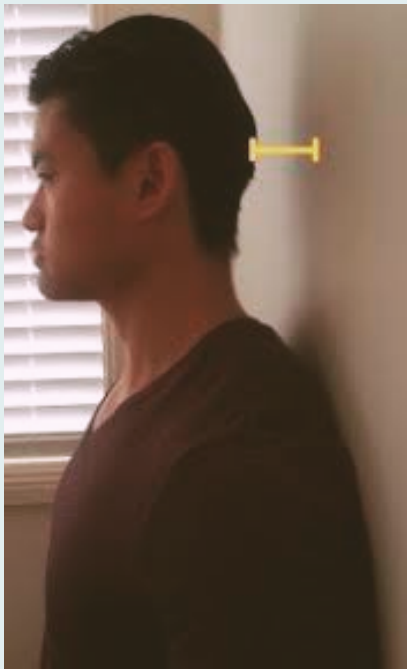


Posture

3 Self-Test Techniques



Forward Head Posture Test

Stand against a wall. Check if your head touches the wall while maintaining a neutral position.

Shoulder Alignment Test

Stand in front of a mirror. Observe if your shoulders are level and not rounded or slouched.



Spine Alignment Test

Stand sideways to a mirror. Check if your spine forms a gentle S-shaped curve, with the head, shoulders, and hips aligned.

Pelvic Tilt Test



Lie on your back with knees bent. Place your hands beneath your lower back. Assess if there's space between your lower back and the floor.