

6 Posture Types

Posture 1 (anterior tilt)

- Hips tilted forward with excessive arch in lower back
- Knees point out; could see bowlegs
- Wider stance with feet pointed outward
- Shoulders rounded and arms and hands often rotated inward

Posture 2 (posterior tilt)

- Hips tilted backward (under) and minimal buttocks development
- Minimal curve or flat low back
- Knees pointed in; could also see knock-knees
- Head juts forward

Posture 3 (rotation)

- Hips or Shoulders rotated (twisted left to right, or right to left)
- One leg and foot points out more than other
- One arm and hand more forward than the other
- Head and neck rotated, tipped or twisted
- One side of body just feels different (weaker, tighter, etc) than the other

Posture 4 (excessive thoracic flexion)

- Mid / upper back and shoulders rounded forward (torso leaning fwd)
- Shoulder blades typically winged out in the back
- Arms and hands often rotated inward, usually in front of thighs
- Head juts forward
- Minimal curve in lower back

Posture 5 (swayback)

- Hips swayed forward, in front ankles and shoulders
- Minimal buttocks development (loss of muscle)
- Knees and feet point outward
- Mid and upper back and shoulders rounded
- Head juts forward

Posture 6 (offset/uneven shoulder or hip)

- Torso shifted to one side or spine takes on a lateral "S" curvature (as in scoliosis)
- One hip higher or lower than the other
- One shoulder higher or lower than the other
- Head leans towards one shoulder
- One side of body just feels different and may have more muscle development in chest, hip, or buttocks on one side versus the other