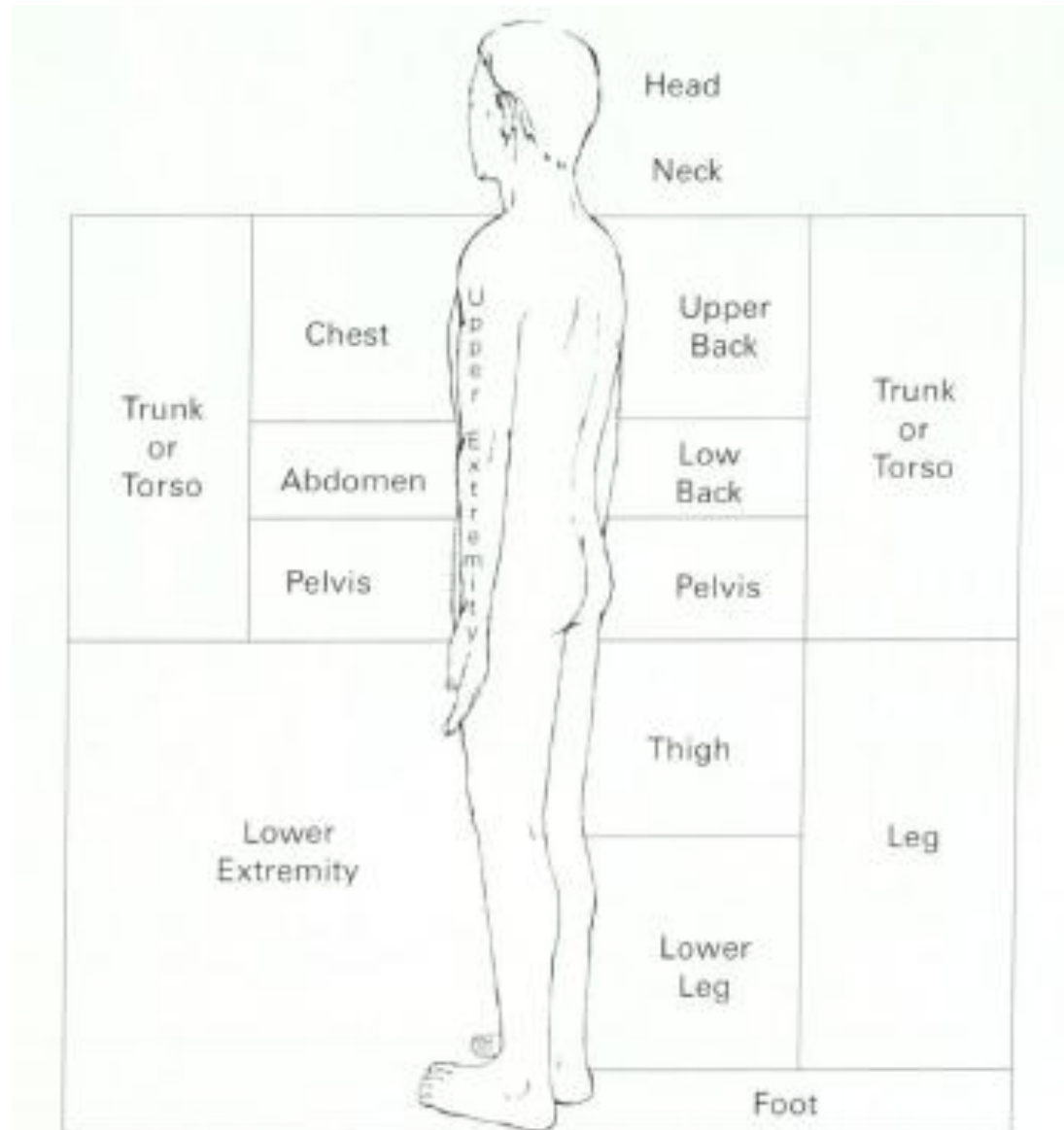
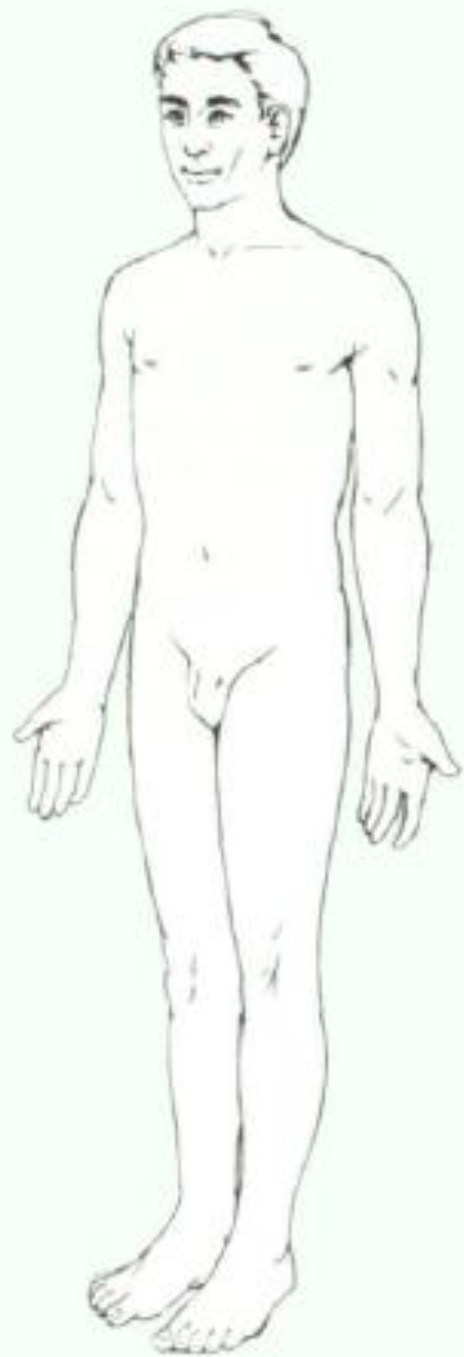


