

Posture Assessment Significance and Corrective Strategies

This is a basic breakdown of the various findings of the Kinetisense Posture module. To find Poor, Average and Good ranges for the various measurements, please refer to the “Front and Side Posture Scoring” PDF located in your Kinetisense Marketing Package.

Description	Plane Assessed	Significance	Priority	Primary Correctives
Head located x cm BHD/FWD the shoulder line	Sagittal	Forward head position has been shown in research to put additional load and tension on the posterior cervical muscles and soft tissue.	High	Mobilize: O-C1, Thoracic spine Stabilize: C1-C7 Lengthen: Suboccipitals, Scalenes, SCM, Cervical Erector Spinae Group, Upper Trapezius. Strengthen: Deep Anterior Cervical Neck Flexors.
Head Carriage is x degrees FWD/BHD	Sagittal	This data represents the degree of anterior/posterior position of the cervical spine.	High	Mobilize: O-C1, Thoracic spine Stabilize: C1-C7 Lengthen: Suboccipitals, Scalenes, SCM. Strengthen: Deep Anterior Cervical Flexors.
Eyes tilt is x degrees to left/right	Frontal	This data represents the amount of lateral head tilt in degrees.	High	Mobilize: O-C1, Thoracic Spine Stabilize: C1-C7 Lengthen: Cervical Lateral Flexors [I], Thoracic Lateral Flexors [C], Upper Trapezius [I], Levator Scapula [I]. Strengthen: Cervical Lateral Flexors [C], Thoracic Lateral Flexors [I], Deep Anterior Cervical Flexors.

Description	Plane Assessed	Significance	Priority	Primary Correctives
Right shoulder is x cm above/below left	Frontal	This data represents the positioning of the shoulders in comparison to each other in the frontal plane.	Medium	<p>Mobilize: C-T junction, Thoracic Spine.</p> <p>Stabilize: C1-C7, Lumbar Spine</p> <p>Lengthen: Levator Scapula [C], Upper Trapezius [C], Cervical Lateral Flexors [C], Latissimus Dorsi [I].</p> <p>Strengthen: Scapular retractors [C], Lower/Middle Trapezius [C], Scapular Stabilizers [C].</p>
Right shoulder is x cm Behind [B]/in front [F] of left	Transverse	This data represents the comparative anterior/posterior positioning between the shoulders in the transverse plane.	High	<p>Mobilize: C-T Junction, Thoracic Spine, A-C joint, S-C joint, Scapulothoracic Complex.</p> <p>Stabilize: Stabilize: C1-C7, Scapulothoracic Complex, Lumbar Spine.</p> <p>Lengthen: Pectoralis Major/Minor [F], Latissimus Dorsi [F], Bicep [F], RTC Internal Rotators [F], RTC External Rotators [B], Scapular Retractors [B].</p> <p>Strengthen: Pectoralis Major/Minor [B], Latissimus Dorsi [B], Bicep [B], RTC Internal Rotators [B], RTC External Rotators [F], Scapular Retractors [F].</p>
Shoulder axis is x degrees tilt to left/right compared to horizontal (in degrees).	Frontal	This data represents the left to right tilt of the plane between the left and right shoulder in the frontal plane. This data is represented as the degree of planar tilt as compared to horizontal (0).	Medium	<p>Mobilize: C-T junction, Thoracic Spine.</p> <p>Stabilize: C1-C7, Lumbar Spine</p> <p>Lengthen: Levator Scapula [C], Upper Trapezius [C], Cervical Lateral Flexors [C], Latissimus Dorsi [I].</p> <p>Strengthen: Scapular retractors [C], Lower/Middle Trapezius [C], Scapular Stabilizers [C].</p>

