

your nose leans to either side of the line or remains in the middle.

Now look at your shoulders. Your partner can move behind you so that you are both looking at the mirror and very lightly place their hands on each of your shoulders (Fig 5) and assess whether one side is higher than the other or if they are even and note that on the assessment sheet. You can use a spirit level to do this if you wish.

Your hips are next. From the same position, get your partner to bring their hands down to each of the hip bones and do the same as with the shoulders, recording whether there is any difference in the height of the individual hips.

Do the very same thing with the knees and lastly with the ankles. Fig 8 will give you an idea just how the body can deviate from the mid-line. The green line represents the properly aligned bio-mechanical markers and the red line shows the actual position.

Side posture

Ok, you can dispense with the scales now but still in a normal standing position, go through the same process of head movement with your eyes closed just as before. This time however, have your partner assess you from the side. Get them to look at your ear and record

Self Assessment Sheet			
Front posture	Yes	No	Comments
Weight difference?			
Head straight?			
Shoulders level?			
Hips level?			
Knees straight and equal in height?			
Ankles level?			
Side posture	Yes	No	Comments
Ear in line with the shoulder?			
Chest elevated and abdominals flat?			
Knees straight and aligned with each other?			

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