

# PELVIS

## Healthy Posture Pre/Post Survey

### Pre-Survey

Answer the following questions based on how you feel RIGHT NOW.

I feel pain in my low back, hips and/or pelvis.

Agree 5    4    3    2    1    0    Disagree

I feel flexible and free and light in my walk.

Agree 5    4    3    2    1    0    Disagree

I am conscious and aware of the sensations and posture of my pelvis and hips.

Agree 5    4    3    2    1    0    Disagree

I feel supported in my pelvic floor.

Agree 5    4    3    2    1    0    Disagree

I feel flexible and free in my hips & pelvis.

Agree 5    4    3    2    1    0    Disagree

### Post-Survey

Answer the following questions based on how you feel RIGHT NOW.

I feel pain in my low back, hips and/or pelvis.

Agree 5    4    3    2    1    0    Disagree

I feel flexible and free and light in my walk.

Agree 5    4    3    2    1    0    Disagree

I am conscious and aware of the sensations and posture of my pelvis and hips.

Agree 5    4    3    2    1    0    Disagree

I feel supported in my pelvic floor.

Agree 5    4    3    2    1    0    Disagree

I feel flexible and free in my hips & pelvis.

Agree 5    4    3    2    1    0    Disagree



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