

# LOW RIBS

## 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, mid-back or any part of the spine.

Agree 5    4    3    2    1    0    Disagree

I feel strong in the mid-section of my body.

Agree 5    4    3    2    1    0    Disagree

I am conscious and aware of the sensations and posture of my low ribs and core.

Agree 5    4    3    2    1    0    Disagree

I feel comfortable in my belly.

Agree 5    4    3    2    1    0    Disagree

I feel strength and stability in my abdomen.

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, mid-back or any part of the spine.

Agree 5    4    3    2    1    0    Disagree

I feel strong in the mid-section of my body.

Agree 5    4    3    2    1    0    Disagree

I am conscious and aware of the sensations and posture of my low ribs and core.

Agree 5    4    3    2    1    0    Disagree

I feel comfortable in my belly.

Agree 5    4    3    2    1    0    Disagree

I feel strength and stability in my abdomen.

Agree 5    4    3    2    1    0    Disagree



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