

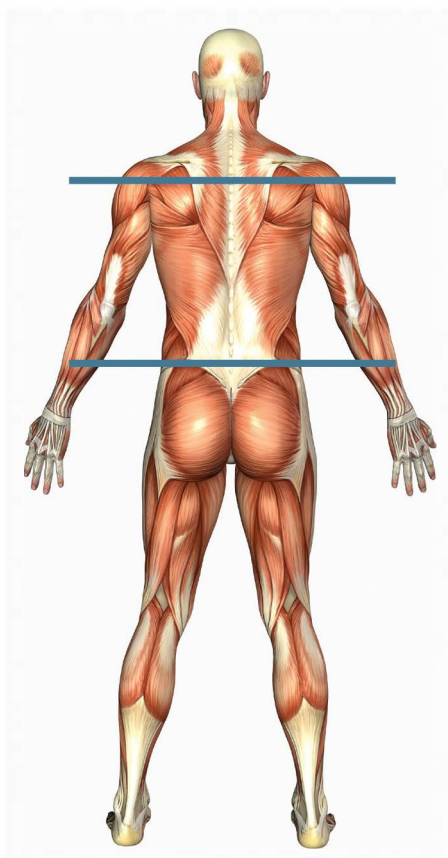
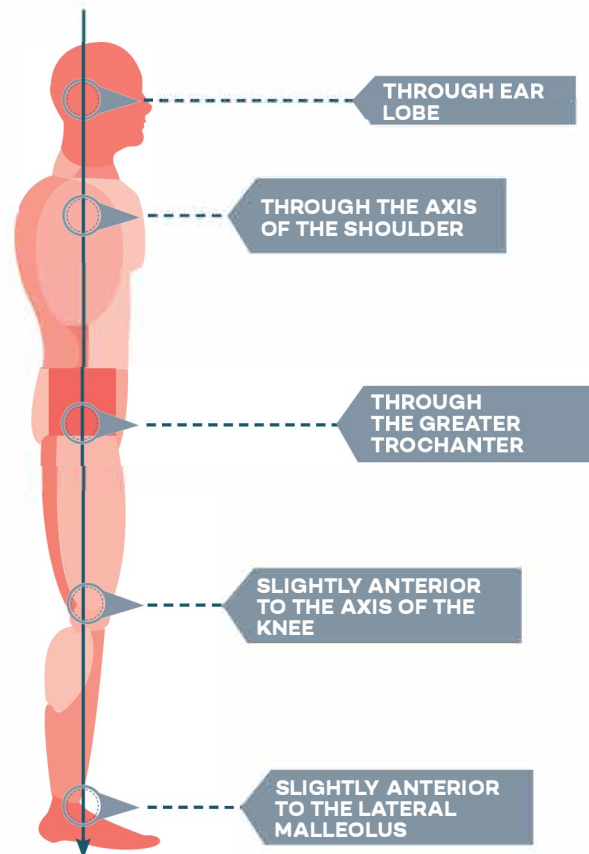
Posture

Neutral (optimal) posture – key technique points

When viewing a client in a side-on position, neutral posture will appear as it does in the diagram on the right. This is also called a **plumb line alignment** because if an imaginary plumb line were hung from the top centre of the client's head, it would pass through:

- The earlobe.
- The centre of the shoulder.
- The elbow.
- The centre of the hip.
- Slightly anterior to the midline of the knee.
- Slightly anterior to the ankle bone.

When viewing a client from the front, or back, neutral posture will appear symmetrical as left and right sides are balanced. This can be viewed by drawing imaginary horizontal lines between the major joints as shown in the diagram below. The horizontal lines between the shoulders, or hips, should be parallel to the floor.



Other neutral posture guidance

Joint	Neutral
Neck	<ul style="list-style-type: none"> • Head central, no lateral lean. • Head not poking forward or arching back. • Chin parallel to floor.
Shoulders	<ul style="list-style-type: none"> • Chest open. • Shoulder blades slightly back and down. • No rounding, or lifting.
Elbows	<ul style="list-style-type: none"> • Straight but not locked.
Wrists	<ul style="list-style-type: none"> • No excessive flexion or extension. • Back of hand, wrist and forearm make a straight line.
Spine, pelvis and hips	<ul style="list-style-type: none"> • Natural spinal S-shaped curves maintained. • Central pelvic alignment - no anterior or posterior tilt. • Brace the core to a comfortable, but stable, level.
Knees	<ul style="list-style-type: none"> • Straight but not locked. • Centre of kneecap aligned with middle toe.
Ankles	<ul style="list-style-type: none"> • Feet aligned with knees. • Natural arch of the foot maintained. • Weight distributed evenly between left and right, front and back.

