpation, Range of motion	...
Wrist	Visual observation, Palpation, Range of motion	...
Hand	Visual observation, Palpation, Range of motion	...
Forearm	Visual observation, Palpation, Range of motion	...
Upper Arm	Visual observation, Palpation, Range of motion	...
Lower Arm	Visual observation, Palpation, Range of motion	...
Hand	Visual observation, Palpation, Range of motion	...
Wrist	Visual observation, Palpation, Range of motion	...
Hand	Visual observation, Palpation, Range of motion	...
Wrist	Visual observation, Palpation, Range of motion	...
Hand	Visual observation, Palpation, Range of motion	...
Wrist	Visual observation, Palpation, Range of motion	...



Print your clinic logo and contact information on a regular sheet of paper and place here. When you take a picture of your patient's chair's posture on their smart phone they will have your contact information. This is a great way to track results and is free advertising for your clinic.



**How to set up and use chart**

- Bottom of chart should be measured above floor
- Draw a line or use a piece of black tape to mark center of feet or patient's knees when in stance
- Ask patient to stand or sit in a normal relaxed position - do NOT do the worst posture of any time
- Statement "I would like to see how you sit or stand normally by and be relaxed as possible"
- Consider assessing posture when the patient is fatigued for a more accurate assessment
- Check your dominant eye to ensure picture is straight - snap photo to take a picture pre-treatment then again post-treatment
- Track changes over time on follow-up visits.