

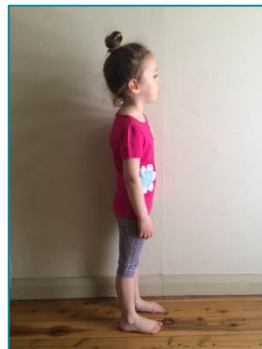


POSTURE SCREEN INSTRUCTIONS*

1. Do not tell your child you are taking pictures to assess their posture, as they will over correct themselves.
2. Do not wear shoes, loose fitting clothes, skirts or jackets. Tie their hair up.
3. Ask your child to stand against a wall with their heels touching the wall. Do not ask them to stand flat against the wall with their head and back, just their heels. Depending on their posture the upper back and head may not touch the wall. Arms down by their side. Take a photo with your smart phone / camera like the one below:



4. Ask your child to turn to the side and look straight ahead. Make sure their hair is tucked behind their ear or up out of the way. Arms down by their side. Take a photo with your smart phone / camera like the one below:



5. Email the two pictures as a 'medium' sized file, not actual size image. This is to ensure my email accepts all the photos being sent in.

*Please be aware this is a simple screen to indicate whether a full assessment is warranted. A face to face history and examination are necessary to make an accurate diagnosis of spinal curvature.

Thank you for taking an interest in your child's spinal health!

Dr Gina Martins BSc., M.Chiro

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