



Assessing pelvic tilt

Clients name _____ client id _____ date _____

Goniometer _____

Male asis lower then psis norm 1/2 “ _____

Female asis lower then psis norm 3/4” _____

Wall standing test for lordosis

Hands go right through _____

Fingers fit behind back _____

Thickest part of hand fills gap _____

Comments

By _____ trainer