Muscles Testing & Function with Posture & Pain

Chapter 2

Fundamentals of Posture



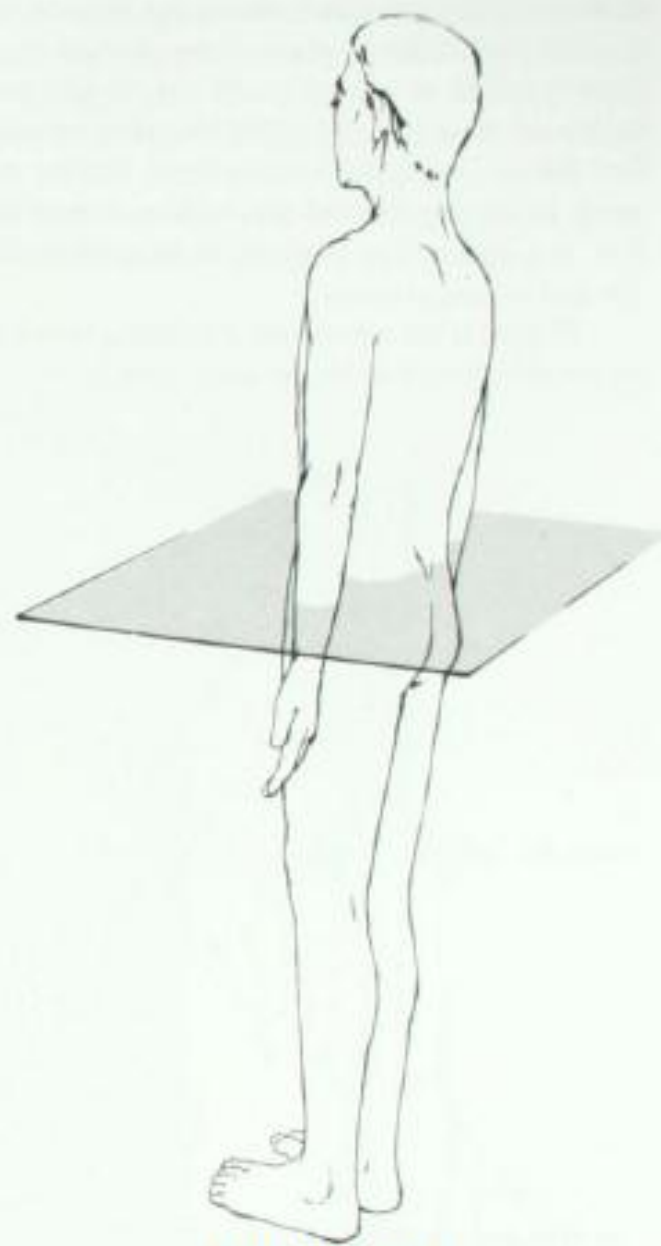




Sagittal plane



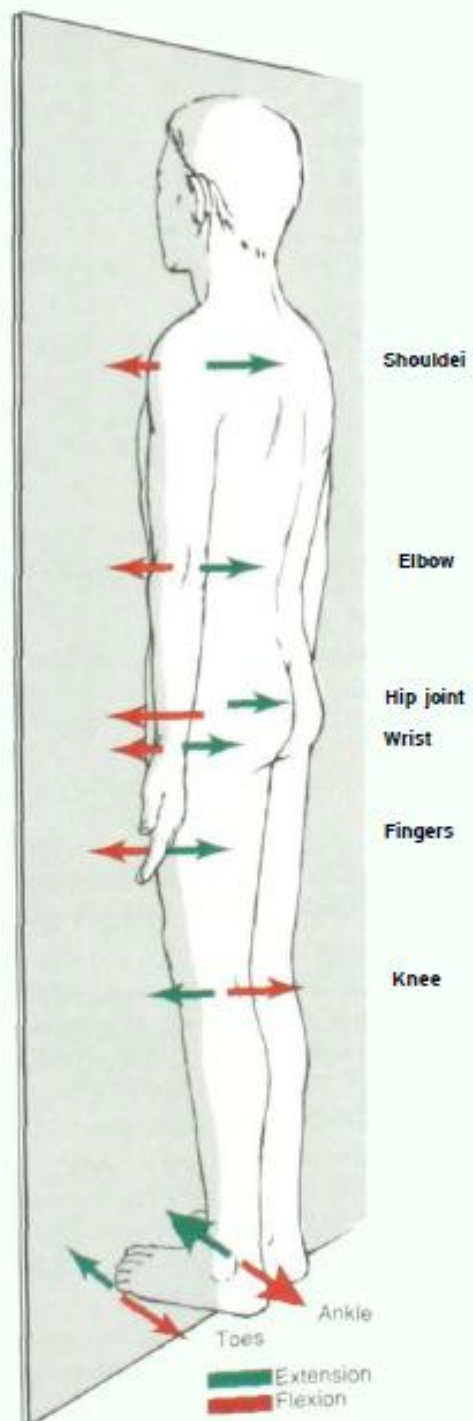
Coronal plane



Transverse plane



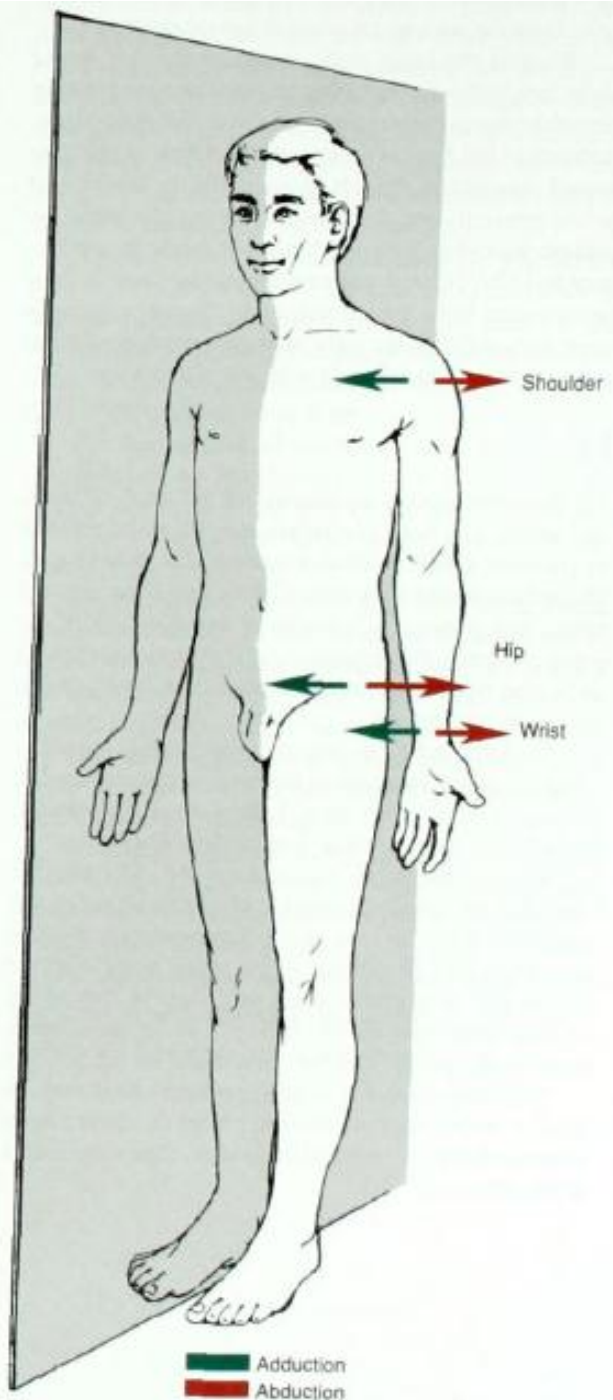
Movements
In The
Coronal
Plane



Movements In The Coronal Plane

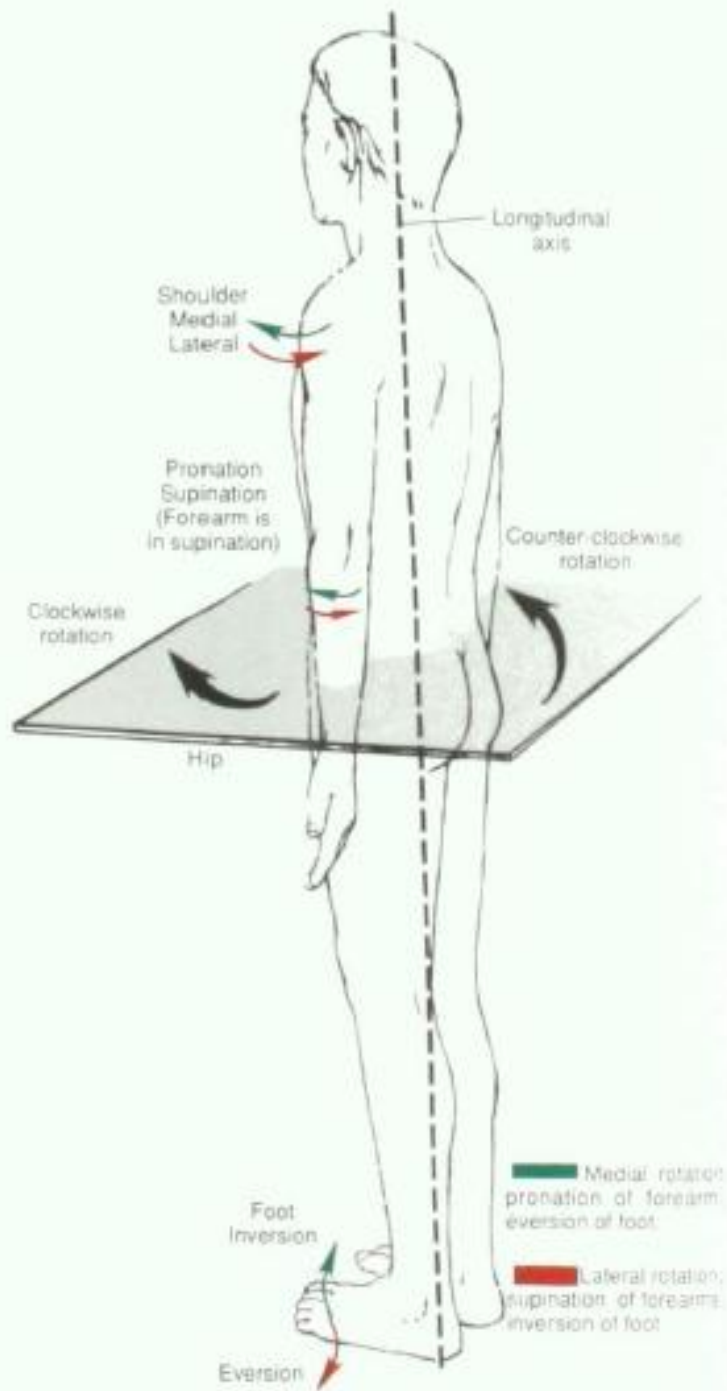


**Movement
In The
Sagittal
Plane**



Movement In The Sagittal Plane

Movement In The Transverse Plane



IDEAL PLUMB ALIGNMENT: SIDE VIEW



Slightly posterior
to apex of coronal
