

Assessment of dynamic posture & movement function

Pelvic Curl	Chest Lift	Hula	Spine Twist	Roll down	Roll Back	Muscles Joints	Strengthen Activate	Lengthen	Mobilise	Stabilise	Comment
						Feet/Ankles					
						Lower leg -medial	Pronation	Supination			
						-lateral	Supination	Pronation			
						Calves					
						Knees					
						Quads					
						Hamstrings		Fatigue/Flatback			
						Adductors					
						Hip rotators -external					
						-internal					
						Hip flexors	Fatigue/Flatback	Lordosis			
						Glutes	Lordosis				
						TA	Lordosis	Fatigue/Flatback			
						Obliques	Fatigue/Flatback				
						Rectus					
				Scoliosis		Lumbar spine	Fatigue/Flatback	Lordosis	Military		
						Serratus					
						Lats					
						Rhomboids	Kyphosis				
						Traps					
						Pecs				Military	
						Shoulder -girdle					
						-joint					
						Neck -extensors	Kyphosis				
						-flexors		Kyphosis			
						Jaw					
						Triceps					
						Forearm					
						Hands					