

## Posture and Your Health Treatment Plan at a Glance

Complete your client evaluation.

- Include the 18-point posture and alignment assessment.

Complete your client education regarding the importance of good posture choices and how it is relevant to the reason they are in therapy.

Include education relevant to your client based on your evaluation and information you have gathered based on their interests to create motivation and for change.

- Posture's influence on pain.
- Posture's influence on health.
- Posture's influence on balance.
- Posture's influence on function.
- Posture's influence on injury risk.
- Posture's influence on confidence and mental health.

Create a strategy for change with your client. How will they track their progress? How will they attend to their posture when they are busy?

Set goals.

- Set short term goals of
  - changing outside influences on their posture.
  - changing one or two posture choices at one time.
  - beginning with the feet and the plumb line.
  - incorporating stretching that will support issues with alignment.
- Set long term goals of
  - feeling as comfortable in great posture as they do in any other posture.
  - Incorporate variety into posture choices returning to great posture often.

Use your posture and alignment assessment to document specific posture and alignment issues.