

# Posture Measurement



<b>Name of Test</b>	Posture Assessment
<b>Purpose of Test</b>	To assess upper back, neck and head posture
<b>Preparation</b>	Photo-reflective markers are placed on your spine, shoulder and head at various points. These are used to measure angles and show up brightly on photographs.
<b>Instructions for Test</b>	<p>Stand comfortably, hands at your sides. March on the spot for 5 steps then stop. Keep head facing forwards. Photo 1 taken.</p> <p>Sit comfortably with feet on the floor Nod your head up and down 5 times then stop. Keep head facing forwards. Photo 2 taken.</p>