suture

Through external
auditory meatus

Through odontoid
process of axis

Midway through
the shoulder

Through bodies of
lumbar vertebrae

Through sacral
promontory

Slightly posterior
to center of hip joint

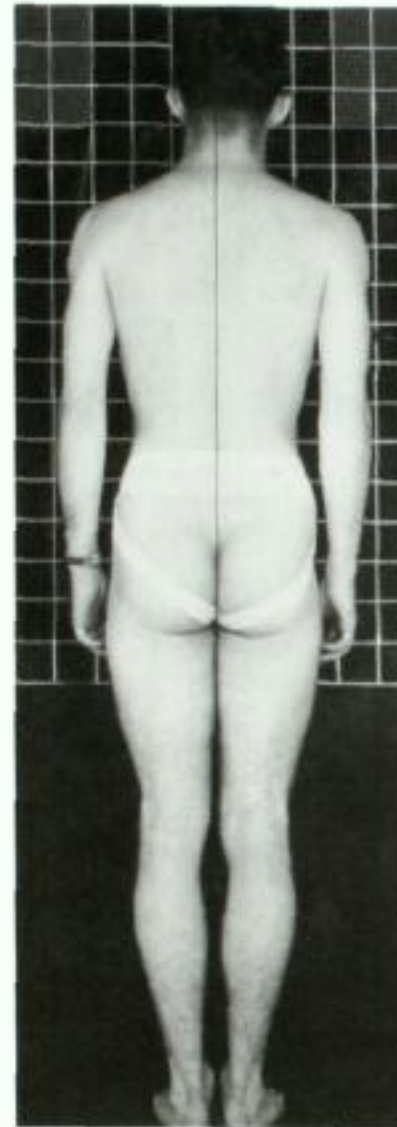
Slightly anterior
to axis of knee joint

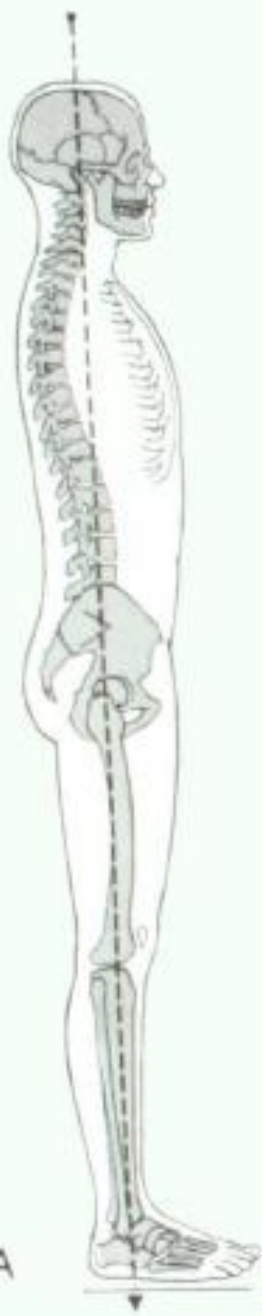
Slightly anterior
to lateral malleolus

Through calca-
neocuboid joint

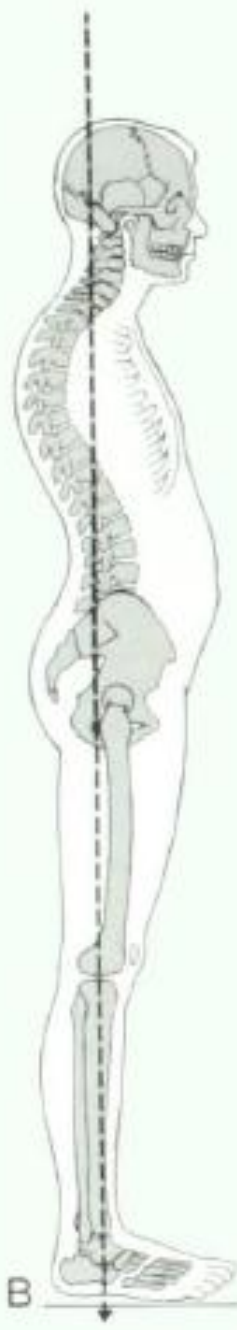


IDEAL PLUMB ALIGNMENT: BACK VIEW





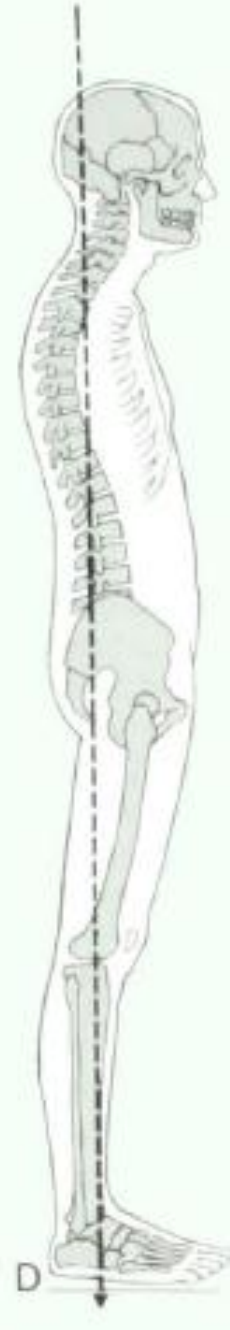
A
Ideal alignment.



