

PHYSICAL ASSESSMENT

Client Name _____

Date _____

GAIT

HEAD

Remains steady Other _____

TRUNK

Remains vertical Other _____

SHOULDERS

Remain level Other _____

ARMS

Motion is opposite leg swing Motion is even Ⓐ and Ⓑ

Other _____

Ⓐ swings freely Ⓑ swings freely Other _____

HIPS

Within normal range Twist during walk Other _____

LEGS

Swing freely at hip Other _____

KNEES

Flex & extend freely through stance & swing Other _____

FEET

Heel strikes first at start of stance Plantar flexed at push off

Foot clears floor during swing phase Other _____

STEP

Length is even Timing is even Other _____

OVERALL

Rhythmic motion Other _____

PHYSICAL

ALIGNMENT

Chin in line with nose, sternal notch, navel Other _____

HEAD

Tilted Ⓐ Tilted Ⓑ Rotated Ⓐ Rotated Ⓑ

EYES

Level Equally seen socket Other _____

EARS

Level Other _____

SHOULDERS

Level Ⓑ ⤴ Ⓐ ⤴ Ⓐ ⤵ Ⓑ ⤵ Ⓐ rounded forward Ⓑ rounded forward

Muscle development even Other _____

CLAVICLES

Level Other _____

ARMS

Hang even Ⓐ rotated medial lateral Ⓑ rotated medial lateral

Other _____

ELBOWS

Even Other _____

WRISTS

Even Other _____

FINGERTIPS

Even Other _____

RIBS

Even Other _____

Springy Other _____

SCAPULA

Even Other _____

Move Freely Other _____

SPINE CURVES

Even Other _____