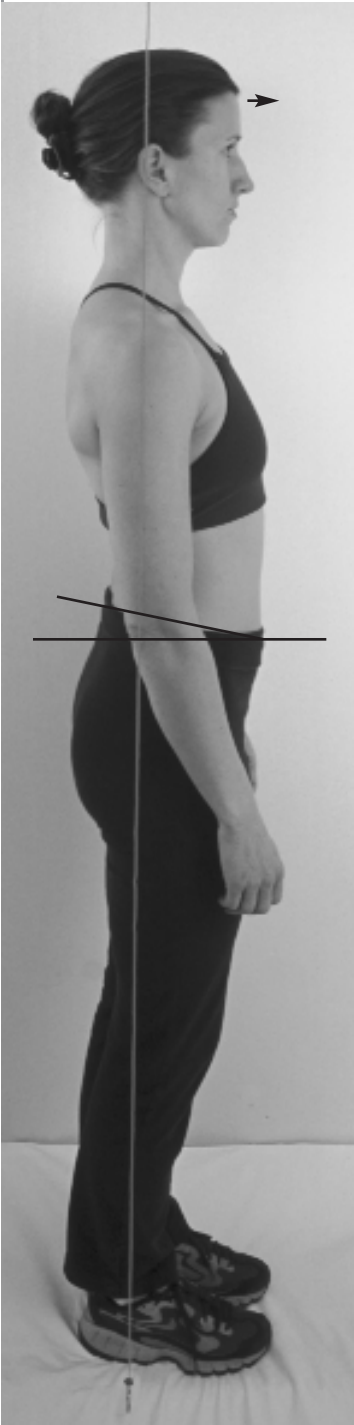


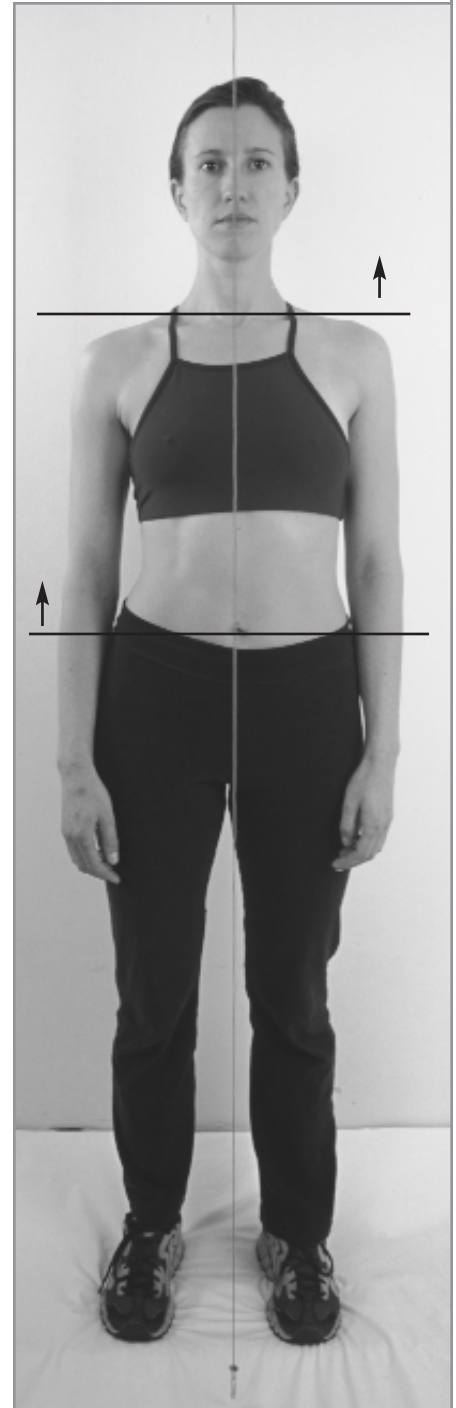
Proper Standing Posture



OK, Take a deep breath and look in the mirror...what do you see? Without judgement, check in with your body. Are your shoulders level? Your hips? Is your pelvis tilted or do you lean? Have a friend take a look to compare.

In neutral side posture, notice how her ear, shoulder, hip, knee and posterior ankle bone all line up with the plumb line (roughly). Compare the horizontal level line at her pelvis to the angle of line representing her forward tilt. Notice how her head is slightly forward of midline. Awareness is the first step to making a change.

In neutral front posture (left to right), notice how her nose, center of the chest, belly button and pelvis all line up to a point equidistant between her feet. She has a mild shift to the right (from the pelvis down) and has a slightly elevated right hip and left shoulder.



**"Perfect" posture" is a constant challenge. Notice very slight deviation from neutral in our model.