B
Kyphotic-lordotic posture



C
Flat-back posture

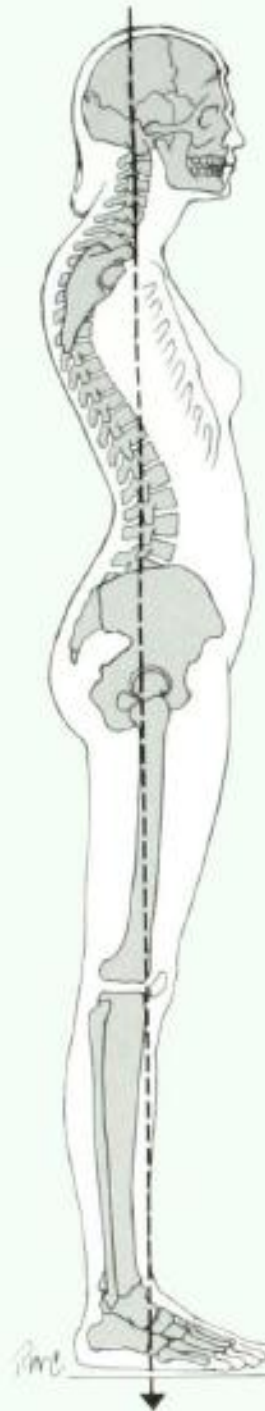
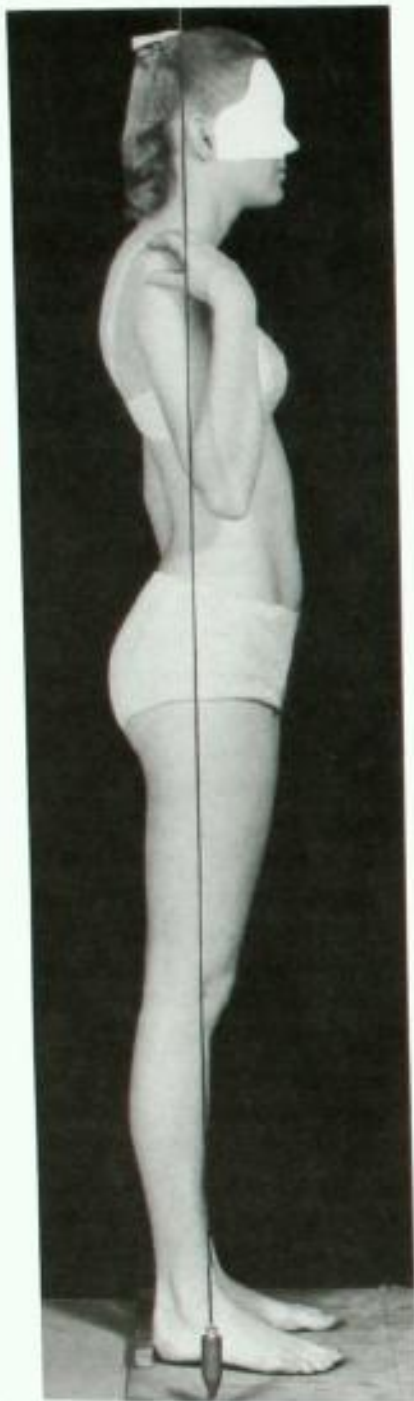


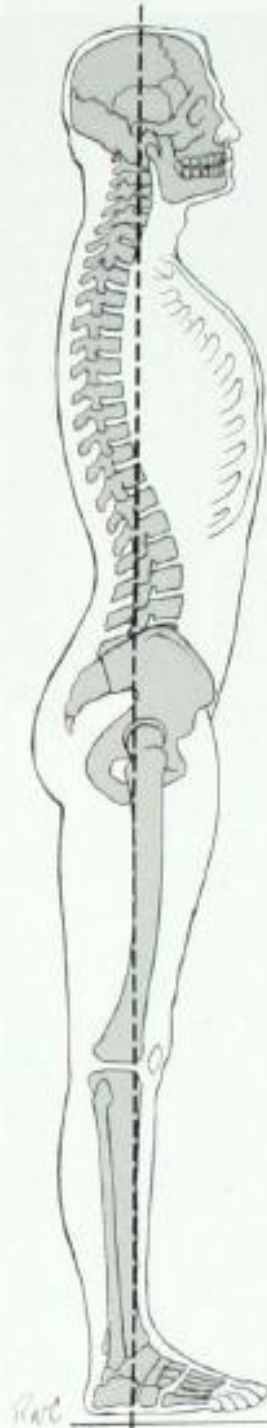
D
Sway-back posture.

