

☐

☐

☐



Posture / Xray

Zoe Neufeld

5.

6.



Posture / Xray  
Wave

Copyright Spinal Flow 2022 ©

be different?:



### Blockages

Pause

yes

Passion

yes

Centre

yes

Power

### Examination:

#### Base gateway

Heal to toe: Less than 6 steps ☒ More than 6 steps ☐

#### Foundation

Forward Bend Test: Equal ☒ R Higher ☐ L Higher ☐

Pelvis Height: Equal ☒ R Higher ☐ L Higher ☐

#### Power

Lumbar Curve: Balanced ☐ More ☒ Less ☐

Lat Bending: Equal ☐ R More ☐ L More ☒

#### Centre

Thoracic Curve: Balanced ☒ More ☒ Less ☐

Chest Breath: Normal ☒ Decreased ☐

#### Passion

Hump at Cervical/Thoracic Junction: Yes ☒ No ☐

Neck Lat Bending: Equal ☒ R More ☐ L More ☐

#### Pause

Forward Position of head: Yes ☒ No ☐

Neck Rotation: Equal ☒ R More ☐ L More ☐

#### Access Points

Soe

ender