

Self Posture Check

Of course, it is not easy to achieve symmetry with scoliosis, but you can work with your physiotherapist to improve your posture. Using these simple checks listed above can help empower you to help yourself as well!

Posture Check	Column 1	Column 2
Are you sitting or standing tall and wide with a strong posture or are you slouching?	<input type="checkbox"/> Strong posture	<input type="checkbox"/> Slouching
When you stand, are you keeping a slight bend to your knees or locking/hyperextending them?	<input type="checkbox"/> Slight bend	<input type="checkbox"/> Locking/ Hyperextending
Are your hips balanced under your trunk? Note: A good way to check this is to stand with your hands by your side. Is the left arm closer to the left hip compared to the distance between the right arm and right hip? Or vice versa?	<input type="checkbox"/> Hips are balanced	<input type="checkbox"/> Hips are NOT balanced
Is your trunk leaning to one side?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Are your pants or skirt higher on one side of your hip than the other? Or are they level?	<input type="checkbox"/> Level	<input type="checkbox"/> Higher on one side
Is one shoulder higher than the other?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
How does your side profile look? Are you too arched or too rounded?	<input type="checkbox"/> Looks good	<input type="checkbox"/> Too arched or too rounded
Is the line between your nose, chin and belly button as straight as it can be?	<input type="checkbox"/> Yes	<input type="checkbox"/> Not quite

If most of your answers are Column 1, great job being posture aware! If you have some answers in Column 2, way to go for recognizing where you can improve. Postural improvements take time to learn, so keep on practicing because you are off to a great start.

SCOLIOS-S