Ideal Segmental Alignment Side View

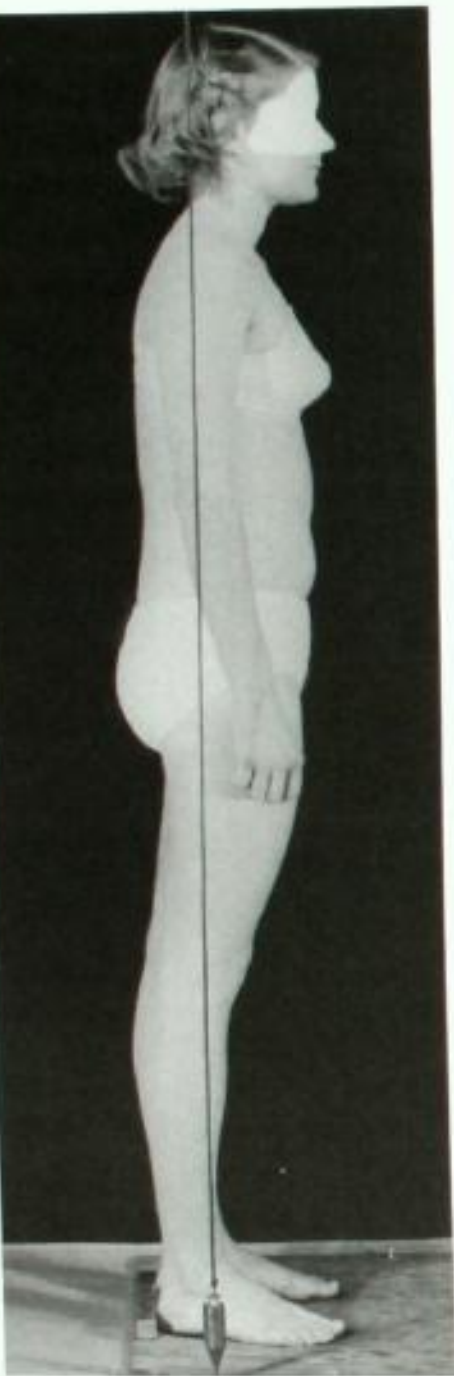


Kyphotic - Lordotic Posture

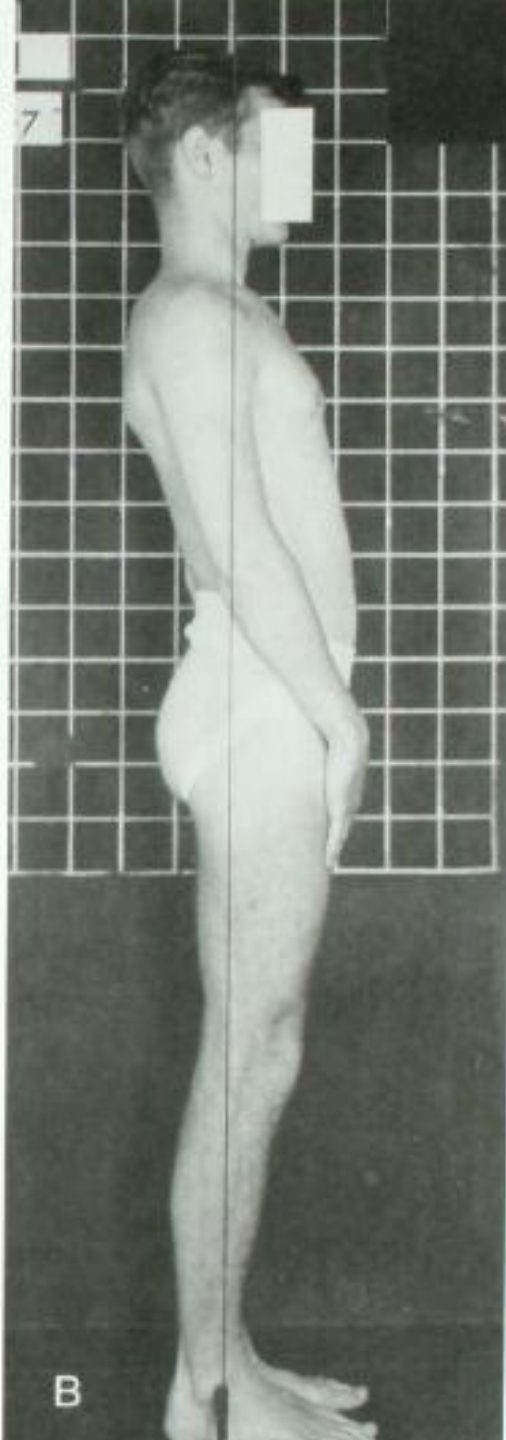




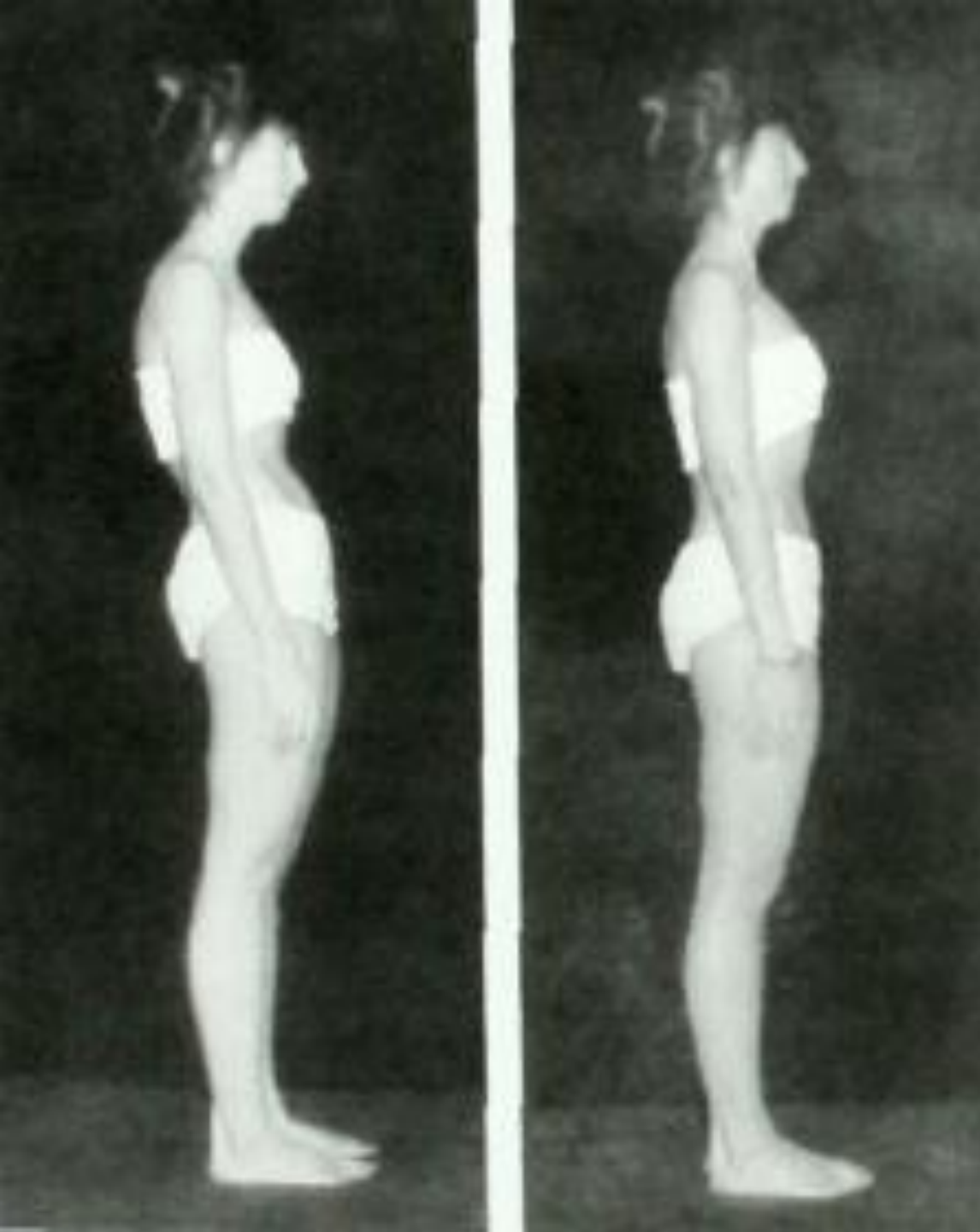
Lordotic
Posture



Flat-Back Posture



Faulty
Plumb
Alignment:
Side View

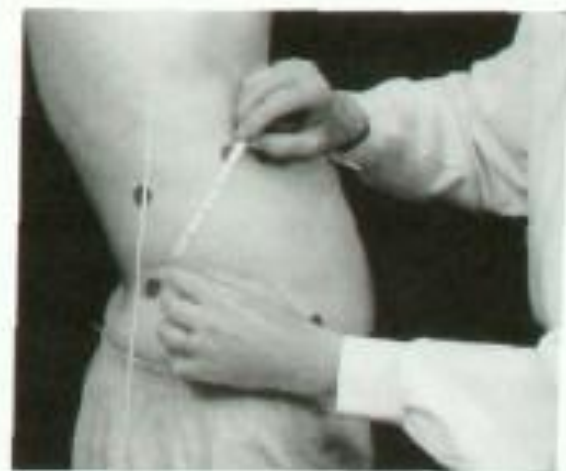


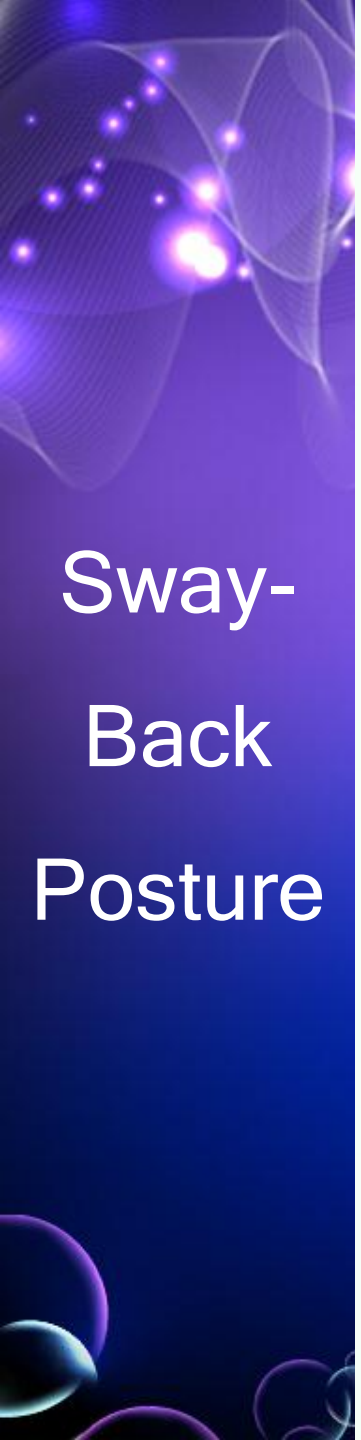