Description	Plane Assessed	Significance	Priority	Primary Correctives
There is x degree spinal tilt to the left/right	Frontal	This data represents the degree of spinal tilt (Thoracic, Lumbar) as compared to vertical (0).	High	<p>Mobilize: C0-C1, C7-T1, Thoracic Spine, SI joints.</p> <p>Stabilize: C1-C7, Lumbar Spine</p> <p>Lengthen: Thoracic/Lumbar Erectors Group [I], Latissimus Dorsi [I], Quadratus Lumborum [I], Hip Internal Rotators [I], Hip External Rotators [C].</p> <p>Strengthen: Thoracic/Lumbar Erectors Group [C], Latissimus Dorsi [C], Quadratus Lumborum [C], Hip Internal Rotators [C], Hip External Rotators [I].</p>
Right hip is x cm behind/in front of the left hip	Transverse	This data represents the comparative anterior/posterior positioning between the hips (iliofemoral joints) in the transverse plane (cm).	High	<p>Mobilize: SI joints, Iliofemoral Joints, Thoracic Spine</p> <p>Stabilize: Lumbar Spine, Tibiofemoral Joints.</p> <p>Lengthen: Hip flexor complex (F), Quadriceps (F), Adductors (F), Hamstrings (B).</p> <p>Strengthen: Hip external rotators (B), Quadriceps (B), Adductors (B), Hamstrings (F).</p>
Right hip is x cm below/above the left hip	Frontal	This data represents the positioning of the left versus right anterior iliofemoral joints in relation to horizontal in the frontal plane in cm.	Medium	<p>Mobilize: SI joints, Iliofemoral Joints, Thoracic Spine.</p> <p>Stabilize: Lumbar Spine, Tibiofemoral Joints.</p> <p>Lengthen: TFL (Bl), Glutes, Hamstring (Bl), Quadratus Lumborum (Ab), Adductor group (Bl), Hip flexors (Ab).</p> <p>Strengthen: TFL (Ab), Glutes, Hamstring (Ab), Quadratus Lumborum (Bl), Adductor complex (Ab).</p>

Description	Plane Assessed	Significance	Priority	Primary Correctives
Hip axis is x degrees tilt to left/right compared to horizontal	Frontal	This data represents the positioning of the horizontal plane formed between the Left and Right anterior iliofemoral joints in relation to horizontal in the frontal plane in degrees.	Medium	<p>Mobilize: SI joints, Ilioferomral Joints, Thoracic Spine.</p> <p>Stabilize: Lumbar Spine, Tibioferomral Joints.</p> <p>Lengthen: TFL (I), Glutes, Hamstring (I), Quadratus Lumborum (C), Adductor group (I), Hip flexors (C).</p> <p>Strengthen: TFL (C), Glutes, Hamstring (C), Quadratus Lumborum (I), Adductor complex (C).</p>
Right knee is x cm behind/in front left	Sagittal/ Transverse	This data represents the placement of the knees in the sagittal plane in relation to each other (cm).	Medium	<p>Mobilize: ankle, ilioferomral joint, SI joint, patelloferomral joint (sagittal plane)</p> <p>Stabilize: Patelloferomral joint (transverse, frontal planes)</p> <p>Lengthen: Hamstring (F), Quad (B), TFL (F), Sartorius (B), Anterior Tibialis (F), Gastrocnemius (F).</p> <p>Strengthen: Hamstring (B), Quad (F), TFL (B), Sartorius (F), Anterior Tibialis (B), Peroneus Longus (F), Gastrocnemius (B).</p>
Right knee is x cm below/above left	Frontal	This data represents the placement of the knees in the frontal plane in relation to each other (cm).	Medium	<p>Mobilize: SI Joint, Thoracic Spine, Subtalar Joint</p> <p>Stabilize: Lumbar Spine, Knee (frontal, transverse planes)</p> <p>Lengthen: Soleus, Gastrocnemius</p> <p>Strengthen: Plantar Arch, Glute complex</p>

