

# INITIAL AND REASSESSMENT FORM

Name: Siobhan Macleod Date: 8.2.24

## Gateway Assessments

Neck Rotate Equal L more R more and %

Neck Lat Bend Equal L more R more and %

Breath Normal/Decreased %

Lat Bend Balanced L Higher R Higher

pelvis height L higher R higher

forward bend L higher R higher ✓

Heal to toe steps? Number: 4

Palpation



## Postural Assessments

### Pause

Forward Position of Head Yes No

Ears level with shoulders? Yes L higher. R higher

### Passion

Shoulders level? Yes L higher. R higher

Ears level? Yes L higher R higher

Hump Cerv/thoracic Junction Yes No

### Centre

Thoracic Curve Balanced More. Less

Scoliosis present? Yes No

Increased Thoracic Kyphosis? Yes No

### Power

Lumbar Curve Balanced More. Less

### Foundation

Pelvis Height bal. Yes No

### Base

Is Tailbone Tucked? Yes No

## Leg Length and Tension

Short leg? Yes No L R

Yes (Pause STOP) No - Next

Yes - blockage foundation