External
Oblique
In
Relation
To
Posture

Length Of Oblique Abdominal Muscles In Relation To Posture

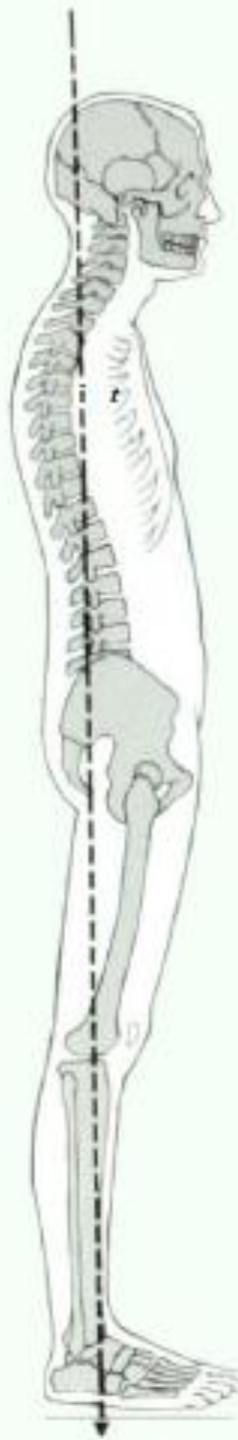


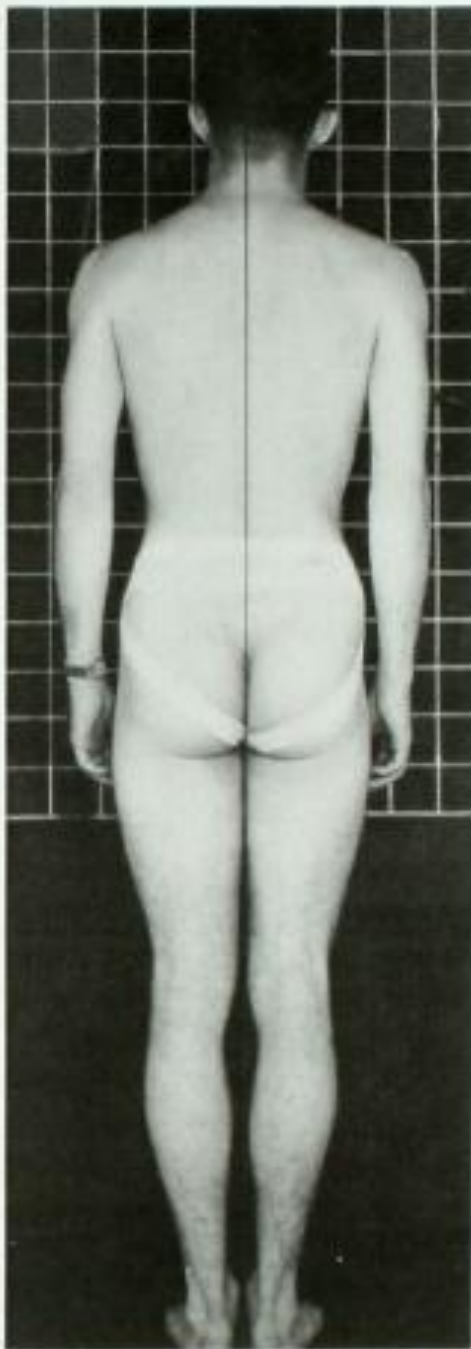






Sway-Back Posture

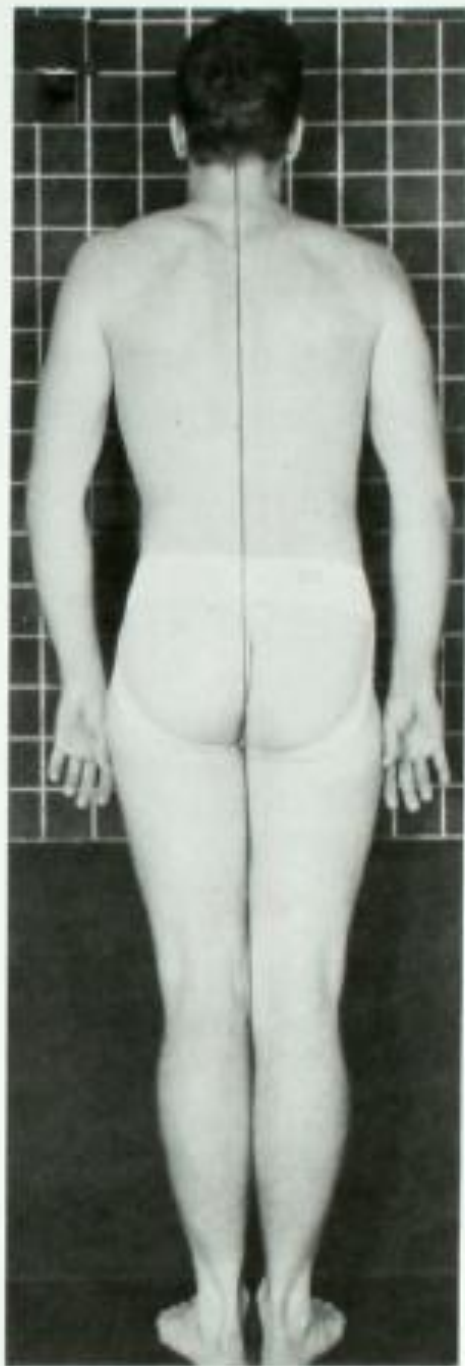


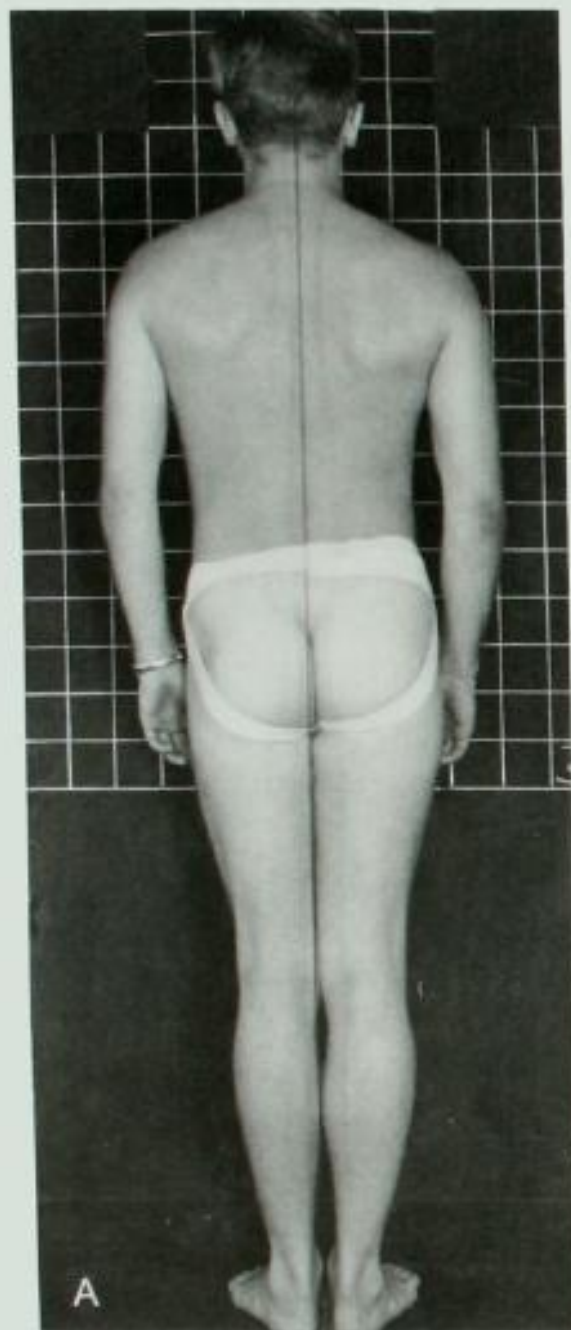


Everters
Peroneus
longus
and brevis