Description	Plane Assessed	Significance	Priority	Primary Correctives
Knee axis is x degrees tilt to left/right compared to horizontal	Frontal	This data represents the lateral tilt created between the left and right knee as compared to horizontal (0).	Medium	<p>Mobilize: SI Joint, Thoracic Spine, Subtalar Joint</p> <p>Stabilize: Lumbar Spine, Knee (frontal, transverse planes).</p> <p>Lengthen: Soleus, Gastrocnemius</p> <p>Strengthen: Plantar Arch, Glute complex.</p>
Hip plane rotation is x degrees left/right	Transverse	This data represents the comparative anterior/posterior positioning between the hips (iliofemoral joints) in the transverse plane (in degrees).	High	<p>Mobilize: SI joints, Iliofofemoral Joints, Thoracic Spine</p> <p>Stabilize: Lumbar Spine, Tibiofemoral Joints.</p> <p>Lengthen: Hip flexor complex (F), Quadriceps (F), Adductors (F), Hamstrings (B).</p> <p>Strengthen: Hip external rotators (B), Quadriceps (B), Adductors (B), Hamstrings (F).</p>
Knee plane rotation is x degrees left/right	Transverse	This data represents the rotation of the plane formed between the left and right knee in the transverse plane.	High	<p>Mobilize: Subtalar Joint, iliofemoral joint, SI joint, patellofemoral joint (sagittal plane)</p> <p>Stabilize: Patellofemoral joint (transverse, frontal planes)</p> <p>Lengthen: Hamstring (F), Quad (B), TFL (F), Sartorius (B), Anterior Tibialis (F), Gastrocnemius (F).</p> <p>Strengthen: Hamstring (B), Quad (F), TFL (B), Sartorius (F), Anterior Tibialis (B), Peroneus Longus (F), Gastrocnemius (B).</p>

Description	Plane Assessed	Significance	Priority	Primary Correctives
Ankle plane rotation is x degrees left/right	Transverse	This number should be close to zero if the patient stands with their feet square to the camera.	N/A	N/A
Head is located x cm FWD/BHD	Sagittal	This data represents the anterior/posterior head position in relation to the plumbline (cm).	High	<p>Mobilize: O-C1, Thoracic spine</p> <p>Stabilize: C1-C7</p> <p>Lengthen: Suboccipitals, Scalenes, SCM, Cervical Erector Spinae Group, Upper Trapezius.</p> <p>Strengthen: Deep Anterior Cervical Neck Flexors.</p>
Shoulder is located x cm FWD/BHD	Sagittal	<p>This data represents the anterior/posterior shoulder position in relation to the plumbline (cm).</p> <p>Note: there is no need to treat the shoulder if it is found to be posterior to the plumbline. Intervention is only required when there is an anterior shoulder position.</p>	High	<p>Mobilize: C-T Junction, Thoracic Spine, A-C joint, S-C joint, Scapulothoracic Complex.</p> <p>Stabilize: C1-C7, Scapulothoracic Complex, Lumbar Spine.</p> <p>Lengthen: Pectoralis Major/Minor, Latissimus Dorsi, Bicep, RTC Internal Rotators.</p> <p>Strengthen: RTC External Rotators, Scapular Retractor, Mid/Lower Trapezius, Serratus Anterior..</p>
Mid Spine is located x cm FWD/BHD	Sagittal	This data represents the anterior/posterior mid spine position in relation to the plumbline (cm).	High	<p>Mobilize: Thoracic Spine, C7-T1, SI Joints</p> <p>Stabilize: Lumbar Spine</p> <p>Lengthen: Iliopsoas, Thoracic Spine Flexors, Pectoralis Major/Minor, Biceps, Latissimus Dorsi</p> <p>Strengthen: Thoracic Paraspinals, Scapular Retractors</p>

Description	Plane Assessed	Significance	Priority	Primary Correctives
Hip is located x cm FWD/BHD	Sagittal	This data represents the anterior/posterior Greater Trochanter position in relation to the plumbline (cm).	Medium	Mobilize: Iliofemoral Joints, SI joints Stabilize: Lumbar Spine Lengthen: Iliopsoas, Quads, Sartorius Strengthen: Glutes
Knee is located x cm FWD/BHD	Sagittal	This data represents the anterior/posterior Patellar position in relation to the plumbline (cm),	Medium	Mobilize: Tibiofemoral Joint (sagittal plane), Subtalar Joint Stabilize: Tibiofemoral Joint (Transverse plane, frontal plane) Lengthen: Hamstrings, Gastrocnemius Strengthen: Quad, Glute Complex, Soleus

I: Ipsilateral

C: Contralateral

F: Front

B: Behind

Ab: Above

Bl: Below

RTC: Rotator cuff