PTA Static Postural Assessment

Client Name ____________________________ Date ____________________________

Anterior & Posterior View

Tick where seen & refer to Movement Management Plan

Lower Body

Foot & ankle complex
- Toe - Out
- Toe - In
- Pronation
- Flat Feet
- High Arch

Knee/Hip
- Knock Knees
- Bow Legs

Upper Body

Spine
- Scoliosis
- Deviation

Scapula
- Deviation
- Tilt
- Rotation

Shoulder

Head

Lateral View

Tick where seen & refer to Movement Management Plan

Lower Body

Ankle
- Dorsiflexion
- Plantarflexion

Knee
- Flexed
- Hyperextended

Pelvis
- Anterior translation

Is the deviation symmetrical?
- Y
- N
- Tilt: Anterior
- Posterior

Upper Body

Lumbar spine
- Lordosis
- Flat

Thorac spine
- Kyphosis
- Flat

Trunk
- Rotation (Symmetry)

Shoulders
- Forward
- Back

Head position
- Forward
- Back

Comments __________________________________________

___________________________________________________

___________________________________________________

___________________________________________________

© Copyright PT Academy
Client Name ____________________________ Date ____________________________

**Ankle Complex - Sagittal Step**

- **Front View**
  - Medial deviation of knee [L: , R: ]
  - Medial deviation of hip [L: , R: ]
  - Stance foot toe-out [L: , R: ]
  - Excessive pronation of placing foot [L: , R: ]

- **Side View**
  - Heel lifting on stance foot [L: , R: ]
  - Heel lifting on placing foot [L: , R: ]
  - Poor control of tibia on placing foot [L: , R: ]
  - Poor control of tibia on stance foot [L: , R: ]
  - Excessive flexion of trunk [L: , R: ]

**Hip Complex - Lateral Step/Lunge**

- **Front View Stepping Leg**
  - Knee not stacking (over foot) [L: , R: ]
  - Hips not stacking (over foot) [L: , R: ]
  - Head not stacking (over foot) [L: , R: ]

- **Front View Trunk**
  - Excessive flexion of trunk [L: , R: ]
  - Excessive lateral flexion of trunk [L: , R: ]

- **Front View Stance Leg**
  - Lateral border of foot off ground [L: , R: ]

**Thoracic Spine - Transverse Step & Reach**

- **Back View**
  - Scapula - segmented movement [L: , R: ]
  - Spine - poor lateral flexion [L: , R: ]
  - Excessive trunk rotation [L: , R: ]
  - Head doesn't follow hand (without prompting) [L: , R: ]
  - Segmented head movement [L: , R: ]
  - Stance leg not straight [L: , R: ]

Tick where seen & refer to Movement Management Plan

© Copyright PT Academy