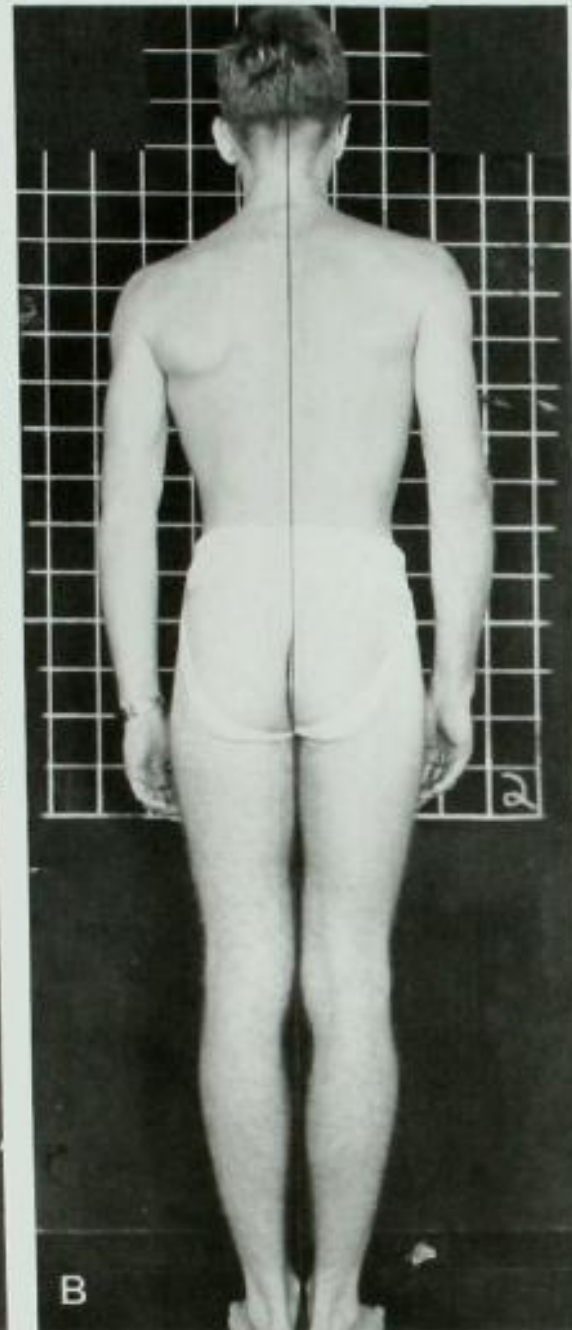




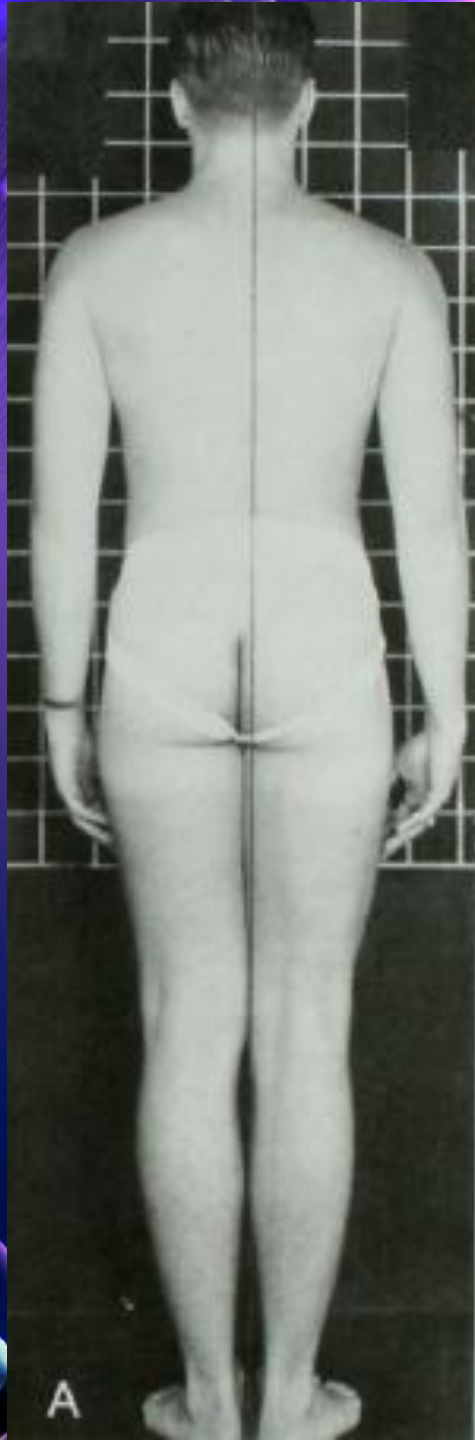




Right-handed



Left-handed



Shoulders And Scapulae



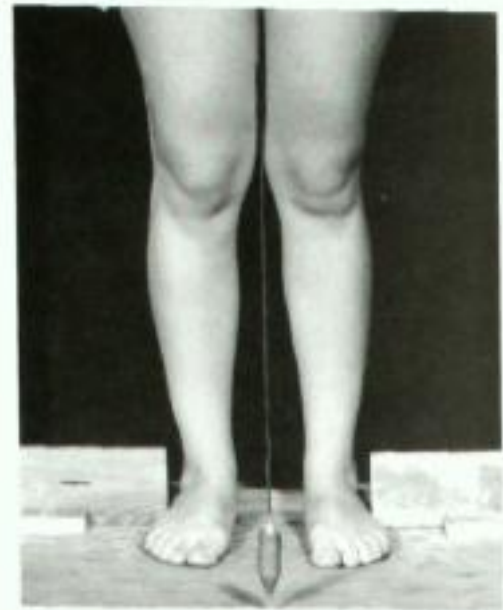
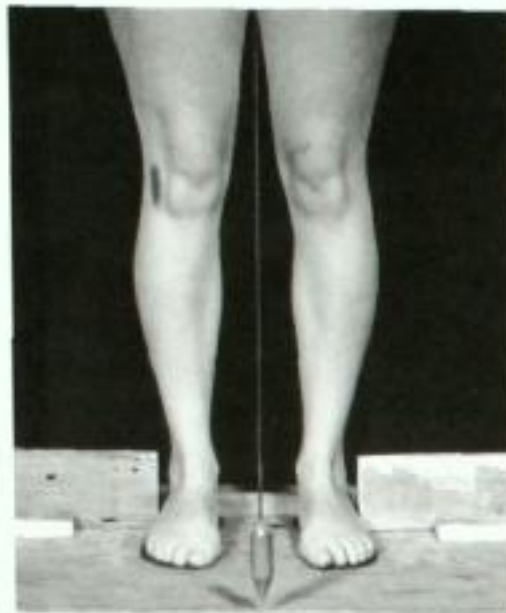


Shoulders And Scapulae

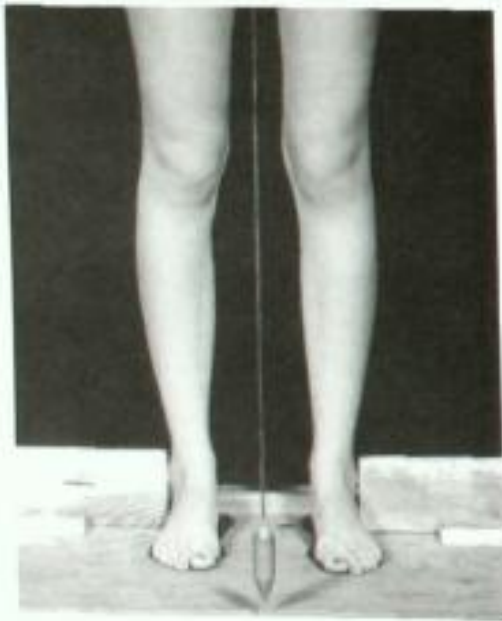




Good And Faulty Posture of Feet And Knees



