

**Bergen Family Chiropractic**  
**45 N. Lake St. (Route 19 next to Fire Dept)**  
**Bergen, NY 14416**  
**(585) 494-2870**

## Posture Evaluation Checklist

**Name** \_\_\_\_\_

Instructions to person whose posture you are evaluating:

*Put your feet shoulder width apart with toes on an imaginary line.*

*Stand up tall with your shoulders relaxed.*

*Shake your head yes and no, then stop in the middle.*

Head Tilt or one earlobe lower?	R	L	None
Nose position compared to chest?	R	L	Midline
High Shoulder?	R	L	None
More space between arm and torso?	R	L	Even Space Both Sides
High Hip?	R	L	None
Thigh Forward on One Side?	R	L	None
Knock Knees?	Y	N	
Bowlegged?	Y	N	
Flat Feet/Low Arches?	R	L	None

*Have the person bend forward as far as possible:*

Is one side of the rib cage higher than the other?    Y    N

**\*\*If any answers are R, L, or Y, then bring this checklist to your initial chiropractic appointment and give it to Dr. Amy or Dr. Pat. Basic wellness-oriented chiropractic adjustments and home exercise instructions can easily correct the postural imperfections in most cases, allowing better flow of nervous system messages throughout the body. Excellent posture is great health “insurance!”**