

# 6 Posture Types Of PTX

## 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

## 4 - Excessive 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

## 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

## 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

## 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

## 6- Offset / Scoliosis



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