



What is a Postural Assessment?

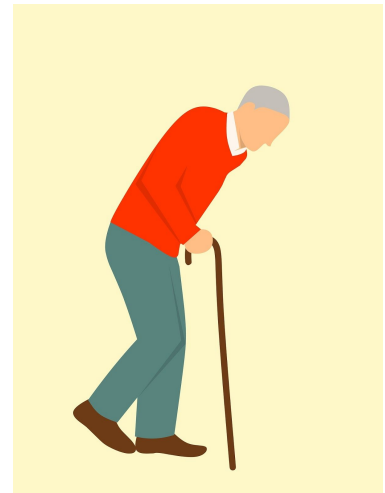
I have been asked a number of questions about postural assessment during treatments so I thought it would be a good idea to put together a blog around them. Posture is a person's ability to maintain alignment of body parts. In this blog, I will explain what a postural examination is, why therapists, like myself, use and conduct them, and what is involved for you as a client/patient.

What can affect posture?

- Your age
- The structure of your body - e.g. extra vertebrae
- Your hobbies/ lifestyle. e.g. a ballerina
- Your medical history e.g. serious injuries or operations
- Your job - e.g. a desk job or gardening

What is a postural assessment?

I guess a postural assessment does what it says on the tin! A therapist will conduct a visual examination of an individual's body from head to toe. Things that the therapist might be looking for are:



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- Feet shoulder width apart and the direction they face
 - Balance of weight evenly
 - Hips level
 - Shoulders back and level
 - Head positioning

During the assessment, the therapist may ask you to perform simple movements such as walking on the spot to find your natural posture. However, just to be clear - a therapist isn't looking for the 'perfect' posture as there is no such thing - everyone is different.

Why do the assessment?

A postural assessment allows a therapist to identify any visible imbalances in an individual's body. It allows the therapist to establish a baseline so that a plan for the correct steps for treatment can be made. It also allows a measure and comparison when re-examined at a later date.

Once the examination is complete, the therapist is likely to discuss the findings and next steps which is likely to include a range of movements and treatment plan.

Finally, good posture has many benefits including a reduced risk of injury, muscle tension and improved spinal alignment. Popular activities that are beneficial to improving your posture are yoga or pilates. Adding a good stretch routine would be beneficial too.

To book an appointment and postural assessment please contact us on 07532003950

Reference

Postural assessment by Jane Johnson

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