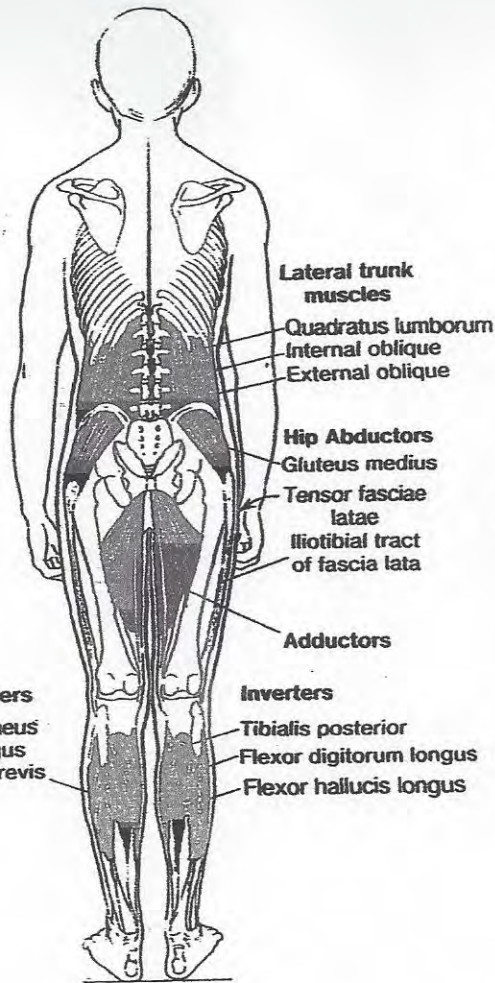
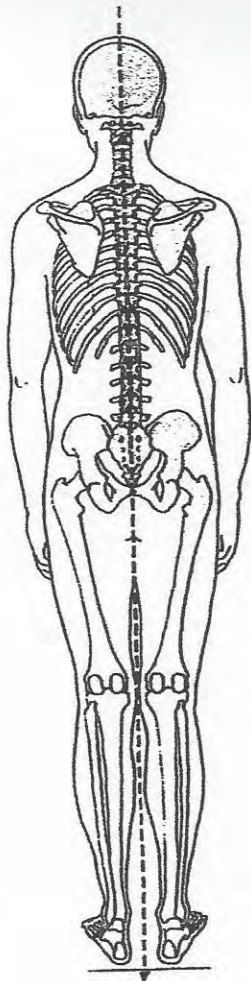
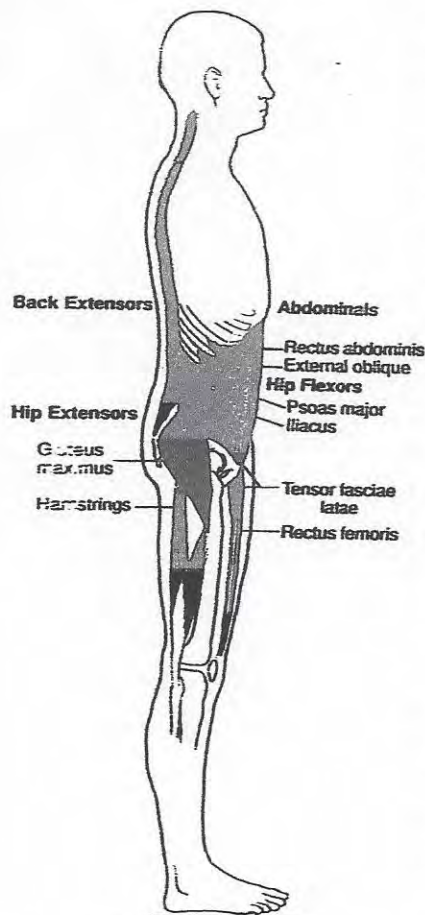


# Ideal Posture



These muscle groups work together in stabilizing the trunk, pelvis and lower extremities.



**Head:** Neutral position not tilted forward or backward or to one side.

**Cervical Spine:** Normal curve slightly convex anteriorly.

**Scapulae:** Level and flat against upper back.

**Thoracic Spine:** Normal, convex to the back.

**Lumbar Spine:** Normal curve slightly convex to the the front.

**Pelvis:** Neutral and level front, back and side.

**Hip Joints:** Neutral position neither flexed or hyperextended.

**Knee Joints:** Neutral position neither flexed or hyperextended.

**Ankle Joints:** Neutral position, leg vertical and at right angle to sole of foot.