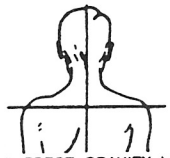
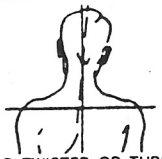
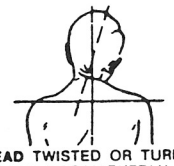
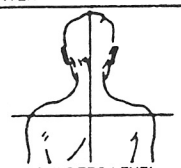
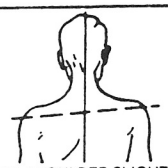
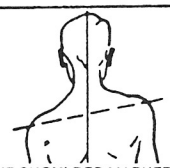
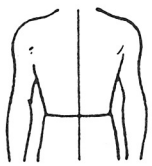
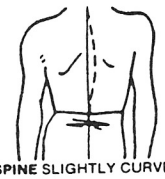
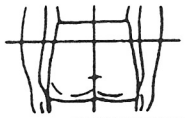
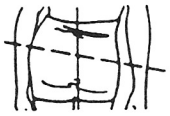
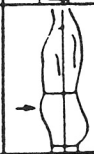
POSTURE SCORE SHEET

Name _____

	GOOD - 10	FAIR - 5	POOR - 0	SCORING DATES			
HEAD LEFT RIGHT	 **HEAD** ERECT GRAVITY LINE PASSES DIRECTLY THROUGH CENTER	 **HEAD** TWISTED OR TURNED TO ONE SIDE SLIGHTLY	 **HEAD** TWISTED OR TURNED TO ONE SIDE MARKEDLY				
SHOULDERS LEFT RIGHT	 **SHOULDERS** LEVEL (HORIZONTALLY)	 **ONE SHOULDER** SLIGHTLY HIGHER THAN OTHER	 **ONE SHOULDER** MARKEDLY HIGHER THAN OTHER				
SPINE LEFT RIGHT	 **SPINE** STRAIGHT	 **SPINE** SLIGHTLY CURVED LATERALLY	**SPINE** MARKEDLY CURVED LATERALLY				
HIPS LEFT RIGHT	 **HIPS** LEVEL (HORIZONTALLY)	**ONE HIP** SLIGHTLY HIGHER	 **ONE HIP** MARKEDLY HIGHER				
ANKLES	**FEET** POINTED STRAIGHT AHEAD	**FEET** POINTED OUT	**FEET** POINTED OUT MARKEDLY ANKLES SAG IN (PRONATION)				
NECK	**NECK** ERECT. CHIN IN. HEAD IN BALANCE DIRECTLY ABOVE SHOULDERS	**NECK** SLIGHTLY FORWARD. CHIN SLIGHTLY OUT	**NECK** MARKEDLY FORWARD. CHIN MARKEDLY OUT				
UPPER BACK	**UPPER BACK** NORMALLY ROUNDED	**UPPER BACK** SLIGHTLY MORE ROUNDED	**UPPER BACK** MARKEDLY ROUNDED				
TRUNK	**TRUNK** ERECT	**TRUNK** INCLINED TO REAR SLIGHTLY	**TRUNK** INCLINED TO REAR MARKEDLY				
ABDOMEN	**ABDOMEN** FLAT	 **ABDOMEN** PROTRUDING	**ABDOMEN** PROTRUDING AND SAGGING				
LOWER BACK	**LOWER BACK** NORMALLY CURVED	**LOWER BACK** SLIGHTLY HOLLOW	**LOWER BACK** MARKEDLY HOLLOW				
			TOTAL SCORES				

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Reedco Posture Score Sheet

Population: Adult population

Description: The Reedco Posture Score Sheet was designed to be an easy to administer tool for diagnosing a patient with poor posture.

Mode of Administration: The Reedco Posture Score Sheet is a task performance exam.

Completion:

Time to Complete: 10 minutes

Time to Score: The time to score is included in the time to complete.

Scoring: The patient is observed standing in several predetermined positions and is scored based on their posture.

The patient is rated based on the four posture conditions, forward head, dorsal kyphosis, trunk inclination, and lumbar lordosis. The conditions are scored on a scale from 0 to 10 with 0 being poor and 10 good. (See score sheet for more information.)

Interpretation: See score sheet for interpretation.

Reliability: Inter-rater reliability was tested in a study of 202 subjects for the four variables of forward head, dorsal kyphosis, trunk inclination, and lumbar lordosis. Three physical therapists tested the patients and then alpha coefficients were calculated. The alpha coefficient had a range of 0.899 to 0.915 indicating a very good level of interrater reliability.

Validity: not reported

Reference: Lewis CB. 1983. The Relationship Between Posture and Psychological Variables in Students Age 18-25. *Oregon Free Press.*