

EFFICIENT MOVEMENT STRATEGIES

— Learn to move efficiently —

Standing Posture Checklist

Components of Normal, Efficient, Standing Posture:



- ✓ Stand with your feet hip width apart, parallel to each other, facing forward.
- ✓ Even distribution of pressure over the tripods of your feet. Ankles centered over your feet. Toes are relaxed.
- ✓ Kneecaps and toes face forward. Maintain soft knees.
- ✓ Stack your ear, shoulder, hip and ankle vertically over each other.
- ✓ Spine has a subtle S curvature.
- ✓ Ribcage and pelvis should be aligned over each other, connected by the abdominal wall.
- ✓ Breathing should be easy.
- ✓ Inhalation: Ribcage expands freely in all directions with minimal change in neck tension.
- ✓ Exhalation: Ribcage closes freely in all directions, abs engage.
- ✓ Breathing should not change your posture line or cause the shoulder blade to shrug up or tip forward.
- ✓ Shoulder blade rests on top of the ribcage, allowing the neck to relax.
- ✓ Feel stacked and relaxed.

How does your posture stack up?

- Use this Standing Posture Checklist to identify changes in your Standing Posture.
 - Each check on this list represents improved ability to feel well and move well.
 - If it is difficult or uncomfortable meeting these posture standards, corrective exercises can help.
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