

LEVEL OF POSTURAL ABILITY IN SUPINE (*client on a mat, plinth or bed*)

Quantity		
Level 1	Unplaceable in an aligned supine posture	
Level 2	Placeable in an aligned supine posture but needs support	
Level 3	Able to maintain supine when placed but cannot move	
Level 4	Able to initiate flexion of trunk (stabilise trunk to lift head or knees)	
Level 5	Able to transfer weight laterally and regain posture (roll to the side)	
Level 6	Able to move out of supine position (i.e roll into prone)	
Level 7	Able to move into and out of supine position (i.e into sitting and back)	



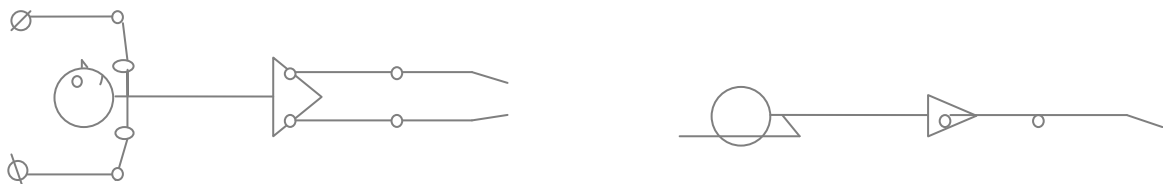
QUALITY OF POSTURE IN SUPINE

Quality, frontal (score 1=yes, 0=no)	
Head midline	
Trunk symmetrical	
Pelvis neutral	
Legs separated and straight relative to pelvis	
Arms resting by side	
Weight evenly distributed	
Total score	

Quality, sagittal (score 1=yes, 0=no)	
Head midline (flat pillow)	
Trunk in neutral position	
Pelvis neutral	
Legs straight, hips and knees extended	
Feet resting in normal position	
Weight evenly distributed (through shoulder girdle and pelvis)	
Total score	

LEVEL OF POSTURAL ABILITY IN PRONE (*client on a mat, plinth or bed*)

Quantity		
Level 1	Unplaceable in an aligned prone posture	
Level 2	Placeable in an aligned prone posture but needs support	
Level 3	Able to maintain prone when placed but cannot move	
Level 4	Able to initiate extension of trunk (lift and move head freely)	
Level 5	Able to transfer weight laterally and regain posture (roll to the side)	
Level 6	Able to move out of prone position (i.e roll into supine)	
Level 7	Able to move into and out of prone position (i.e into crawl and back)	



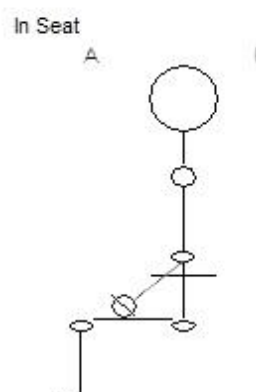
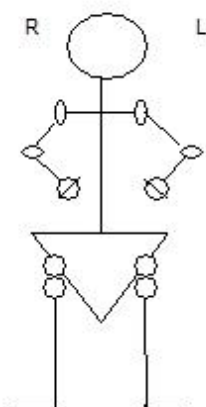
QUALITY OF POSTURE IN PRONE

Quality, frontal (score 1=yes, 0=no)	
Head to one side	
Trunk symmetrical	
Pelvis neutral	
Legs separated and straight relative to pelvis	
Arms resting (elevated to mid position, upper arms resting & approx. 90° elbow)	
Weight evenly distributed	
Total score	

Quality, sagittal (score 1=yes, 0=no)	
Trunk in neutral position	
Pelvis neutral	
Hips extended (feet off the end of table)	
Knees extended (feet off the end of table)	
Arms resting (elevated to mid position, upper arm resting & approx. 90° elbow)	
Weight evenly distributed (through shoulder girdle and pelvis)	
Total score	

LEVEL OF POSTURAL ABILITY IN SITTING (client placed in sitting on a box or over the edge of a plinth with feet supported)

Quantity		
Level 1	Unplaceable in an aligned sitting posture	
Level 2	Placeable in an aligned sitting posture but needs support	
Level 3	Able to maintain sitting when placed but cannot move	
Level 4	Able to move trunk slightly forwards-backwards over base without arching spine	
Level 5	Able to transfer weight laterally and regain posture (from one buttock to the other)	
Level 6	Able to move out of sitting position (i.e transfer weight onto feet and lift bottom of seat)	
Level 7	Able to move into and out of sitting position (i.e into standing and back)	



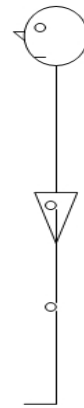
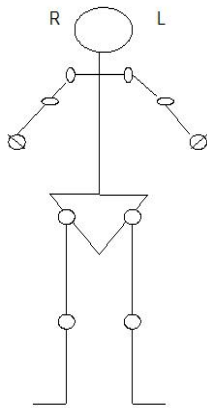
QUALITY OF POSTURE IN SITTING

Quality, frontal (score 1=yes, 0=no)	
Head midline	
Trunk symmetrical	
Pelvis neutral	
Legs separated and straight relative to pelvis	
Arms resting by side	
Weight evenly distributed	
Total score	

Quality, sagittal (score 1=yes, 0=no)	
Head midline	
Trunk in neutral position	
Pelvis neutral	
Hips mid-position (90°)	
Knees mid-position (90°)	
Feet mid-position/flat on floor	
Total score	

LEVEL OF POSTURAL ABILITY IN STANDING

Quantity		
Level 1	Unplaceable in an aligned standing posture	
Level 2	Placeable in an aligned standing posture but needs support	
Level 3	Able to maintain standing when placed but cannot move	
Level 4	Able to move trunk slightly forwards-backwards over base without arching spine	
Level 5	Able to transfer weight laterally and regain posture (from one foot to the other)	
Level 6	Able to move out of standing position (i.e take a step forwards)	
Level 7	Able to move into and out of standing position (i.e take steps, walk)	



QUALITY OF POSTURE IN STANDING

Quality, frontal (score 1=yes, 0=no)	
Head midline	
Trunk symmetrical	
Pelvis neutral	
Legs separated and straight relative to pelvis	
Arms resting by side	
Weight evenly distributed (through both feet)	
Total score	

Quality, sagittal (score 1=yes, 0=no)	
Head midline	
Trunk in neutral position	
Pelvis neutral	
Legs straight, hips & knees extended	
Feet mid-position/flat on floor	
Weight evenly distributed (through the feet)	
Total score	