Good And Faulty Posture of Feet And Knees



Good And Faulty Posture Of Knees And Legs



Good And Faulty Posture Of Knees And Legs



Postural Bowlegs And Knock-Knees

Ideal Alignment

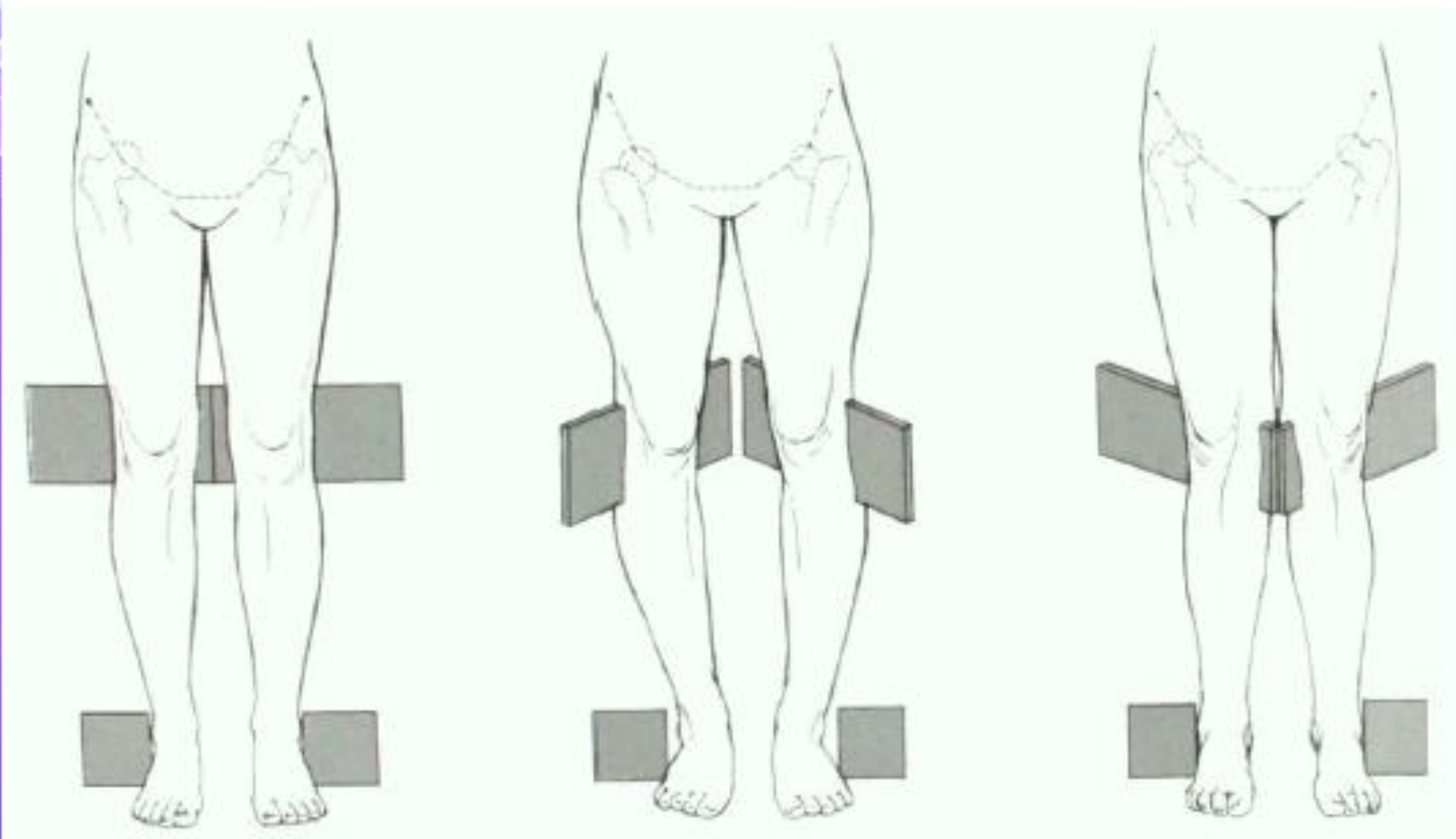


Postural Bowlegs



Postural Knock-Knees





Postural Bowing Compensatory For Knock-Knees





Sitting Posture

